

OREGON DEPARTMENT OF EDUCATION

Project #1:

A four-part professional development series for 23 school district teams on implementing the new state physical education content standards

Type:

- School physical education
- Professional development

Setting:

- School-based

Partners:

- Other: local school physical education teachers

Goal:

- To standardize and strengthen physical education instruction in Oregon public schools.

Description:

Oregon Department of Education staff guided teams of head physical education teachers and district curriculum directors through a four-part process for 1) aligning their physical education plan of instruction to the new standards; 2) developing and piloting new standards-based instructional modules; and 3) developing and piloting performance-based assessment items aligned to the standards.

Left-over funds from this main activity were used to conduct physical education staff development workshops for elementary school teachers. Workshops were based on a needs assessment that determined that these teachers felt they lacked appropriate training to provide quality physical education instruction.

Successes:

- The process also yielded a bank of instructional modules and assessment items that are available to districts across the state at www.ode.state.or.us/cifs.

Project #2:

Safe walking and biking routes to school

Type:

- Physical activity program
- Other: physical activity program for families

Setting:

- School-based



Partners:

- State health department
- Other state government agency: state transportation department

Goal:

- To encourage and enable students to walk and bike to school.

Description:

The Oregon Department of Education worked with the state health department's Cardiovascular Health Program to provide mini-grants to six elementary and middle schools to assess needs and develop plans for safe walking and biking routes to school. The implementation plans included a community event on Walk-to-School Day. Each of the schools established school-community teams to conduct the activities.

Successes

- As a result of their assessments, some schools were able to apply for structural improvement funds from our Department of Transportation.
- Some schools created safety measures for walking students, such as "walking school buses" led by community volunteers.

Project #3:

Promotional activities to highlight the Youth Media Campaign and reinforce its intent

Type:

- Media campaign/events

Setting:

- School-based
- Community-based

Partners:

- Local health departments
- Local parks/recreation department

Goal:

- To highlight the national Youth Media Campaign and reinforce its intent.

Description:

Because CDC's Youth Media Campaign did not launch during the project period, funds for a media piece were shifted to mini-grants to county health departments. These grants were dedicated to promotional activities that would highlight the campaign and reinforce its intent. A sampling of activities that these mini-grants supported include Walk-to-School Day; Family Fun Nights that were focused on providing parents information on the importance of physical activity, as well as inexpensive physical activity options for



them to do with their kids; and the beginning of Walk Across America programs in which students and staff keep track of their physical activity and chart it on a map prominently placed in the school.

Successes:

- Many local activities

Challenges:

- CDC's Youth Media Campaign hadn't been launched when these activities took place

Strategies for sustainability:

- A new position in the state health department has been created to coordinate state planning, project implementation, and internal/external communications in the physical activity and nutrition areas in collaboration with the Oregon Department of Education for youth-oriented activities.

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