



Indiana
Department
of
Health

COMPREHENSIVE SCHOOL PHYSICAL ACTIVITY PROGRAM

PHYSICAL EDUCATION AND CLASSROOM PHYSICAL ACTIVITY

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OUR MISSION:

To promote, protect, and improve the health and safety of all Hoosiers.

OUR VISION:

Every Hoosier reaches optimal health regardless of where they live, learn, work, or play.



Introduction



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Objectives

- Physical Education definition
- Classroom Physical Activity definition
- National guidance and considerations
- Strategies for physical education and classroom physical activity
- Ways school staff can support and engage students in physical activity
- Physical education and classroom physical activity resources

Definition of Physical Education

- Physical Education (PE) is an academic subject and serves as the foundation of a CSPAP and should demand the same education as other core subjects
- Physical education provides students with a planned, sequential, K-12 standards-based program of curricula and instruction designed to develop motor skills, knowledge and behaviors for active living, physical fitness, sportsmanship, self-efficacy and emotional intelligence



Physical Education National Guidance

- SHAPE America recommends:
 - 150 minutes per week for elementary students
 - 225 minutes per week for middle and high school students
- Prohibiting students from receiving exemptions or substitutions for PE due to enrollment in other courses or participation in school sports
- Addressing qualifications and providing annual professional development to PE teachers



PE Curriculum Guidance

- Schools and districts should have a written physical education curriculum for grades K-12 that is sequential and comprehensive
- The physical education curriculum is based on national and/or state standards and grade-level outcomes for physical education



Definition of Classroom Physical Activity

- Classroom PA includes any physical activity conducted in the classroom during the school day for students
- Classroom physical activities can last from 5–15 minutes and can occur once or several times during the school day
- **Includes:**
 - Activity during academic classroom instruction
 - Breaks from instruction specifically designed for physical activity



Classroom PA National Guidance

- Develop a CSPAP that includes classroom PA
- Use classroom PA as opportunities to reinforce skills taught during physical education
- Incorporate physical activity into lesson plans and/or as breaks from academic subjects
- Provide appropriate time for physical activity breaks (physical activity breaks can last up to 30 minutes, but are typically between 5-15 minutes long)
- Ensure that barriers to performing classroom physical activity such as equipment and available space are minimized
- Involve other teachers in the planning, development and/or selection of classroom physical activity materials and procedures

Considerations for Classroom PA

- Each classroom is unique, and one prescribed plan for classroom physical activity will not work in all classrooms
- Approaches will likely vary depending on factors such as:
 - Ages and grades of students
 - Culture and context of the classroom and school
 - Goals of individual classes or courses
 - Preferences and comfort level of individual teachers
 - Enjoyment level and preferences of students
 - Resources, time, and spaces available



