

Shaping The Future



Presentation: Governor's Council on Physical Fitness

Introduction

The **UNF Physical Education Teacher Education Program** is housed in the College of Education and Human Services and subscribes to the College's mission which highlights the –

Preparation/Renewal of professionals who focus on the improvement of teaching and learning.

Physical Education Teacher Education Program

1. Our program prepares professionals to teach physical education in K-12 school settings using - **Developmentally Appropriate** physical activity (for varied age, size, abilities)
2. Our graduates are educated to promote healthy lifestyles in Florida by implementing - **Instructionally Appropriate** strategies (best practices for effective teaching)

Theory, Principles, and Research

Our knowledge base is comprised of movement science, fitness education, and health with significant pedagogy and field experiences in:

- Program Planning
- Instruction
- Management
- Assessment

Mission

The ultimate mission of physical education teachers is to develop a Physically Educated Person –

One who is...

- Skilled,
- Fit,
- Participates regularly in physical activity, and
- Knows/Values the benefits of physical activity.

(NASPE, 2004. FAHPERDS).

House Bill 967

We commend Governor Crist for his support and the legislature for passing House Bill 967 which includes the quantitative requirement of 150 minutes of weekly physical education for grades K-5.

It is our hope that principals/school districts will seek highly qualified/certified physical education teachers who focus their efforts on quality physical education.

Implementation Issues

There are several issues that would enhance the implementation of the legislation.

1. Having principals do their utmost to provide regular physical education classes more than one day per week under the instruction of certified physical education teachers.

Implementation Issues

2. Creating a school-wide climate and culture dedicated to physical activity, health, and wellness (section 204 of PL 108-265).
 - Students will possess not only the knowledge, attitudes, and skills required to make positive health decisions, but also the motivation and support to maintain them.

Implementation Issues

3. Having physical education teachers and other appropriate professionals provide in-service information for developmentally appropriate physical activity to classroom teachers, para-professionals, and extended day personnel to supplement regular physical education programming (MDCPS).

Implementation Issues

4. Utilize fitness/health instruments that have been adopted by school districts to follow and report the progress of children in fitness/health under the current legislation (SB 354).

Research Reminder: Relationship Between Physical Fitness and Academic Achievement

- **California Fitness Study 2004**
 - FITNESSGRAM administered to 5th, 7th, and 9th grade public school students
 - California Standards Tests - Math, English, History and Science administered to 2nd through 11th grade students
- **Results**
 - As the overall physical fitness test score improved the mean scale score on the CST in English and Math improved for 5th, 7th, and 9th grade
 - Results indicated a positive relationship between academic achievement and physical fitness

Implementation Issues

5. Consider the revival of Florida's Fit to Achieve Program. This was a 1991 Florida DOE project that supplemented regular physical education with assistance from the classroom teacher in the following ways:
 - Two instructional Video Tapes that deliver cardiovascular fitness concepts and activity in the regular classroom during a fitness break.
 - A Teacher Guide that defines cardiovascular fitness concepts/physical activity suggestions to teachers.
 - Student Assignments that reinforce cardiovascular information to children through the strategy of curricular integration.
 - A Parent Guide that provides suggestions to parents for stimulating family involvement in physical activity.



Best Practices in Physical Education

FIT TO ACHIEVE PROGRAM

Success Stories

- **Dade, Pasco, Duval and other counties** held in-service workshops for all of its K-5 physical education teachers to inform classroom teachers about implementing the program.
- **Palm Beach County** scheduled closed-circuit TV viewing in classrooms for the video tapes throughout the day.
- **Pasco County** utilized a simultaneous school-wide viewing of the tapes via closed circuit-TV after the morning Pledge of Allegiance.
- **Orange** and other counties used the program mascot “Peppy Panther” to motivate children to become regularly involved in physical activity.
- **Escambia County** promoted the development of school-created exercise videos and a video bank to share videos among schools.

Additional Success Stories

- Norma Bossard Elementary (MDCPS)
- Cateye computers, Bosu Ball with a virtual teacher, and a Traverse Climbing Wall



Together Can We Make A Difference?...YOU BET!

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Physical Education in Duval County Public Schools

*Impact of the
Implementation of New Legislation
on Teaching and
Professional Development*

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House Bill 967

- Florida Department of Education
Technical Assistance Paper
- 150 minutes of Physical Education
Required for K-5 students
- Defines Physical Education and Recess
- Quantity vs. Quality

Communicating with Principals

- Hiring Highly Qualified Physical Educators
- Competing Influences of FCAT and Other Time Demands
- District Funding Policies and Practices

Who Can Teach Elementary Physical Education?

- Section 1012.01 (2), Florida Statutes
- Presents 2 Unique Challenges:
 1. Planning/Preparation/Training
 2. Elevating Status of the PE Teacher in the School Community

Middle School Physical Education

- 225-minute Recommendation
- Required for 6th, 7th, and 8th grade
Students to Meet this Recommendation
for $\frac{3}{4}$ of the School Year
- Students Also Take $\frac{1}{4}$ Year of Health
- Low Readers Take Intensive Reading

New High School Graduation Requirement: H.O.P.E.

PROS (+)

Truly Integrated
Course

More Stringent Waiver

CON (-)

Half-Credit Loss to the
Physical Education
Graduation
Requirement

Success Stories & Best Practices

- Conscientious Proactive Elementary School Principal
- National Board Certified Elementary Physical Education Teacher
- Excited Classroom Teacher
- High School Health and Physical Educator Collaboration