

**#DOSOMETHING –
Advocacy
Share what you do!**



**#SHAPESD2015
*Clayton Ellis***

***President - Colorado Governor's Council for Active and Healthy
Lifestyles***

SHAPE America - Central District Leadership Council

2010 National High School Physical Education Teacher of the Year

There is no "status quo"! You are either in a state of progress, or a state of decay!

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@ceellisify



#DOSOMETHING – Advocacy

Share what you do!

➤ *Warm-up Activity – Circuit Stations*

- **Taking Attendance**

- *Attention Command –*

- *“BOOM Shakalaka”, “Hooty-Hoo!”,
“Cowabunga!”*

- *Attendance / Note-cards*

- Divide class into groups - Colored Cards
 - Instructional Lines
 - Exercise Lines

- **Formative Assessment**

#DOSOMETHING – Advocacy

Share what you do!

- *Promote your physical education program through appropriate practices for physical education.*
- *Utilize resources to advocate and promote your physical education program through appropriate practices for physical education.*
- *Share what you do!!*



#DOSOMETHING – Advocacy

Share what you do!

- *Who is here?*
- *Elementary School?*
- *Middle School?*
- *High School?*
- *SHAPE America Members?*





#DOSOMETHING – Advocacy

Share what you do!

- **Technology Integration -**

- **Twitter Account:**

- **TWEET -**

- **#DOSOMETHING –**

- ***Share what you do! Session w/***

- ***. @ceellisify . @SHAPE_SD***

- ***@SHAPE_America has 10.2K followers***

- ***ceellisfy has 928 followers***

- ***@SHAPE_SD has 547 followers***



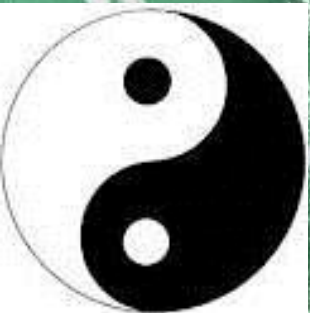
#DOSOMETHING – Advocacy
Share what you do!

- **Grouping students**
 - *Finger Groups*
 - *Clumping with music*

#DOSOMETHING – Advocacy
Share what you do!

Brain Activity

- **Rock Paper Scissors Tournament**





#DOSOMETHING – Advocacy

Share what you do!

- **Grouping students**
 - *Finger Groups*
 - *Clumping with music*
 - **6 groups**



#DOSOMETHING – Advocacy
Share what you do!

- **Circuit Stations**

- *Agility Ladder*
- *Jump Ropes*
- *Resistance Bands*
- *Medicine Balls*
- *Kettle Bells*
- *Fitness Balls*



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Share what you do!

- ***SQUARE 1:***
- ***What makes you happy?***
- ***What SPORT do you like to watch or participate regularly?***
- ***What is YOUR favorite PHYSICAL ACTIVITY in which you participate regularly?***



#DOSOMETHING – Advocacy

Share what you do!

➤ *What makes you happy?*

- Endorphins

➤ *Sports vs Physical Activity for a lifetime!*



#DOSOMETHING – Advocacy
Share what you do!

➤ ***BOOM***

➤ ***Shakalaka!***



#DOSOMETHING – Advocacy
Share what you do!

SQUARE 2:

**What do you teach
to your physical
education classes?**

#DOSOMETHING – Advocacy

Share what you do!

National Physical Education Standards

- **Standard 1:** - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- **Standard 2:** - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- **Standard 3:** - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- **Standard 4:** - The physically literate individual exhibits responsible personal and social behavior that respects self and others.
- **Standard 5:** - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.



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➤ ***BOOM***

➤ ***Shakalaka!***



#DOSOMETHING – Advocacy
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➤ ***Square 3:***

