

**Education Subcommittee Meeting  
Monday, October 22, 2007  
Minutes**

Committee Members Present

Kez McCorvey, Designee  
Shannon Miller  
Bill Montford (late)  
Robert Keiser (late)  
Julie Ryczek

Council Members Absent

Karen Dowd  
Nancy Hogshead-Makar

Others Present

Kim Berfield  
Rachel Duerr  
Kate Kemker  
Nichole Wilder

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Kez McCorvey called the meeting to order at 2:02pm.

**Approval of Minutes**

Minutes from previous meeting and conference calls were approved.

**Review of Survey Results**

Kate Kemker, Florida Department of Education Bureau Chief of Instruction and Innovation, discussed the preliminary data from the Governor's Council on Physical Fitness survey. The survey was very successful with over 3100 responses with a majority from classroom teachers.

With regards to the availability of specific facilities, key findings included: a gym is not available at a majority of schools, covered areas are not as available as previously believed, and basketball courts are not always available for physical education use.

Participants were presented with statements regarding support systems at schools that were important and necessary for a physical education program.

- 60% of participants agreed or strongly agreed that adequate indoor and/or outdoor facilities are important and necessary.
- 64% of participants agreed or strongly agreed that a sufficient number of PE specialists are important and necessary.
- 81% of participants agreed or strongly agreed that high levels of principal support are important and necessary.
- 59% of participants agreed or strongly agreed that physical education has a high priority relative to other academic subjects.
- 48% of participants agreed or strongly agreed that adequate financial resources are important and necessary.
- 66% of participants agreed or strongly agreed that an appropriate number of students in classes are important and necessary.
- 65% of participants agreed or strongly agreed that sufficient time in the school day is important and necessary.
- 61% of participants agreed or strongly agreed that adequate equipment and materials are important and necessary. There is no categorical funding for physical education equipment all within FEFP, the process of how districts get their funding. Equipment decisions are made at the local level; either the

superintendent or school board. There are no guidelines on appropriate physical education equipment and materials.

- 54% of participants agreed or strongly agreed that appropriate training for special needs students is important and necessary.

Dr. Kemker then discussed the implementation of 150 minutes of physical education in elementary schools.

- 32% of participants reported the requirement had no impact on their school.
- 52% of participants reported the requirement required an adjustment in instructional time as it relates to subjects other than physical education.
- 16% of participants reported that the requirement reduced the amount of recess at their school.
- 47% of participants reported that the district developed a policy for implementation for all schools.
- 60% of participants reported that the principal developed guidelines for implementation for the school. Ms. Ryczek discussed scheduling (block schedule), accountability, and training principals on innovative ways teachers can incorporate quality physical education.
- 27% of participants reported that a team of educators developed a plan for implementation.
- 10% of participants reported that additional certified physical education teachers were hired at the school.
- 52% of participants reported that classroom teachers became responsible for providing physical education.

The remaining data provided by the Department of Education looked at data from the county level. Data was provided on: the number and type of public schools, the number of certified physical education teachers, high school course offerings, and the 2005-06 physical education course enrollments by grade for grades 6-12.

Antoinette Meeks, Florida Department of Education Coordinated School Health Program, clarified that there are no mandated minutes for physical education for middle school. Districts may require physical education as an elective. It is encouraged that middle schools provide 225 minutes of physical education each week but it is not required. Dr. Kemker addressed looking at course offerings and strategically planning for implementation.

The subcommittee members discussed having the goal of physical education to be students participating in physical activity, space constraints, and incentives for schools.

Next, Dr. Kemker discussed recommendations for implementing physical education for grades 6-12. Dr. Kemker suggested starting one year at a time by grade level starting with 6<sup>th</sup> grade. Ms. Wilder, Florida Department of Education Physical Education Coordinator, informed the subcommittee that Illinois has a state mandate for K-12 physical education. However, there are no requirements for minutes and schools have the option of filling out a waiver to opt out of the requirement. Currently, 25% of schools fill

out the waiver stating they do not have enough staff or facilities. In two years, the state will no longer be offering the option of a waiver.

Mr. McCorvey brought up the issues of time and money for implementing physical education grades 6-12. Dr. Meeks discussed restructuring the school day may be an option but some schools may still need additional staff. Dr. Kemker informed the subcommittee that physical education course offerings will be changing after the standards change to ensure the courses are more aligned with the standards. Middle school students begin registering for classes in February so course codes must be in place and approved before this time.

