



Physical Education Update September, 2019

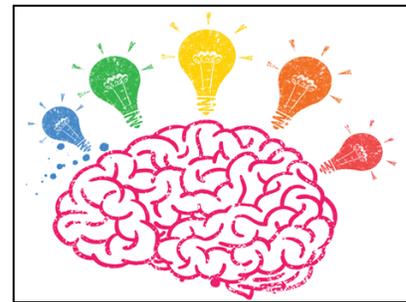
Florida Department of Education
Office of Healthy Schools

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 contact Nichole.Wilder@fldoe.org with the updated contact information for your district.

Benchmark of the Month

The September benchmark of the month is **PE.3.R.6.2:**

Describe ways to appreciate the good physical performance of others. Linked [here](#) is an Online Physical Education Network (OPEN) resource titled Cheers for Celebration. Using the cheers in a physical education class can allow students to show appreciation when other students have learned a new skill or improved on an existing skill and/or task. It can help promote a positive culture within physical education and help teachers integrate social and emotional learning throughout the school year. Students of all ability levels can benefit from the use of positive reinforcement such as these Cheers for Celebration in physical education.



Take Your Parent to PE Week

Take Your Parent to PE Week is September 23-27, 2019. There are many ways that teachers can use this time within their classrooms. If you have an established parent engagement program, use this time to celebrate your success with your entire community. If you're starting your journey with parent engagement, we urge you to start small, but think big. Head over to [Active Schools](#), register as a participant and download all of the free resources available to you. The School Toolkit to help with preparation is linked [here](#).



**Take Your Parent
to PE Week**
Sept 23-27, 2019
Active.Schools
#ParentsLovePE

While not mandatory, registering your school as a Take Your Parent to PE Week participant will make your school eligible to receive prizes from a variety of Active Schools partners. Schools who register by Sept. 27 will be entered into a drawing to take place in early October and winners will be contacted directly. School staff or parents may register their school. [Click here](#) to see the list of 67 prizes worth over \$40,000.

OPEN has also provided numerous resources to help make the most out of parent involvement during *Take Your Parent to PE Week*. These resources can be found at <https://openphysed.org/best-practices/prof-responsibilities>.

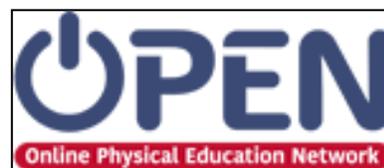
Substance Use and Abuse Health Education

[Rule 6A-1.094122, F.A.C.](#), was approved by the State Board of Education on August 21, 2019. This rule requires school districts to annually provide instruction to students in grades K-12 related to youth substance use and abuse health education, and institutes procedures for school districts to document planning and delivery of instruction. Substance use and abuse health education should advance each year through developmentally appropriate instruction and skill building using the adopted health education standards found at www.cpalms.org. Decisions about which course(s) will be used to deliver this instruction and curricula used will be determined at the school district level. The rule will be in effect for the 2019-2020 school year.

The memorandum sent on August 23, 2019 from Chancellor Jacob Oliva can be found [here](#).

New OPEN Best Practices Resources

The Online Physical Education Network (OPEN) has added new resources related to best practices in physical education. These resources are centered around the four topic areas of planning and preparation; classroom environment; instruction; and professional responsibilities.



Some examples of the types of resources included are classroom rules, curriculum maps, Depth of Knowledge (DOK) questions, parent letters to introduce your program, and Take Your Parent to PE Week resources.

All of these free resources can be downloaded as a PDF or as a word document, which allows teachers the flexibility to make edits/updates where needed to meet the needs of their students and program. This also includes the ability to include our Florida physical education standards instead of the national standards on the curriculum maps and other standards-based resources. All of the OPEN resources are available for free at www.openphysed.org. To specifically view the Best Practices resources, select “Curriculum Resources” from the menu along the top and then select “Best Practices” from the drop down menu.



“The best way you can love teachers is to create the conditions under which they can become successful”.

From: Michael Fullan

Office of Healthy Schools Team

I wanted to take a moment to introduce the Office of Healthy Schools team as we begin a new school year. I have included the title and responsibilities of each member of our team below, and their names are hyperlinked to their email address. Please don't hesitate to contact us if we can be of assistance.



Penny Taylor

Nichole Wilder

Tamara Gibson-Alonso

Ksena Zipperer

[Penny Taylor](#) – Director, Office of Healthy Schools

Responsibilities: CDC Surveillance Project, Community Partnership Schools, Green Schools, Healthy School District Self-Assessment and Recognition; Tobacco Prevention Education

[Nichole Wilder](#) – Assistant Director, Office of Healthy Schools

Responsibilities: Physical Education, Driver Education, JROTC, Healthy Schools Summer Academy

[Tamara Gibson-Alonso](#) – Health Education Coordinator

Responsibilities: Health Education, State Board Rules related to Mental and Emotional Health Education and Substance Use and Abuse

[Ksena Zipperer](#) – HIV/STD and Teen Pregnancy Prevention Coordinator

Responsibilities: Family Life and Disease Prevention, Youth Mental Health First Aid Trainer

Grant Opportunities

- **[Math & Movement Professional Development Workshop and Materials Grant \(K - 5\)](#)**
Support your active classrooms initiative by applying to host a full day Math & Movement professional development workshop at your school. Math & Movement is a kinesthetic, multisensory approach to teaching math that incorporates physical exercise, stretching, cross-body movements and yoga. The grant includes an on-site workshop, active learning floor mats and active classroom training materials.
- **[Good Sports Equipment Grants \(K-12\)](#)** Good Sports equipment grants serve youth in economically disadvantaged areas of the country. Schools that indicate enrollment in [Active Schools](#) on their application receive added consideration. Please note that only schools with more than half of the student body eligible for free and reduced lunch can apply. This grant opportunity has a rolling deadline.

Educational Articles and Resources

- Article on Montgomery County adding recess time and seeing an increase in test scores is linked [here](#).
- An Active Schools resource titled The Movement Disparity: Parent and Principal Perspectives on Physical Activity in Schools is linked [here](#).
- An article on more states requiring mental health education is linked [here](#). Florida is highlighted as one of the states with a new mandate.