

Advocacy in Action:

TIPS & TECHNIQUES

Make it a priority as you head back to school

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Back to school is an exciting time. Everything is fresh and new. Students are usually given a supply list of things needed for the school year. The following is a supply list of helpful advocacy ideas to promote quality physical education programs this school year.

For Physical Education Teachers

- **PASSION** — Model it for your job! Tell students why you love to teach physical education. Be a good role model.
- **EDUCATION** — Explain what constitutes a quality physical education program. Use the following link from NASPE to help with this: What Constitutes a Quality Physical Education Program at <http://www.aahperd.org/naspe/template.cfm?template=qualityPePrograms.html> Also, post the following links on your school webpage:
 1. Physical Activity Guidelines at: <http://www.health.gov/paguidelines/>
 2. Preventing Childhood Obesity: A School Health Policy Guide at: <http://www.rwjf.org/files/research/20090506nasbeguide.pdf>

3. Why Children Need Physical Education at:

http://iweb.aahperd.org/naspe/pdf_files/childrenNeedPE.pdf

4. Physical Education is Critical to a Complete Education at: http://www.aahperd.org/naspe/pdf_files/pos_papers/pe_critical.pdf

5. Difference Between Physical Education and Physical Activity at: <http://iweb.aahperd.org/naspe/template.cfm?template=difference.html>

6. Quality Physical Education at: http://iweb.aahperd.org/naspe/template.cfm?template=publications-nationalstandards_3.html

7. Top Ten Reasons for Quality Physical Education at: http://www.aahperd.org/naspe/pdf_files/top10reasonsforQualityPE.pdf

- **COOPERATION/ COLLABORATION** — Work with nearby colleges. Ask college students to come to your class to introduce new ideas, games, or sports to your students. Take steps to participate with the events, programs and initiatives of other disciplines within the school and district.

• **INVITATIONS** — Invite parents to school for a physical education lesson demonstration, school board members and legislators to observe your classes, and classroom teachers to come work out during their own time or use your equipment for integrating activity into their academic lessons.

• **CONNECT ACADEMICS WITH ACTIVITY** — Find ways to connect the latest brain science with physical education. Get the message out to classroom teachers and administrators in your school:

1. Go to www.johnratey.com and look at the videos that explain this brain science.
2. Email the videos to your faculty and administration.
3. Post the above videos on your classroom websites, wiki's, etc.
4. Form an afterschool study group focusing on brain science.
5. Introduce classroom teachers to the book: *The Revolutionary New Science of Exercise and the Brain* by John Ratey and form a Spark book club.
6. Get copies of the Spark book to your English, math and reading teachers at your school.

7. Google “stand up desks”— look at the videos (YouTube) and send the links to teachers and administrators in your building.

8. Use CDC Student Health and Academic Achievement at: http://www.cdc.gov/HealthyYouth/health_and_academics/index.htm.

- **APPLAUD** — Promote students’ success in physical education classes by putting their names on bulletin boards, posting pictures of students being active outside of class, or hanging student projects on the gym wall.

- **PROVIDE** — Provide all students with an active education. Read Active Education: Physical education, physical activity and academic performance at: <http://www.rwjf.org/files/research/activeeducation.pdf>.

- **FOCUS** — Keep the learner as the centerpiece of everything you do.

- **INNOVATION** — Try something new: organize a “Walk to School” program; buy some simple name tags and wear one each day with a physical education cognitive concept (e.g., FITT, Be Fit, RUFIT?, Neurogenesis, Neuroplasticity, etc.); find old physical education uniforms that you use as loaners and write physical education words on the shirts (e.g., “overload”, “progression”, “specificity”, “flexibility”, “cardiovascular endurance”, “muscular strength”, etc.); or have a fitness writing contest.

- **EXPAND** — Commit to enrich the physical education curriculum with at least two new elements, teaching techniques, styles, or organizational

patterns each quarter. Stretch your comfort level to include activities that are good for children even if they move you outside of your typical zone.

- **ENGAGE** — Become an active, engaged member of your state’s health and physical education organization so that you can refuel, reignite, and reinforce your advocacy message or action.

For the School Faculty

- **INVITE** other teachers to join you when going to professional conferences and workshops.

- **SHARE** your successful practices with other faculty members. Ask them for their own successful practices. Work as a team to provide a quality learning environment.

- **DISPLAY** physical education, health education and physical activity advocacy messages on bulletin boards and other traffic pattern spaces.

For the Administration

- **SHARE** a copy of the new NASPE Appropriate Practices documents at: <http://www.aahperd.org/naspe/template.cfm?template=peappropriatepractice/index.html>.

- **PROVIDE** a copy of the NASPE assessment tool at: http://www.aahperd.org/naspe/pdf_files/pos_papers/TeacherEvaluationTool.pdf and request the principal to evaluate your program.

- **ASK** the principal to come observe and even join in the activities for one of your classes.

- **INVOLVE** the administration in your class projects.

For the Community

- **SPEAK** at local clubs and civic groups. Use NASPE’s Top Ten Reasons for Quality Physical Education at: http://www.aahperd.org/naspe/pdf_files/top10reasonsforQualityPE.pdf

- **ORGANIZE** student-parent nights or weekends at school facilities where students can come with their parents/ grandparents/ guardians to participate in games and activities together.

- **SHARE** with the community several of NASPE’s surveys:

1. Public Attitudes Toward Physical Education — Are Schools Providing What the Public Wants? at: http://www.aahperd.org/naspe/pdf_files/survey_public.pdf.

2. Adults/Teens Attitudes Towards Physical Activity and Physical Education at: http://www.aahperd.org/naspe/pdf_files/survey_adults.pdf.

3. Parents Views of Children’s Health & Fitness at: http://www.aahperd.org/naspe/pdf_files/survey_parents.pdf.

- **PUBLISH** physical education articles to your local paper; write articles for your school newsletter; or post information about your program on the school website.

Physical education can be the change that education needs if we all do our part. Administrators and policymakers will not take physical education seriously as a method to improve test scores and lower obesity and diabetes, unless we all do something about it. Make advocacy a priority this year. Look over the list above and choose one idea to get started. Help make this the best school year ever!



A global view of sport and physical education that combines an online and face-to-face approach to learning

This blended learning approach gives the opportunity to all individuals and organizations involved in physical education and sport to register free to the Sports Media Open Campus. The Open Campus is a web-based learning content management system that allows educators and coaches to create their own online physical education and sport courses. They can assemble, package and redistribute instructional content, easily retrieve, and import content. Visit <http://www.sports-media.org/atutoreng.htm> for more information.

Home page: <http://www.sports-media.org>.

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