

ACTIVE SCHOOLS:



Helping Children Become Physically Active for Life

Physical Education, a mandated content area taught in all RI Public Schools for grades one through twelve, teaches psychomotor development in a movement exploration setting.

Psychomotor learning is the relationship between cognitive functions and physical movement and is demonstrated by physical skills such as movement, coordination, manipulation, dexterity, speed and actions which demonstrate fine motor and gross motor skills.

Physical Education teaches 5 Health-Related Areas of Fitness:

1. *Cardiovascular Fitness* is the ability of the heart, lungs and vascular system to deliver oxygen-rich blood to working muscles during sustained physical activity.
2. *Muscular Strength* is the amount force a muscle or group of muscles can exert against a heavy resistance.
3. *Muscular Endurance* is the ability of a muscle or muscle group to repeat a movement many times or hold a particular position for an extended period of time.
4. *Flexibility* is a degree to which an individual muscle will lengthen.
5. *Body Composition* is the amount of fat in the body compared to the amount of lean mass.

What is the difference between Physical Education (PE) and Physical Activity (PA)?

Physical Education teaches the FITT Training Principles, which is a set of principles used to guide individuals to benefit from any form of fitness training program.

FITT: Frequency, Intensity, Time and Type

Frequency: how often one should train to obtain health benefits

Intensity: the amount of effort that should be invested in a training program or any one session

Time: the amount of time one should exercise

Type: kind of exercise you should choose to achieve the appropriate training response

Physical Education provides students with knowledge and the ability to engage in a variety of activities and exercises, with the objective of each student achieving and maintaining a healthy physically active lifestyle in and out of school.

Physical Activity is the opportunity for individuals to engage in fun activities they enjoy and obtains health benefits at the same time. Schools should provide physical activities before, during and after school to enhance the PE curriculum. Recess, intramurals, interscholastic sports and walk and bike programs can be offered at schools. There are many low-cost or no-cost programs that school leaders can participate in to improve and promote the physical well-being and health of all students without compromising academic pursuits.

Physical Activity programs available for school:

- **Let's Move in School**, created by AAHPERD, offers a free online toolkit with easy-to-use resources and activities. Register for a free Let's Move in School Webinar: Implementing a Comprehensive School Physical Activity Program on Wednesday, October 12, 2011 at www.LetsMoveInSchool.org -- AAHPERD & National Geographic Kids, along with Michelle Obama, will try to break the Guinness World Record for the most people doing jumping jacks on October 13-14. Create a jump site at your school or facility and join in on the fun!
- **National Walk to School Day** (www.walktoschool.org) is scheduled for Wednesday, October 5th.
- **HealthierUS School Challenge** (www.fns.usda.gov/tn/healthierus/index.html) establishes standards for schools' food quality, participation in meal programs, physical activity opportunities and nutrition education.
- **Fuel Up To Play 60** (www.fueluptoplay60.com), sponsored by New England Dairy Council and the NFL, is a fun, interactive program that allows YOU to decide how to make your school an even healthier place. You can put your ideas and plans into action to help everyone eat healthy and get active.
- **Presidential Active Lifestyles Award** (www.presidentschallenge.org) encourages youths and adults to incorporate physical activity into their daily lives - 30 minutes per day for adults and 60 minutes per day for youths. AAHPERD promotes the President's Council on Fitness, Sports and Nutrition (www.fitness.gov), which focuses on healthy eating and active lifestyles.
- **Shape Up RI for Families** (www.shapeupri.org) challenges families to set goals to increase physical activity, improve nutrition.
- **Community walks** can be organized through District Wellness Committees
- **Fit Kids Fun Run** (www.FitKidsFunRun.com) is hosted by RIAHPERD and sponsored by Fuel Belt and Sodexo with the purpose of raising awareness and community support for RI's new PE mandate: a high quality, standards-based PE curriculum focused on developing a foundation for lifelong health and fitness.

The RI Healthy Schools Coalition challenges all schools K-8 to participate in this event at City Park in Warwick on Saturday, May 19, 2012.