➤ ***What is wrong
with “gym” class?***

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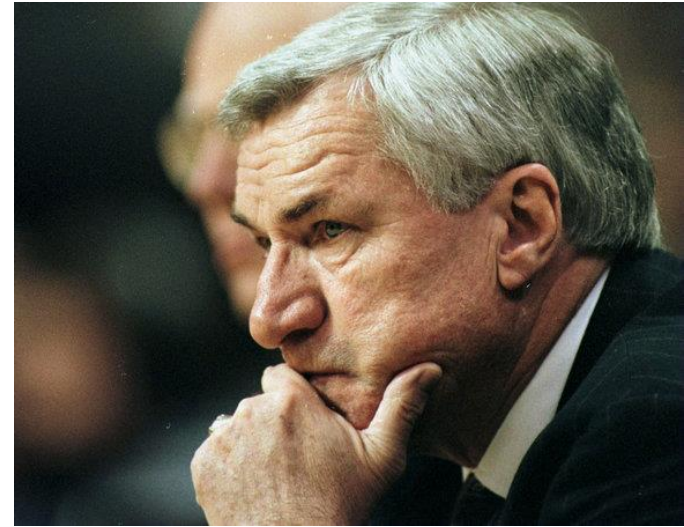
Share what you do!

➤ ***Answer:***

➤ ***“I AM”***

➤ ***“There is a point in every contest when sitting on the sidelines is not an option.”***

• **Dean Smith**





#DOSOMETHING – Advocacy

Share what you do!

“DO SOMETHING!” Session

- **Results:**

- *Lack of Money / Equipment*
- *Lack of Support*
- *Lack of Communication*
- *Lack of Time*
- *Master Scheduling*
- *OK with “Status Quo” / Staff Resistant to Change*
- *State Assessment Requirements*



#DOSOMETHING – Advocacy
Share what you do!

➤ ***BOOM***

➤ ***Shakalaka!***



#DOSOMETHING – Share what you do!

- ***SQUARE 4:***
- ***What is right with
“physical education”
class?***
- ***Share what you do...***

#DOSOMETHING – Advocacy

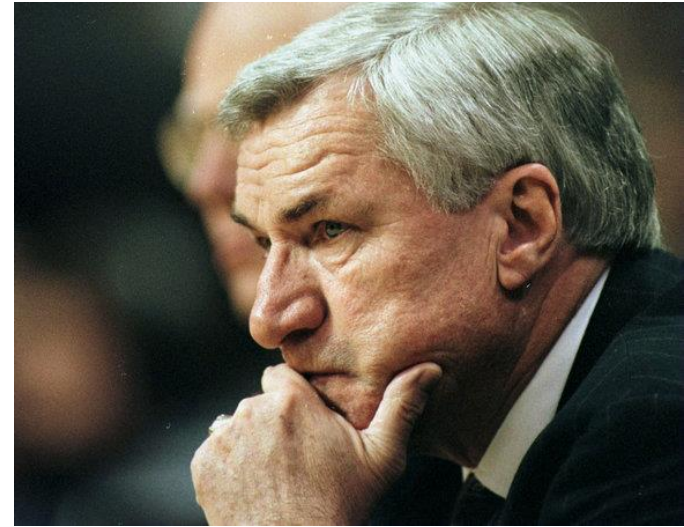
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• **Dean Smith**





#DOSOMETHING – Advocacy

Share what you do!

- Why Should We Advocate?
- Health and well-being of students
- Academic and behavioral benefits
- Experts in the field
- Misconceptions of physical education
- Protect your program

If we don't, who will?



South Dakota

Overweight & Obesity Rates for Children



South Dakota
26.5%

UNITED STATES
31.3%

Source: 2011/12 National Survey of Children's Health. Data Resource Center for Child & Adolescent Health.

Physical Education in South Dakota

SOUTH DAKOTA PHYSICAL EDUCATION REQUIREMENTS	YES	NO
Does SD mandate elementary school PE		X
Does SD mandate middle school/junior high school PE		X
Does SD mandate high school PE	X	
Does SD have its own PE standards	X	
Does SD require PE in all grades K-12		X

Source: Shape of the Nation Report: Status of Physical Education in the USA (2012). National Association for Sport and Physical Education.

HIGH SCHOOL STUDENT PARTICIPATION IN PHYSICAL EDUCATION	South Dakota Students %	U.S. Students %
Did <u>NOT</u> attend physical education classes daily	79.4%	68.5%
Did <u>NOT</u> attend physical education classes in an average week	67.4%	48.2%

Source: Youth Risk Behavior Survey (YRBS) 2011. Centers for Disease Control and Prevention.



South Dakota PEP Grant Funding 2001-2014:

\$3,969,675.00



Source: Compiled by SHAPE America: <http://www.shapeamerica.org/advocacy/upload/PEP-recipients-by-state-2001-2014.pdf>



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#DOSOMETHING – Advocacy

Share what you do!

