

## **NORTH CAROLINA DEPARTMENT OF PUBLIC INSTRUCTION**

### **Project #1: Physical Education Is Active**

### **Project #2: The Movin' Van**

#### **Type:**

- Physical activity program
- School/community health education
- Information/event for parents/guardians
- Professional development
- Media campaign/event

#### **Setting:**

- School-based
- Community-based

#### **Partners:**

- State health department
- Local health department(s)
- State AAHPERD association
- Local parks/recreation department
- Media outlet(s)

#### **Goals:**

- To activate local communities to raise awareness of physical education/activity and the National Youth Media Campaign.

#### *Project #1*

- To develop a resource for physical educators, health educators, classroom teachers, administrators, after-school programmers, higher-education teachers, and parks and recreation program specialists.

#### *Project #2*

- To generate activity for youth aged 9-13 in housing areas that lack safe play areas and transportation to activities.

#### **Description:**

##### *Project #1*

For Physical Education Is Active, a CD-Rom and website teacher training were developed and emphasized the state's Standard Course of Study and provided online resources to help schools implement and enhance after-school programming. The intent is to focus the after-school programs on the state and national standards and enhance what the physical education professional is teaching in the classroom.

##### *Project #2*

The Movin' Van project took structured activities to underserved youth. Noncompetitive grassroots grants funded regional partnerships with local education and health agencies to



inform the local communities via the media and to develop year 2010 objectives. The grant process mandated teamwork and a media event.

**Successes:**

*Project #1*

- More than 600 CDs were distributed to physical education teachers, and most teachers received training.
- More than 80 principals received the CD.
- An emerging partnership with parks and recreation organizations led to training with their staff members.

*Project #2*

- The Movin' Van provided community education and received recognition. Networking opportunities were created through local media coverage.
- Children met and played in a safe environment, and parents were grateful.

**Challenges:**

*Project #1*

- The physical education teachers need training in computer skills.
- Students were more interested in playing than in developing skills, and so activities had to be sought that combined play with learning skills.

**Strategies for sustainability:**

*Project #1*

- The state education agency will partner with the state AAHPERD association and Be Active North Carolina to provide continued CD/website training.

*Project #2*

- The Van project is seeking additional funding from local businesses.
- A manual will help community-based organizations replicate the program.

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