

P.E. Workshops for Classroom Teachers

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“This generation of children, may be the first in history to have a shorter life expectancy than their parents...”

“Of the 1.7 million students attending Los Angeles County schools, over 40% are overweight or obese.”

Education Code Section 51210

“Students attending any public school must receive 200 minutes of physical education for every 10 school days in grades one through sixth...”

Where Are We?

Current Budget Crisis

- \$1.5 million cut from school budget
- Newhall School District (NSD) eliminating P.E. teachers
- Classroom teachers required to teach P.E.

SPARK: Sport, Play & Active Recreation for Kids

- Developed by San Diego University Foundation
- Required training at SPARK's Institute in San Diego
- Adopted by NSD in 2005

Advantages of SPARK

- Fit the needs of a classroom teacher
- Units well organized
- Developmentally appropriate
- Standard based

Disadvantages of SPARK

- Required teachers to attend SPARK's Institute for training
- Curriculum confusing to untrained
- Costly
- Requires a lot of preparation

Common Mistakes made by Classroom Teachers

- Begin with activities before teaching any skills
- Spending inappropriate amount of time on a unit
- Unaware of how to develop and master basic skills before introducing complex

Where Do We Want to Be?

Classroom Teachers Teaching Physical Education

- High quality P.E. programs
- Motivate and inform students about taking ownership of their skill development and physical fitness
- Become models for their own students
- Lead the charge in developing a wellness program that has a positive impact on students, parents and community

How Do We Get There?

P.E. Workshops for Classroom
Teachers

Workshops Address Issues

- Motivate: “Why should I...”
- Train: “How am I...”
- Support: “When am I...”

“Why should I...”

Motivate

P.E. Survey (February 2010)

- 70% ranked teaching P.E. as “somewhat of a priority”
- “Half-hearted” and “Secondary to teaching academics” most common response

Benefits of Teaching P.E. to Students

- Learn faster
- Remember more
- Think clearer
- Less prone to behavioral issues

Health Crisis

- Childhood obesity tripled in last 30 years (CDC)
- Obesity leads to chronic diseases (i.e. type 2 diabetes, heart disease and several types of cancer)

Center for Disease Control

Recommends 60-minutes (or more) of physical activity per day

Why Schools?

- Most efficient vehicle for effectively promoting wellness and physical education
- “People begin, acquire, and establish patterns of health-related behaviors during childhood and adolescence.”
(Rationale for Schools and Community Efforts to Promote Physical Activity Among Young People)

“How Do I...”

Training

Training

- Understand developmental stage of each age group
- Guidelines for instruction
- Familiarize Physical Education Standards
- Create P.E. model

“When Am I...”

Support

Support

- Create block plans
- Website: updated health & wellness information; lesson plans; inclement weather activities; sports skills video; product information & resources
- <http://gotpe.schools.officelive.com/default.aspx>
- Follow-up visits to school-site conducted by trainer.

Conclusion

- If P.E. teachers are eliminated, provide classroom teachers with adequate training to support the physical and developmental needs of their students through P.E. workshops.

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