➤ ***SQUARE 5:***

➤ ***How do you communicate with your decision makers?***



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Share what you do!

- Suggestion

- *Send an email*

- to your principal,
 - superintendent,
 - school board,
 - legislators
- **Tell them about an AWESOME program, change, or contribution you made in the field of PE last year, or better yet set up a meeting with the powers that be, to relate the importance of PE in our schools.**



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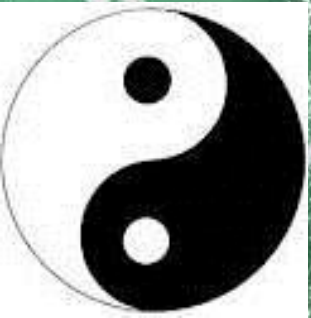
Share what you do!

- **Here is what you can do:**
 - *DO SOMETHING new and different every year*
 - Brain Breaks (Share in class & school)
 - *Know and follow your legislators & legislation*
 - *Meet with your principal, superintendent, school board.*
 - *Invite them to your events*
- **Share what you do!**

#DOSOMETHING – Advocacy
Share what you do!

Brain Activity

- **Hook-ups**





#DOSOMETHING – Advocacy
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#DOSOMETHING – Advocacy

Share what you do!

➤ **SQUARE 6:**

➤ *What is the one new skill or innovative activity that you have added to your program recently?*

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Share what you do!

- Suggestion

- *Spend the next month planning;*

- innovative ways you can change / improve your PE program this coming year,
 - i.e., become a Zumba instructor,
 - write a grant to purchase equipment,
 - or implement exergaming into your curriculum.



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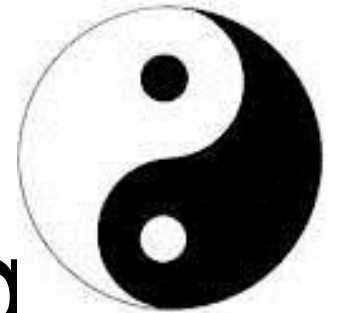
Share what you do!

- **Here is what you can do:**
 - *Fitness Club – BOKS, Fuel Up to Play 60*
 - *#50MillionStrong*
 - *Sign Up for **Let's Move!** Active Schools*
 - Attend a Physical Activity Leader Workshop
 - *President's Youth Fitness Program Workshop*
 - *Attend SHAPE America*
 - *Host a Jump/Hoops for Heart Event*
- **Share what you do!**

#DOSOMETHING – Advocacy
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Brain Activity

- **Shake**
- **Body Drumming**





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➤ ***SQUARE 7:***

➤ ***What do you do to engage your parents and the community into your program?***



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- Suggestion
- Start a *Family Fitness Night* at your school, where students and parents are invited into the school one night per month to partake in fun activities as a family!



#DOSOMETHING – Advocacy

Share what you do!

- Suggestion
- Use a digital camera to take pictures of your students in action during the first few weeks of school and create a movie using Windows Movie Maker, Photo Story, or iMovie and show the video at an open house night or school board meeting.
- Do you have a physical education website????
- <http://ceellis.aurorak12.org/>



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➤ ***SQUARE 8:***

➤ ***What do you do to engage your faculty and staff into your program?***



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- Suggestion

- *Sit down with the English, Math, Science, Social Science teachers at your school this fall and discuss ways you can incorporate literacy and math into your lessons and **even better yet**, ways they can incorporate fitness, brain engagement, and **physical education concepts (BRAIN Energizers) into their classrooms.***

#DOSOMETHING – Advocacy

Share what you do!

- Suggestion

- *Challenge yourself to get at least 5 of your best PE teacher friends to log on to social networks, groups and pages. Create an account to become a part of the newest and latest thing to hit the world of PE!*
- Create Dialog Classes/ Prepare a District Leadership Presentation



#DOSOMETHING –

Share what you do!

- Action Items from “DO SOMETHING:”

- Website / Social Networks
- Newsletters
- Before & After School Clubs
- Apply for Grants
- Open House – Parent teacher Conferences
- Present @ School Board Meeting
- Follow and engage legislators
- Participate / Present in Professional Development
- Brain Boosts (Share in class & school)
- Host a Jump & Hoops for Heart Event
- Staff Wellness / Group Walking
- ** Family Fitness Night

- Share with your neighbor what WILL you do!