THE ROLE OF SCHOOLS IN PROMOTING PHYSICAL ACTIVITY

RECESS
Students who get at least 20 minutes of recess per day have a lower body mass index percentile than their peers.

P.E.
In states with P.E. requirements, high school girls were active 37 more minutes per week.

SAFE ROUTES TO SCHOOL
Students who walked to school every day had 24 more minutes of physical activity per day.

ACHIEVEMENT
Teens who were active in school were 20% more likely to earn an “A” in math or English.

Active Living Research
www.activelivingresearch.org
Surgeon General’s Call to Action

- Step It Up! The Surgeon General’s Call to Action to Promote Walking and Walkable Communities

- [www.surgeongeneral.gov/stepitup](http://www.surgeongeneral.gov/stepitup)
From the Call to Action – for schools

- Implement **Safe Routes to School** or similar walk-to-school programs.
- Provide **daily physical education** for students in grades K-12 and **daily recess** for elementary students.
- Encourage walking opportunities for students and staff as part of **regular classroom activities**.
- Establish formal policies or agreements, such as **shared-use agreements**, to make school facilities available to community residents or to allow schools to use nearby community facilities, such as fields and parks.
Pop Quiz!

First person to stand up and tell me what...

CSPAP

...stands for – earns a prize!!!!
Comprehensive School Physical Activity Program
Goals!
## Comprehensive School Physical Activity Policy Continuum

### Physical Education Cont'd

<table>
<thead>
<tr>
<th>Class Size</th>
<th>PE classes shall have a pupil-teacher ratio comparable to that in the classroom context.</th>
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<th>Require a report of class size in the school profile or report card.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Example:</strong> South Carolina - Code 59-10-10</td>
<td>Waivers, exemptions, substitutions, and/or pass-fail options for physical education are prohibited. Accommodations will be made for those with medical, cultural, or religious considerations.</td>
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### Waivers/Exemptions

| Example | Arkansas - Code 6-16-132 | Waivers, exemptions, substitutions, and/or pass-fail options for physical education are prohibited. Accommodations will be made for those with medical, cultural, or religious considerations. | Waivers, exemptions, substitutions, and/or pass-fail options for physical education are prohibited. Accommodations will be made for those with medical, cultural, or religious considerations. | Waivers, exemptions, substitutions, and/or pass-fail options for physical education are prohibited. Accommodations will be made for those with medical, cultural, or religious considerations. | |

### Physical Activity During the School Day

<table>
<thead>
<tr>
<th>Amount of Physical Activity (outside of Physical Education)</th>
<th>Students shall be provided with at least 20 minutes/day of physical activity, not including time spent in Physical Education. This time may be accumulated throughout the school day.</th>
<th>Students shall be provided with at least 30 minutes/day of physical activity, not including time spent in Physical Education. This time may be accumulated throughout the school day.</th>
<th>Students shall be provided with at least 40 minutes/day of physical activity, not including time spent in Physical Education. This time may be accumulated throughout the school day.</th>
<th>Students shall be provided with at least 45 minutes/day of physical activity, not including time spent in Physical Education. This time may be accumulated throughout the school day.</th>
<th>Require a written physical activity plan to be included in the school profile or report card.</th>
</tr>
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<tbody>
<tr>
<td>Opportunities for physical activity (PA) may include: Recess, Physical activity breaks, Classroom-based physical activity.</td>
<td><strong>Examples:</strong> Nevada – Nevada State School Wellness Policy</td>
<td>North Carolina – NC State Board policy GC5-5-000</td>
<td>Iowa - Code 256(11)6</td>
<td>Note: More detailed policy language for recess, PA breaks, and classroom-based PA can be found in the rows below. Minute allocations for each of these types of PA are meant to be a part of, not in addition to, the minute allocations described in this row.</td>
<td></td>
</tr>
</tbody>
</table>
HELP SCHOOLS UNLOCK THE DOORS™

to safe and convenient places for children and families to stay active during non-school hours.
healthieriowa.com
Pop Quiz!
What a healthy physical activity environment is...
From my friend Mark Fenton

• We should be physically active.
• But mostly we are not.
• Telling people has not worked.
• Changing the environment can help.
• BUT... changing and maintaining the built environment is “someone else’s job!”
Safe Routes to School (SRTS) programs work

Today, few kids actively travel to school
Traffic speed and volume, and lack of sidewalks, are the main barriers compared to 48% in 1969
13% walk or bike now
Among those living within ¼ mile of school just 56% walk or bike

Kids are more active when walking and biking are safe

After implementing Safe Routes to School programs:

- 45% increase in walking
- 44% fewer injuries

Of the recommended 60 minutes of daily activity:

- 16 min (average) can be achieved by walking or biking to school

Sources:
- Ahfport HR, et al. (2006). Barriers to and facilitators of walking and bicycling to school: formative results from the non-motorized travel study. Health Educ Behav. 35(2): 221-244.

Learn more about why Safe Routes to School programs work at activelivingresearch.org/SRTSreview.
www.i-walk.org
Safe Routes to School Community Coalition

### Potential Coalition Members

Different communities will find different organizations and individuals ready to be involved. This list is not exhaustive, but is intended to provide ideas for the creation of a well-rounded group that represents a wide range of interests and expertise that are related to SRTS.

<table>
<thead>
<tr>
<th>School</th>
<th>Community</th>
<th>Local Government</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Principal and other administrators.</td>
<td>- Community members.</td>
<td>- Mayor’s office or council member.</td>
</tr>
<tr>
<td>- Parents and students, including those with disabilities</td>
<td>- Neighborhood or community association members.</td>
<td>- Transportation or traffic engineer.</td>
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<tr>
<td>- Teachers (physical education or health teachers are a good place to start).</td>
<td>- Local businesses.</td>
<td>- Local planner.</td>
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<tr>
<td>- PTA/PTO representative.</td>
<td>- Local pedestrian, bicycle and safety advocates.</td>
<td>- Public health professional.</td>
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<tr>
<td>- School nurse.</td>
<td>- Groups representing people with disabilities.</td>
<td>- Public works representative.</td>
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<td>- School district transportation director.</td>
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<td>- Law enforcement officer.</td>
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<td>- School improvement team or site council member.</td>
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<td>- State or local pedestrian and bicycle coordinator.</td>
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<td>- Adult school crossing guards.</td>
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<tr>
<td>- Special Education teacher.</td>
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</table>
Walking school bus

• http://iowasaferoutes.org/walking-school-bus/
Johnson County

• Seven walking school buses. Begin by identifying a parent champion.
• The City of North Liberty extended the walk signal across Highway 965 so that it was safer for students
• Additional bike racks were purchased for elementary schools who took part in the I-WALK project.
• Walking signal lengthened so that residents and students could safely cross the highway.
Buchanan County

- School bike route
- The school campus added trails
- Redirected flow of traffic on the campus
- The City of Independence has revisited its policy regarding sidewalks in new construction areas
- Bike racks have been installed
- A church walks their religion classes from school each week.
- A bike rodeo has been held for Independence 3rd graders. Students attending the Bike Rodeo receive a new bike helmet, and flashing reflectors to attach to their bicycle or to themselves. In addition, any elementary student in need of a bike may request one from a local church. The church received funding from a community foundation to provide this service.
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• Sarah Taylor Watts
• Physical Activity Coordinator
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• Sarah.taylorwatts@idph.iowa.gov