The subcommittee members discussed the feasibility of mandating minutes at the middle school level and current school schedules, electives, before/after school offerings and mandates. With before/after school physical activity offerings, there was discussion on partnerships, transportation costs, and that each county is unique.

### **School Visit Reports**

Ms. Ryczek reported on her school visit. Ms. Ryczek's report is below.

## PE Implementation School Visit Reporting Form

Council Member reporting: Julie Ryczek

Date/time of visit: October 18, 2007 8:30-11:00 a m

School Visited Gulfport Elementary School

Address of School: 2014 52<sup>nd</sup> Street South  
Gulfport, Florida  
727-893-2643

List any media present: none

List any invited guests/delegation

Steve Hewerd, Florida Department of Health, Nick Grasso, Physical Education Superviso  
Dr. Harry Brown, Deputy Superintendent Pinellas County Schools  
Delores McCoy, Steps for a Healthier Florida  
Linda Gray Miller Food Services Director Pinellas County

Persons Interviewed (check all that apply)

- Principal, Lisa Grant
- PE Teacher, Paul Hanson
- Other Teacher(s), P E Aide
- Lunchroom Supervisor
- Facilities Coordinator
- Students, Savion Taylor, Christina Levins, C J Cole
- Parents
- Others

Facilities observed

- Classroom(s) Art, Music
- PE equipment, Yes
- Playground, Yes
- Gymnasium N/A
- Lunchroom, Yes
- Other, Clinic, Schools grounds, P E Court, Outside courtyard

Challenges on PE Implementation noted:

1. The biggest challenge with the new implementation would be FUNDING
2. More Certified Physical Education instructors needed  
Example: 1 certified teacher and 2 aides, 80-100 students, classes split up
3. Teacher training
4. Class size, T P R (teacher pupil ratio)
5. 30 minutes, 5 days a week is not enough time,  
40 minutes 3 times a week, block scheduling
6. Classroom Teachers accountable for the extra minutes, not trained and liability
7. Education vs. Activity
8. Fitnessgram hardware
9. Fitnessgram K-2 not measured
10. BMI measured, weight taken, not adequate and private scales
11. Accountability, Follow-up at home, Parent trainings

Challenges on healthy nutrition noted

1. Funding from the state, USDA for nutrition education,
2. Federal Funds stopped in the 80's

## PE Implementation School Visit Reporting Form

Council Member reporting Julie Ryczek

Date/time of visit October 18, 2007

School Visited Bay Vista Fundamental

Address of School 5900 9<sup>th</sup> Street South  
St Petersburg, Florida  
727-893-2335

List any media present None

List any invited guests/delegation  
Steve Heward Florida department of Health  
Michelle Todd Field representative for Governor Charlie Crist

Persons Interviewed (check all that apply)

- Principal Kristen Sulte
- PE Teacher Susan Maratea, Jan Manarino

Challenges on PE Implementation noted: None

Challenges on healthy nutrition noted: None

Barriers to implementation of PE: None

Barriers to implementation of healthy nutrition: None

Success of PE implementation noted: The school had already implemented the 150 minutes of Physical Education and they had a flexible schedule for the teachers.

Successes of healthy nutrition noted  
School Based management was very successful

Were you able to eat lunch in the cafeteria?

- Yes
- No X

Any follow up needed?

Any recommendations from those interviewed? None

Any other comments? In order to gain a more comprehensive picture of the challenges of the implementation, I would like to visit a variety of schools.

Ms. Ryczek reviewed the report provided by Mr. Keiser on his school visit. Mr. Keiser's report is below.

**Council Member Reporting:** Robert Keiser

**Date/Time of Visit:** October 12, 2007, 12 pm.

**School Visited:** Floranada Elementary School, Fort Lauderdale

**List any media present:** N/A

**List any invited guests/delegation:** N/A

**Persons Interviewed:**

- Principal: Mr. Brian Kohli (8 years)
- PE Teacher: Coach Holmquist, PE teacher/ swim coach (5 years)
- Lunch Room Supervisor: Mrs. Debbie Chaney, Cafeteria Supervisor

**Facilities Observed:**

PE Equipment:

- Fully equipped storage room filled with every type of device for activity imaginable.
- Basketballs, kick balls, soccer balls, obstacle courses, footballs, golf clubs, scooters, jump ropes, Frisbees, flags for flag football, and mats for calisthenics and yoga.

