

WSD Elementary PE Specialists

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- Russ Nielsen - Newbery
- Camille Jackson - Lincoln
- Kim Crown - Washington
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- Matt Lewallen - Lewis and Clark
- Allison Malm - Newbery
- Kari Hertzog - Lewis & Clark, Washington, Mission View
- Michael Hamilton - Washington

PE Matters!!

A Fit Body Equals a Fit Mind

Recommendation by Center for Disease Control, American Heart Association, and American Academy of Pediatrics

- Elementary-age children should take part in at least 60 minutes of moderate to vigorous physical activity each day. It is reasonable for children to get at least 30 minutes of that time in school.

What does the research say?

- 1 in 3 children in the U.S. are considered overweight or obese
- 1 in 4 children don't participate in any free-time physical activity
- Obese youth have an elevated risk for health problems like heart disease, type 2 diabetes, high blood pressure, and other health risks related to cardiovascular disease.

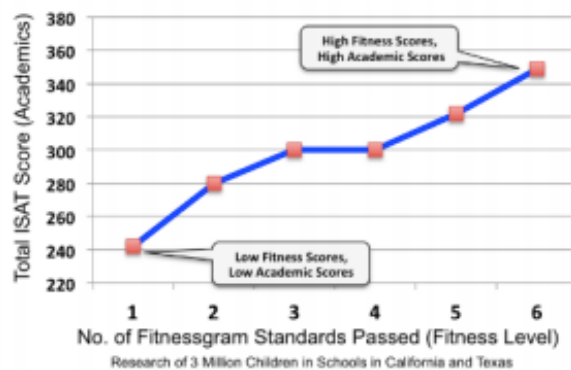
What is the state law?

- WAC 392-410-135 - Pursuant to RCW 28A.230.040, an average of at least 100 instructional minutes per week per year in physical education shall be required of all pupils in the common schools in the grade school program (grades 1-8) unless waived pursuant to RCW 28A.230.040.

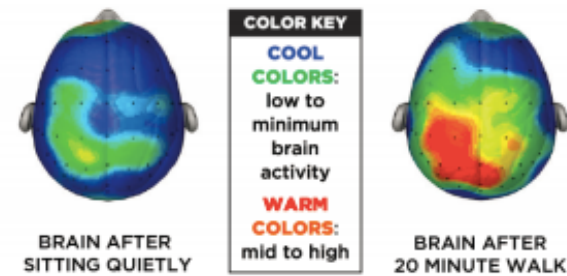
According to brain research...

- Exercise increases oxygen flow in the brain, which reduces brain-bound free radicals. This increase in oxygen has been found to always be accompanied by an uptick in mental sharpness.

Strong Correlation Between Higher Fitness Scores and Higher Academic Scores



Average Composite of 20 Student Brains Taking the Same Test



Hillman, C.H. The Effect of Acute Treadmill Walking on Cognitive Control & Academic Achievement in Preadolescent Children, 2009.

What is the current reality in WSD?

- Five elementary schools have PE for 35 minutes two days per week.
- Two elementary schools (Lincoln and Columbia) have a variance to their schedule that reduces the amount of PE minutes students receive per week.

Why the variances?

- Staff at Columbia and Lincoln were looking for a way to increase the amount of uninterrupted instructional time in the classroom and provide opportunity for collaboration time for classroom teachers.

Due to the variance at Columbia:

K-3rd get 45 minutes every 4 days (35 on Mondays)

4th-5th get one session of 35 minutes and one of 40 minutes each week

Due to the variance at Lincoln:

Kindergarten gets 30 minutes 3 days per week (PE and Music teachers transition the students between these two specialist areas, reducing that time by an additional 5 minutes)

1st-2nd get 30 minutes 2 days per week (PE and Music teachers transition the students between these two specialist areas, reducing that time by an additional 5 minutes)

3rd-5th get 60 minutes 1 day per week

*Students that have PE on Friday, have already missed 6 out of 22 PE sessions so far this year

The cost of these variances:

Columbia students, over the course of 6 years, lose 1/3 of a year of PE instruction (900 minutes)

Lincoln students, over the course of 6 years, lose nearly a full year of PE instruction (2100 minutes)

What are we recommending?

Equity among all of the elementary schools to maintain having PE for at least 2 days and a minimum of 70 minutes total per week.