



Physical Education Advocacy Strategies for Parents and Others Who Care



Active Schools Webinar
Monday, March 15, 2021
3pm ET / 2pm CT / 1pm MT / 12pm PT

Presenters

- Charlene Burgeson, Executive Director, Active Schools
- Carly Wright, Vice President, Advocacy and Equity, Diversity and Inclusion, SHAPE America
- Luke and Katie Boring, parents and physical education teachers, Loudoun County Public Schools, VA
 - 2 kids – grades 5 and 10
- Paul Terdal, parent, Portland Public Schools, OR
 - 2 kids – grades 7 and 9
- Liliana Hernandez, parent leader, Local School Council, Parents United for Healthy Schools, Chicago Public Schools
 - 3 kids – 27 and 20 years; grade 6
- Karolyn Frangiadakis, parent, Oceanside School District, NY
 - 3 kids – grades 4, 6, and 8

Agenda

- Welcome – Charlene Burgeson
- PE advocacy 101 – Carly Wright
- Strategies and examples for school level advocacy – Carly Wright
- Parent advocacy example – Luke and Katie Boring
- Participant questions/comments – facilitated by Ali Armacost
- Strategies and examples for district level advocacy – Carly Wright
- Parent advocacy example – Paul Terdal
- Parent advocacy example – Liliana Hernandez
- Parent advocacy example – Karolyn Frangiadakis
- Participant questions/comments – facilitated by Ali Armacost
- Summary and call to action – Charlene Burgeson

PE Advocacy 101

What I Learn in PE Class

Every day, your physical education teacher uses the **National Standards for K-12 Physical Education** to help you become a physically literate person. Being physically literate is a fancy way of saying that you know how to be physically active and that you enjoy being physically active. Learning to be physically literate in physical education class now will help you continue to be healthy and active when you grow up.

Look at the **National Standards** to help you understand what you are learning in PE.

A physically literate individual:	What this means to me:
1 demonstrates competency in a variety of motor skills and movement patterns.	I have the skills to move and play.
2 applies knowledge of concepts, principles, strategies and tactics related to movement and performance.	I show that I know how to move and use a plan when I play games.
3 demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	I show that I know how to get fit and stay fit.
4 exhibits responsible personal and social behavior that respects self and others.	I act fairly and respectfully when I play.
5 recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	I know why it is important to be physically active.

Why PE?

- PE is an academic subject
- Develops knowledge, skills & confidence to be active for a lifetime
- Develops social-emotional skills
- Helps kids reach nationally recommended 60 minutes of physical activity per day

Physical Education along with Physical Activity



Kids Need Both



**SHAPE
America**

SOCIETY
OF HEALTH
AND PHYSICAL
EDUCATORS®



What's the difference?

- Physical education is an academic, skill-based class.
- Physical activity provides opportunities to apply skills learned in physical education.
- Students need BOTH physical education and physical activity to learn and apply skills. Without BOTH, students miss the opportunity to learn or practice these skills.

Physical Education...



is taught by a teacher certified in physical education



has lessons based on National Physical Education Standards and Outcomes



has sequential activities that are designed to meet outcomes

Both Help...

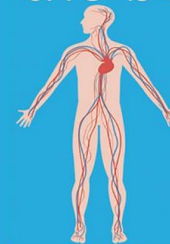
the brain

- decrease stress
- increase academic performance



&

the body



- improve fitness level
- prevent injury and disease

Physical Activity...



is led or supervised by any adult



can be structured or unstructured



may include any type of movement



ONLY

4% of elementary,
8% middle and
2% of high schools
provide daily PE or its
equivalent for the entire year

**Did you
know?**

95% OF PARENTS

with children under 18
think PE should be
part of school
curriculum for
ALL STUDENTS,
grades K-12



American
Heart
Association.

American Heart Association.

Voices
for Healthy Kids

Active Schools

Getting to Know Your Child's PE Program



Does your school value
physical education
as a part of a
well-rounded education?

Our parent's guide can
help you find out.

FREE

Does the physical education program in your child's school help students attain the knowledge, skills and attitudes necessary for leading healthy and active lives? SHAPE America's new parent resource can help you find out. [Download now](#)

Do You Know...?

- How much physical education instruction your child receives?
- Are school administrators engaged in the physical education program?
- Does the physical education program focus on participation for ALL students?
- Is physical activity assigned or withheld as punishment?
- Does the school collect any data on physical activity or physical education?



