QUALITY PHYSICAL EDUCATION

MAY 10, 2011

DR. JAYNE GREENBERG
PHYSICAL EDUCATION AND HEALTH LITERACY
MIAMI-DADE COUNTY PUBLIC SCHOOLS
Miami-Dade County Public Schools
Miami, Florida

Demographics:

- 341,000 Students
  - 8% White
  - 25% Black, Non-Hispanic
  - 65% Hispanic
  - 2% Asian/Indian/Multiracial

- Fourth Largest School System in the U. S.

- 125 ++ Languages Spoken
PHYSICAL EDUCATION

MISSION STATEMENT

To develop a world class physical education program designed to increase the fitness and physical activity levels of students while reducing the preventable health disparities among our multi-cultural youth population.
FUNDED PARTNERSHIPS

DISTRICT BUDGET ???????

- US DEPARTMENT OF EDUCATION
- US DEPARTMENT OF HEALTH AND HUMAN SERVICES
- CENTERS FOR DISEASE CONTROL AND PREVENTION
- COMMUNITIES PUTTING PREVENTION TO WORK
- NATIONAL RECREATION AND PARK ASSOCIATION
- CHRISTOPHER Reeve FOUNDATION
- MICHAEL AND SUSAN DELL FOUNDATION
- HEALTH FOUNDATION OF SOUTHERN FLORIDA
- AVENTURA MARKETING COUNCIL (ANCHORS AWAY)
- PEACOCK FOUNDATION
- MIAMI HEAT
- CVS/CAREMARK
- UNITED STATES GOLF ASSOCIATION
- FLORIDA DEVELOPMENTAL DISABILITIES COUNCIL
- UNIVERSITY OF MIAMI, MILLER SCHOOL OF MEDICINE
- SEVERAL LOCAL PHILANTHROPISTS
POLICY

- ALLIANCE FOR A HEALTHIER GENERATION
  - MICHAEL AND SUSAN DELL FOUNDATION
  - PEACKOCK FAMILY FOUNDATION

- FITNESSGRAM HEALTH RELATED FITNESS ASSESSMENT

- SCHOOL HEALTH INDEX

- WELLNESS POLICY (FOOD AND NUTRITION, PHYS. EDUC., P.A.)

- YOUTH RISK BEHAVIOR SURVEY

- CAROL M. WHITE PHYSICAL EDUCATION (PEP) GRANT
Let’s Move
Mrs. Obama’s Initiative

- Let’s Move in Schools
- Let’s Move in Communities
- Let’s Move Outside
Florida Legislation SB 610

- 150 Minutes of Elementary Physical Education Per Week
- One Semester Each Year of Middle School (With Waiver)
- One Credit on Senior High School for Graduation
PHYSICAL EDUCATION AVERAGE
CLASS SIZE
CAN WE AFFORD NOT TO ADDRESS THE IMPORTANCE OF PHYSICAL EDUCATION ON YOUTH?

- ECONOMIC IMPACT
- IMPACT ON LEARNING
Economic Impact

- Poor Nutrition, Physical Inactivity, Increased Weight
- Increased risk of colds or flu
- On-set asthma, diabetes, joint problems
- Bullying, low self esteem, depression
- Increased absenteeism
- Decrease $$$$$
- Increased Health Care Costs
Impact on Learning

• Poor Nutrition, Physical Inactivity, Increased Weight
  • Poor nutrition interferes with cognitive function
    • Shortened attention span, irritability, fatigue, difficulty with concentration
    • Physical Activity – higher self esteem
      • Increased concentration
        • Increased Academic Performance
Best Practices in Physical Education
VISIONARY PHYSICAL EDUCATION

- Technology – Wellness Centers
- Fitness Education
- Water Sports
- Outdoor Education
- I Can Do It, You Can Do It
Technology in Physical Education
High Tech Fitness/Wellness Centers

Cycles
Steppers

Cross Trainers
Treadmills

Fitness For All
High Tech Fitness

Heart Rate Monitors

Pedometers

Tri-Fit System
High Tech Fitness
Game Bike
Dance Dance Revolution
Virtual Teacher
Spinning Cycles
WELLNESS CENTERS
New Learning

- INTEGRATING TECHNOLOGY INTO EXERCISE

- USING THE SAME TECHNOLOGY BLAMED IN PART FOR CHILDHOOD OBESITY TO ENHANCE FITNESS AND ACADEMIC ACHIEVEMENT
Academics Integrated into Physical Education
iTouch Nutrition Program
Fitness Education
Traverse Climbing Wall
Stability Ball and Body Bar Training
Ancillary Equipment
Water Sports
HMS FULL SAIL
(OpSail 2000)
Water Sports Activities
Sailboats and Kayaks
Kayaking from Coconut Grove Sailing Club to Surrounding Islands
Canoeing the Bay
Snorkeling for Conservation

- Students learn to respect the marine life and vegetation.
- Students learn how weather conditions impact the topography of the ocean floor and Biscayne Bay.
Water Sports Activities

Full Inclusion
Exploring Marine Life
Exploring Local Vegetation
Coconut Grove Sailing Club
Barrier Island Clean Up – Environmental Education
Lab Time
ANCHORS AWAY
A Community Not For Profit Developed to Expand the Sailing Programs Initiated by the PEP Grant
Quantitative & Qualitative Data
FINAL EVALUATION

QUANTATIVE EVALUATION

- Students improved on fitness test scores (FITNESSGRAM)
- Students increased physical activity time (ACTIVITYGRAM)
- Students improved attitudes towards physical activity (CATPA)
- Students who were overweight lost an average of 8 pounds during the semester
- Students who were underweight gained an average of 2 pounds during the semester
I CAN DO IT, YOU CAN DO IT!
I CAN DO IT, YOU CAN DO IT!

DR. MARGARET GIANNINI
UNITED STATES DEPARTMENT OF HEALTH AND HUMAN SERVICES,
OFFICE ON DISABILITY
I Can Do It
Thank You for Giving our Students the World

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