



# Physical Education Update

## April, 2020

Florida Department of Education  
Office of Healthy Schools

Please share all relevant information in this update with appropriate administrators and teachers within your school district. If you are no longer the contact for physical education please notify [Nichole.Wilder@fldoe.org](mailto:Nichole.Wilder@fldoe.org) with the updated contact information for your district.

### **Physical Education and Health Education Resources**

Linked [here](#) is a compilation of no-cost resources to assist educators with professional development and distance learning during school closures. This link was shared previously, however there are 3-4 additional pages of resources included in this document since it was originally shared. Please feel free to send any additional resources to [Nichole.Wilder@fldoe.org](mailto:Nichole.Wilder@fldoe.org) so they can be added. However, only send resources that you have created and/or vetted.

**Please DO NOT send any for cost resources that include any type of copyrighted materials.**

### **Health Education State Board Rules Resources**

Linked [here](#) is a compilation of no-cost resources that can assist school districts with each of the three health education rules. There are three tabs at the bottom of the document, which indicate which rule the resources are related to. Some resources are included to assist teachers with professional development during the school closures, while most are resources intended to assist with instruction.

### **Healthy Schools Webinar Interest Survey**

The Healthy Schools Team created a survey to determine the interest and logistics of offering weekly webinars to assist health educators and physical educators. This will take no more than 2-3 minutes to complete, and will assist us with providing meaningful virtual learning for both you and your teachers. The first webinar will be Tuesday, April 14<sup>th</sup> at 10 AM (EST). The first webinar will feature unique ways that [EVERFI](#) and [Five Star Life](#) have tailored their curriculum to remote learning. The survey results will determine the day/time as well as the content featured in future webinars. Thank you in advance for completing the interest survey that is found at <https://tinyurl.com/tewrady> by Friday, April 10<sup>th</sup>.

### **Moo-lah For Schools Grants**

Are you looking for unique “on-the-go” dining experiences for your students? The Dairy Council of Florida can help with our Moo-Lah for Schools grants, including everything from smoothies to coffee to mobile meals and more! No funds are exchanged, and we take care of



ordering the school foodservice equipment and having it delivered in time for the start of the 2020-2021 school year. Applications are open and will close on April 17, 2020. Its quick and easy to apply! Linked [here](#) is information if you are interested in learning more and applying.

### **SHAPE Florida Program Proposals**

SHAPE Florida is looking for physical educators to share the wonderful things happening in their classrooms and/or school districts at the fall convention. **Submit your program proposal by APRIL 30<sup>th</sup>!** Simply click on the link



educators to in their the fall **proposal by here** to read

important program proposal information. The 2020 SHAPE Florida Convention theme is *A Common VISION of Instructional Excellence* and will occur October 18-20, 2020 at the Embassy Suites Lake Buena Vista South. For additional information about SHAPE Florida visit their website linked [here](#).

### **National Field Day**

The OPEN National Trainers will be hosting a National Field Day event on May 8, 2020! May is national physical fitness and sports month, and since many students will miss participating in Field Day during the school closures, over 2,000 schools across the country have already registered for this virtual national field day event. All activities and games will be things students can do at home with their families, and with equipment that is typically found in the home. Click [here](#) to register and get additional information.

### **Nutrition Education Resources Addressing Both Underweight and Overweight**

There are many free, easily accessible resources online for educators seeking to integrate nutrition education into the classroom. The importance of these materials is to encourage a balanced diet that supports healthy weight- this includes the student's potential to avoid being overweight *and* underweight. A variety of no-cost resources compiled by our Health Education Intern Kelly Aaronson are included below.

- The FDA website's [Health Educator's Nutrition Toolkit](#) provides information, tip sheets, sample social media posts, and graphics encouraging a healthy, well-rounded diet.
- [USDA MyPlate](#) shares education materials for integrating nutrition education into different subject areas and emphasizes the importance of eating foods from all five food groups. This website also provides infographics that are free to download and easy-to-read for children regarding different types of food and healthy choices.
- The [ChooseMyPlate](#) website provides science-based advice, as well as activities, games, and lessons that assist children in building healthy meals and maintaining a healthy weight.
- The [Centers for Disease Control and Prevention \(CDC\) Healthy Schools webpage](#) lists additional resources in regards to how nutrition education fits into school curriculum.



The link between physical activity and social connection offers a compelling reason to be active. It also serves as an important reminder that we humans need one another to thrive.

~#TheJoyOfMovement