The Power of Us



School-Level Advocacy Strategies and Examples

School-Level Advocacy for PE

- Get to know the PE teacher
 - “Visit” a class
 - How can you help?
 - PE budgets are notoriously small (or non-existent)
- Talk to other parents & caregivers
 - Help spread the word about PE!
 - Collective voice
- Engage with the principal
 - Show your support for PE
 - School wellness committee?
 - Community connections



joe burch
@PEforlife

Mindful 5 minute activity w/ kindergarten today. Goal was to focus on belly breathing and take long/slow breath in through the nose and out the mouth. Beanie baby rests on stomach/chest and they could watch it go up/down or close eyes [@Jamie_Seiler](#) [@ChadJamison07](#) [@MsBarclayPE](#)



2019 · Twitter for iPhone

Luke & Katie Boring

Parents and
Physical Education
Teachers

Loudoun County Public Schools, VA





Questions & Comments

District-Level Advocacy Strategies and Examples

Districts with policies addressing time for physical activity

- 19% elementary school
- 10% middle school
- 6% high school



Districts with policies requiring the nationally recommended amount of physical education

(≥150 mins/week for elementary school;
≥ 225 mins/week for middle and high school)

- 5% elementary school
- 2% middle school
- 1% high school



Fewer than
1 out of **4**
district policies
required recess
for elementary school
students on a daily basis

Only
1 out of **5**
district policies
prohibited using physical
activity as punishment



Upcoming Public Hearings:

Public Hearing on School Renaming

The Alexandria City School Board will hold an online public hearing for the School Renaming of Matthew Maury Elementary School and T.C. Williams High School at the March 18, 2021, 5:00 p.m. Virtual School Board Meeting. **The deadline to sign up to speak is Wednesday, March 17, 2021, at Noon.**

[Sign Up to Speak at the Virtual Public Hearing on School Renaming](#)

General Public Comments:

To provide general public comments at a virtual School Board Meeting, [sign up here](#) or click on the "speak" icon below.

2020-2021 School Board Meetings and Work Sessions

During the ACPS school closure, the School Board will typically hold Virtual Board Meetings every other Thursday at 5:00 p.m. that may be viewed online by the public. Meetings are streamed live and recordings are posted to the ACPS website.

Some agenda items from cancelled School Board Meetings may be published as [Board Briefs](#).

Speak at a Board Meeting



District-Level Advocacy for PE

- Get to know your school district's local school wellness policy
- Share your support for PE with the school board & superintendent
- Are their districtwide PE budget items that need support?
- Protect your PE teachers!
- Use social media to engage with other parents & caregivers
- Advocate *before* there is a call to action

Paul Terdal
Parent

Portland Public Schools, OR



Introduction

- Live in Portland, Oregon
- Father of children on autism spectrum – receive special education services
- Advocate for individuals with disabilities for 12+ years in many ways:
 - Wrote and enacted Oregon laws related to health care, insurance regulation, and civil rights
 - Ad hoc “community organizer” and volunteer to help families access health care and special education services
 - Coordinated legal action to enforce the rights of the disabled to health care, education (as a non-attorney)
 - Met with many elected officials and political candidates to discuss issues important to families experiencing disability
 - Served on policy committees to advise on issues related to disabilities, education, and health care
- Not an attorney

Adapted Physical Education

Physical Education is for everyone – regardless of ability

“Adapted Physical Education is physical education which has been adapted or modified, so that it is as appropriate for the person with a disability as it is for a person without a disability.” (APENS)

Includes:

- Physical and motor skills
- Fundamental motor skills and patterns (throwing, catching, walking, running, etc.)
- Skills in aquatics, dance, and individual and group games and sports (including intramural and lifetime sports)

References:

- SHAPE America: www.shapeamerica.org/standards/adapted
- National Consortium for Physical Education for Individuals with Disabilities: www.ncpeid.org/what-is-ape-
- Adapted Physical Education National Standards: <https://apens.org>

Why I'm Here

- In June 2020, Portland Public Schools decided to halt all Adapted PE services and terminate all Adapted PE staff
 - Cost cutting measure in response to anticipated budget cuts
 - Announced on last day of “school” before summer break
- Adapted PE staff reached out to the impacted parents to ask for help
- Major legal issue – special education services are governed by IDEA (federal law)
 - Services on an Individualized Educational Program (IEP) are approved for each child each year, by a team that includes parents
 - Adapted PE was written into our IEP – and that of about 500 other students
 - District CANNOT change the IEP without either (a) IEP team approval, or (b) parent’s written agreement
 - Parents who object to an IEP team decision can invoke “stay put” and prevent any changes pending legal review

