

Melinda Bossenmeyer, Ed.D.
President Peaceful Playgrounds
"We Count" Pedometer Wellness Program
www.peacefulplaygrounds.com
Melinda@peacefulplaygrounds.com
877-444-9888
California State University San Marcos

Session Abstract:

2B - Physical Activity: A Healthy Movement on School Campuses

Kids need environmental and leadership support to be more physically active at school.

- I. Opportunities and challenges for students to enjoy more physical activity.**
 - a. Recess & CA. Educational Code
 - b. Physical Education Mandates- required minutes v.s. actual practice.
 - c. Challenges-academics, liability, policies.
 - d. Supt. O'Connell's Task Force on Childhood Obesity, Diabetes and Cardiovascular Disease.- Recommendations discussion.
 - e. Schools' unique opportunity for increasing children's physical activity levels.

- II. Environmental Issues**
 - a. School Facilities- playground designs for increased physical activity
 - b. Equipment- play structures and consumable equipment...Where children play. How active are they? Which activities are most conducive to increased activity? Designing a high activity playground. Activities that encourage physical activity.
 - c. Class size- CA physical education class sizes prevent quality physical education experiences. Average Ca Physical Education Class Size vs Ave PE Class sizes across the nation. The role Teacher Associations and contract negotiations play in class sizes in CA schools.
 - d. Safety- playground safety. Research on Safe Playgrounds including Playground Supervisor Training. How to decrease playground injuries. Rules and procedures for safe play experiences.

- III. **Leadership Strategies (for school personnel, parents, and community organizations)**
 - a. School/District/ State Policies on recess & PE

- IV. **Physical and Social Safety**
 - a. Bullying continues to be an issue at schools. 5% of students report being bullied in last week.
 - b. Programs

- V. **Parent and Student Perceptions**
 - a. 90% parents want recess and physical education for their children
 - b. Students continue to vote recess on top as their favorite activity at school
- TEACHERS**
 - c. 83% of teachers support daily physical education for students.
 - d. Staff wellness-component of Coordinated School Health Programs

- VI. **Professional Development**
 - a. Physical Education -training needed in physical fitness and physical activity instruction.
 - b. Physical activity opportunities- training and research in increasing the amount of time children are physical active during physical education and recess.

Panel members will also provide participants with interactive tools for schools to promote increased physical activity for student health and optimal weight.