Playground:

- Fully equipped playground

Field:

- Approximately full length football field for activity ranging from capture the flag, to golf on hotter days, to football.

Basketball Courts:

- Multiple courts

Baseball field:

- For kickball and baseball

Volleyball net:

- For volleyball

Lunch room:

- Menu choices the day of visit included: Mexican pizza, chicken quesadilla, fish patties, salad bar (available everyday), milk, crackers and bread.
- Observation: Pre-packaged salads are best; fruit is served instead of desserts, baked goods or chips; students can either prepay or pay upfront for lunch.
- Observation of Lunch Room Supervisor: Parents have welcomed the healthy lunches and students have as well; Mrs. Chaney described one student who asked her for a salad and apple juice because it was the healthier choice even though she preferred the pizza.
- Breakfast is served everyday and includes cereal, biscuits, fruits, and hot entrees.

**Challenges on Healthy Nutrition Noted:** Floranada Elementary School is doing an excellent job in providing healthy nutritional choices, providing salad at every meal, limiting class parties which usually serve junk food, eliminating deserts and cakes from the cafeteria and offering breakfast. However, students still choose what they want to eat. Evidence of this is the number one selling lunch is still chicken nuggets.

**Barriers on PE Implementation:** Not enough time

**Success of PE Implementation Noted and Nutrition:** The school is meeting the required activity time. Students are more physically active and have showed progress in choosing better nutrition choices.

**Were you able to eat in the cafeteria:** No

**Any follow up needed:** No

**Any recommendations from those interviewed:** Principal Kohli wants to extend the school day to meet academic and exercise requirements

**Any other comments:** The school appears to have done everything it can do to meet the PE mandate. The P.E. mandate has contributed positively to the students of Floranada Elementary. The school can provide a blueprint of success for others to follow. I recommend adding a nutritional class which can provide advice to students of how to eat better and live a healthier lifestyle. This is a necessary change because the number one selling lunch is chicken nuggets and the number two selling lunch is pizza. It is not enough give them choices but we must also educate them about why it's important to eat healthier.

### **Developing Recommendations for Tasks A-I**

Mr. McCorvey facilitated the development of recommendations for Tasks A-I.

#### *Task A - Proposed Recommendations:*

- Create guidelines for principals to use for implementing 150 minutes with tools and best practices.
- Have schools present a plan to districts to be approved for implementation.

#### *Task B – Proposed Recommendations:*

- Use a phased-in approach (one grade/per year) for implementing physical activity for grades 6-12 due to time constraints and budget issues.
- Take a comprehensive look at all curriculum needs for K-12.
- Look at partnership options for before/after school physical activity programs.

#### *Task C – Proposed Recommendations:*

- Two members of the Governor's Council are on the revision committee for the Sunshine State Standards for Physical Education.
- Recommend that healthy lifestyles are incorporated in all of the Sunshine State Standards through course descriptions.

#### *Task D – Proposed Recommendations:*

- Create a committee that will develop guidelines for schools on appropriate equipment and facilities to be a Healthy Lifestyle School.
- Develop guidelines for physical education facilities for new schools and grandfathering in of schools under construction.
- Look at liability for facilities and community partnerships.

*Task E – Proposed Recommendations:*

- Implement a Governor’s Fitness Challenge for schools.
- Implement the Fitness Gram or comparable fitness assessment for all schools.
- Include physical education in the scoring for the A+ school grading system.

*Task F – Proposed Recommendations:*

- Incorporate this in the committee in Task D.

*Task G – Proposed Recommendations:*

- Recruit out of state teachers.

*Task H – Proposed Recommendations:*

- Incorporate healthy lifestyle training in professional development.

*Task I – Proposed Recommendations:*

- School districts will have a physical fitness and sports advisory panel in place by Fall 2008.
- Recommend that all schools implement the Fitness Gram or comparable fitness assessment for all schools.

The meeting was adjourned at 4:30pm.

Submitted By: Rachel Duerr

Approved By: Bill Montford