

MICHIGAN DEPARTMENT OF EDUCATION

Type:

- Physical activity program
- Professional development

Setting:

- School-based

Partners:

- Local parks/recreation department
- Colleges/universities

Goals:

- To develop a collaborative partnership between physical education teachers and parks and recreation programs.
- To provide consistent language and philosophy throughout a student's day, whether in physical education class or an after-school physical activity program.
- To promote physical activity during and after the school day.
- To involve youth and school and community members.
- To develop an after-school physical activity curriculum.
- To provide best-practice professional development for all grantees.

Description:

Multiple projects included a survey of students at 14 participating schools to assess knowledge and attitudes and to solicit ideas about physical activity; professional training for teachers; and development and pilot implementation of an after-school program.

Successes:

- The project developed and piloted an after-school physical activity program. The commitment of the Physical Activity Steering Committee was important, as were the camaraderie and mutual support of parks and recreation and physical education staffs. Evaluation data were gathered. Grant recipients indicated they appreciated the training and have better communication with and information from the state and Michigan State University extension programs.
- Greater collaboration and awareness are occurring among site coordinators, schools, communities, families, and youth, and there is increased confidence in community initiatives.
- Schools purchased heart-rate monitors.
- Youth benefited from high attendance and increased physical activity opportunities and provided valuable input through focus groups. Two elementary schools were involved.



Challenges:

- Community recreation/out-of-school sites were difficult to obtain in rural areas, especially in northern areas of the state.

Strategies for sustainability:

- The participants will implement new training skills in the coming year.
- Technical assistance is always available.
- Field sites increasingly view the agency as a supportive entity.
- The new relationships among parks and recreation and physical education staff members will continue.

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