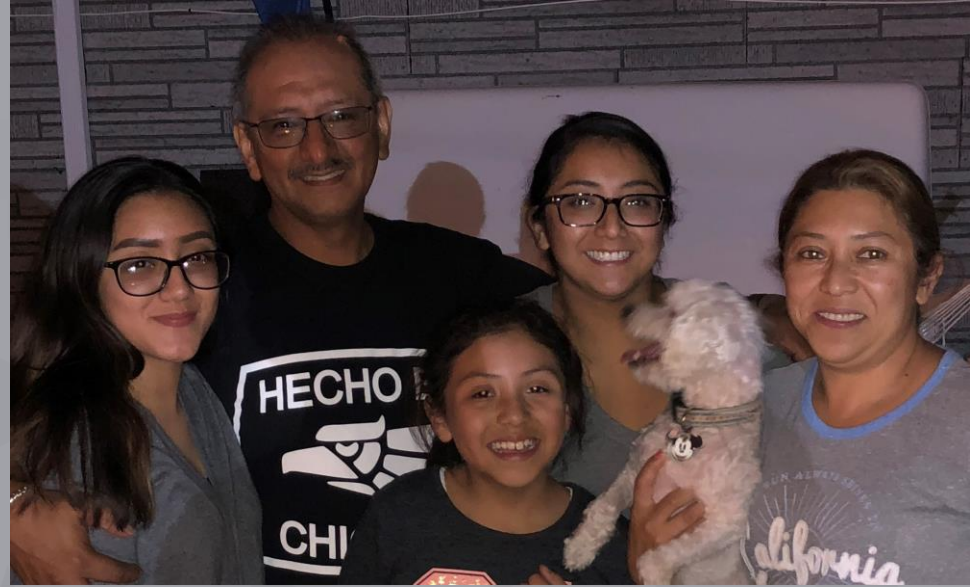
Swift Resolution

- Parents networked and organized a response
- Letter to School Board from an attorney:

“We will also invoke our stay put rights under the IDEA to require the provision of Adapted PE until our dispute is resolved. We expect that the dispute will be resolved in our favor, as there is simply no one else at his school who can provide APE services or support his achievement of the APE goals in his IEP. If the District’s plan is to eliminate the program and simply present that as a fait accompli at the beginning of the school year in order to frustrate our son’s stay put rights, it will have made exhaustion of administrative remedies under the IDEA futile. In that event, our only recourse will be to file a lawsuit in federal district court for the violation of the Americans with Disabilities Act, as the elimination of a program whose sole purpose is to provide disabled children with their only meaningful access to physical education is clearly discriminatory. ”
- I also worked on a standard complaint that could have been filed with the Department of Education by each family without an attorney
 - State Department of Education is required to investigate each complaint within 60 days, and to enforce federal law – or lose federal funding
- The School Board reversed course within 2 days

Liliana Hernandez

Parent Leader
Local School Council
Parents United for Healthy Schools
Chicago Public Schools





Liliana Hernandez

- Live in Chicago with my husband and three daughters that are 27, 20 and 12. Kamila is my youngest at Edwards in 6th grade
- LSC president and parent volunteer
- Work with Kindergarten and Cluster program

PARENTS UNITED

- Partnered with Parents United in 2017 and since have been training and sharing info with all stakeholders since then.
- For the last 15 years they have worked with schools to convert them to healthier schools making families and communities more health conscious with nutrition.
 - Breakfast in the morning
 - Recess
 - Eliminated junk food

Parents are an important link between school, family and community.

Your Leadership makes all the difference!

Chicago Public Schools

4 key policies that promote healthy eating and physical activity

- Local School Wellness Policies
- Healthy Snack and Beverage
- Physical education Policy
- Breakfast after the Bell Policy

All Schools should engage parents and guardians in nutrition education.

Recess and Physical Activity

- All schools must provide at least 20 minutes of daily recess
- Schools should try to open facilities after school hours for students, families and the community.

Physical Education

- ES K-8 must provide 30 mins daily or 150 mins per week.
- HS 9-12 must also provide daily physical education

Healthy CPS Indicator covers 4 areas (Done Annually) Appears on the CPS progress report.

- Chronic Disease
- Health related Instruction
- School Wellness
- Health Services

How has Parents United impacted Edwards?

Edwards is located near Midway Airport in Chicago's Archer Heights neighborhood and has approximately 1300 students. 99% are of Hispanic ethnicity.

- Parents United has been working with Edwards to inform parents about nutrition and physical activity and that has impacted the student body.
- “Estudiante saludable mejor ambiente academico” = “healthy student, better academic environment.”
- Edwards working with Central office for equality with PE requirements for all size schools. (150 PE minutes weekly)
- Health and Wellness team meets monthly with Principal, Wellness Champ, parents and teachers

Gracias/Thank you



Karolyn Frangiadakis

Parent

Oceanside School District, NY



Questions & Comments



Our Request of You: Be an Advocate for Physical Education!

Call to Action for this campaign in March (and anytime!)

School districts are making decisions NOW about how to conduct and fund education for school year 2021-22 so let the decision-makers know what you want and expect for your child and all students

- Use our template letters (found at the URL above)
- Advocate for PE on social media
 - Use hashtag #PEMovingForward
 - Tag (@) your school, principal, district, superintendent, school board members, district health/wellness advisory committee members, school health/wellness advisory committee members, your school's PTA/PTO