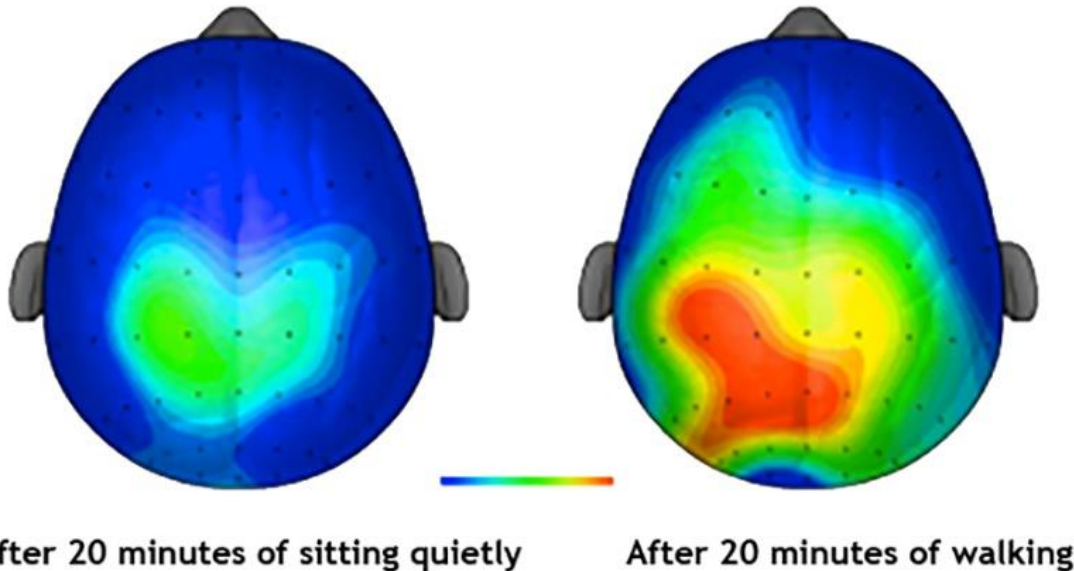
Benefits of Classroom PA

- Improves academic achievement, attention-to-task behaviors, attentiveness
- Increases socializing among peers
- Allows for mental/physical breaks from school tasks
- Increase education and retention
- When school staff model healthy behaviors, students are more likely to engage in healthy behaviors



Physical Activity on Cognitive and Brain Health

Composite Attentional Allocation of
20 Students Taking the Same Test



Images represent the average amount of students' neural activity during a test following sitting and walking for 20 min.

BLUE represents lower neural activity, while **RED** denotes higher brain activity in a given region

So, students who walked prior to the test showed more brain activity

Elementary School Students

- Short, five-minute lessons incorporating learning and physical activity with no extra equipment needed.
- Short, age-appropriate activities integrated into the classroom called Energizers.

Examples:

- Sitting on exercise balls at their desks
- Starting the day with a dance party
- Creating a hallway obstacle course to complement a lesson plan
- Encouraging functional fitness such as running in place before a quiz
- Implementing a 'yoga pose of the day' after lunch



Middle and High School Students

- Start slowly and have patience, but be persistent about encouraging movement in class
- Ask for student input on what they would like to do for physical activity (PA) breaks; ask students to lead the classroom PA breaks
- Use appropriate music that appeals to teens to encourage movement
- Dance breaks; mindfulness & yoga
- Create voluntary PA programs during lunch periods that could include capture the flag, walking the track, sports charades, obstacle courses, etc.
- Integrate movement into your class content and subject areas – you could do any PA in any classroom environment



School Staff Support

- Schools are well positioned to provide organized and free-time physical activity for youth
- Encourage physical activity by joining students on the playground or in the gym
- Talk about physical activities you like to do outside of school
- Send home activity ideas that families can do together
- Do not use or take away physical activity as a form of punishment
- Use opportunities for physical activity as a reward



School Staff Support

- Take short physical activity breaks in between classroom lessons
- Incorporate more active time during PE class
- Educate students about the benefits of lifelong movement
- Incorporate age-appropriate opportunities for PA into core subject matter courses such as nature walks for science class and jumping activities for math class
- Design a classroom that encourages more PA

Resources

- Strategies for Classroom Activity in Schools: This CDC document describes 10 evidence-based strategies for promoting and planning for classroom physical activity
https://www.cdc.gov/healthyschools/physicalactivity/pdf/2019_04_25_Strategies-for-CPA_508tagged.pdf
- SHAPE America National PE Guidelines:
<https://www.shapeamerica.org/advocacy/positionstatements/pe/>
- PE Program Checklist: <http://www.shapeamerica.org/standards/guidelines/upload/Physical-EducationProgram-Checklist.pdf>
- Exploring Empathy Through Physical Activity: Tips on supporting better communication and conflict resolution and building relationships rooted in trust:
<https://www.actionforhealthykids.org/activity/exploring-empathy-with-physical-activity/>
- Classroom Physical Activity Ideas & Tips: [Classroom Physical Activity Ideas & Tips](#)
- [GoNoodle](#) - Helps teachers and parents get kids moving with short interactive activities

Presentation Survey

Link to survey: https://newteachercenter.co1.qualtrics.com/jfe/form/SV_3VDWC8UMGDSGGBs

Questions?

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