



QUALITY PHYSICAL EDUCATION

MAY 10, 2011

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PHYSICAL EDUCATION AND HEALTH LITERACY
MIAMI-DADE COUNTY PUBLIC SCHOOLS

Miami-Dade County Public Schools

Miami, Florida

■ Demographics:

- **341,000 Students**

 - 8% White

 - 25% Black, Non-Hispanic

 - 65% Hispanic

 - 2% Asian/Indian/Multiracial

- **Fourth Largest School System in the U. S.**

- **125 ++ Languages Spoken**

PHYSICAL EDUCATION

- MISSION STATEMENT

To develop a world class physical education program designed to increase the fitness and physical activity levels of students while reducing the preventable health disparities among our multi-cultural youth population.

FUNDED PARTNERSHIPS

DISTRICT BUDGET ???????

- US DEPARTMENT OF EDUCATION
- US DEPARTMENT OF HEALTH AND HUMAN SERVICES
- CENTERS FOR DISEASE CONTROL AND PREVENTION
- COMMUNITIES PUTTING PREVENTION TO WORK
- NATIONAL RECREATION AND PARK ASSOCIATION
- CHRISTOPHER REEVE FOUNDATION
- MICHAEL AND SUSAN DELL FOUNDATION
- HEALTH FOUNDATION OF SOUTH FLORIDA
- AVENTURA MARKETING COUNCIL (ANCHORS AWAY)
- PEACOCK FOUNDATION
- MIAMI HEAT
- CVS/CAREMARK
- UNITED STATES GOLF ASSOCIATION
- FLORIDA DEVELOPMENTAL DISABILITIES COUNCIL
- UNIVERSITY OF MIAMI, MILLER SCHOOL OF MEDICINE
- SEVERAL LOCAL PHILANTHROPISTS

POLICY

- ALLIANCE FOR A HEALTHIER GENERATION
 - MICHAEL AND SUSAN DELL FOUNDATION
 - PEACOCK FAMILY FOUNDATION
- FITNESSGRAM HEALTH RELATED FITNESS ASSESSMENT
- SCHOOL HEALTH INDEX
- WELLNESS POLICY (FOOD AND NUTRITION, PHYS. EDUC., P.A.)
- YOUTH RISK BEHAVIOR SURVEY
- CAROL M. WHITE PHYSICAL EDUCATION (PEP) GRANT

Let's Move

Mrs. Obama's Initiative

- Let's Move in Schools
- Let's Move in Communities
- Let's Move Outside

Florida Legislation SB 610

- 150 Minutes of Elementary Physical Education Per Week
- One Semester Each Year of Middle School (With Waiver)
- One Credit on Senior High School for Graduation

BUILT ENVIRONMENT



PHYSICAL EDUCATION AVERAGE CLASS SIZE



CAN WE AFFORD NOT TO ADDRESS THE IMPORTANCE OF PHYSICAL EDUCATION ON YOUTH ?

- ECONOMIC IMPACT
- IMPACT ON LEARNING

Economic Impact

- Poor Nutrition, Physical Inactivity, Increased Weight
- Increased risk of colds or flu
- On-set asthma, diabetes, joint problems
- Bullying, low self esteem, depression
- Increased absenteeism
- Decrease \$\$\$\$\$
- Increased Health Care Costs

Impact on Learning

Poor Nutrition, Physical Inactivity, Increased Weight

- Poor nutrition interferes with cognitive function

- Shortened attention span, irritability, fatigue, difficulty with concentration

- Physical Activity – higher self esteem

- Increased concentration

FITNESS



- Increased Academic Performance



Best Practices in Physical Education

VISIONARY PHYSICAL EDUCATION

- Technology – Wellness Centers
- Fitness Education
- Water Sports
- Outdoor Education
- I Can Do It, You Can Do It



Technology in Physical Education

High Tech Fitness/Wellness Centers



Cycles

Steppers



Fitness For All



Cross Trainers

Treadmills

High Tech Fitness



Heart Rate Monitors

Pedometers



Tri-Fit System

High Tech Fitness Game Bike



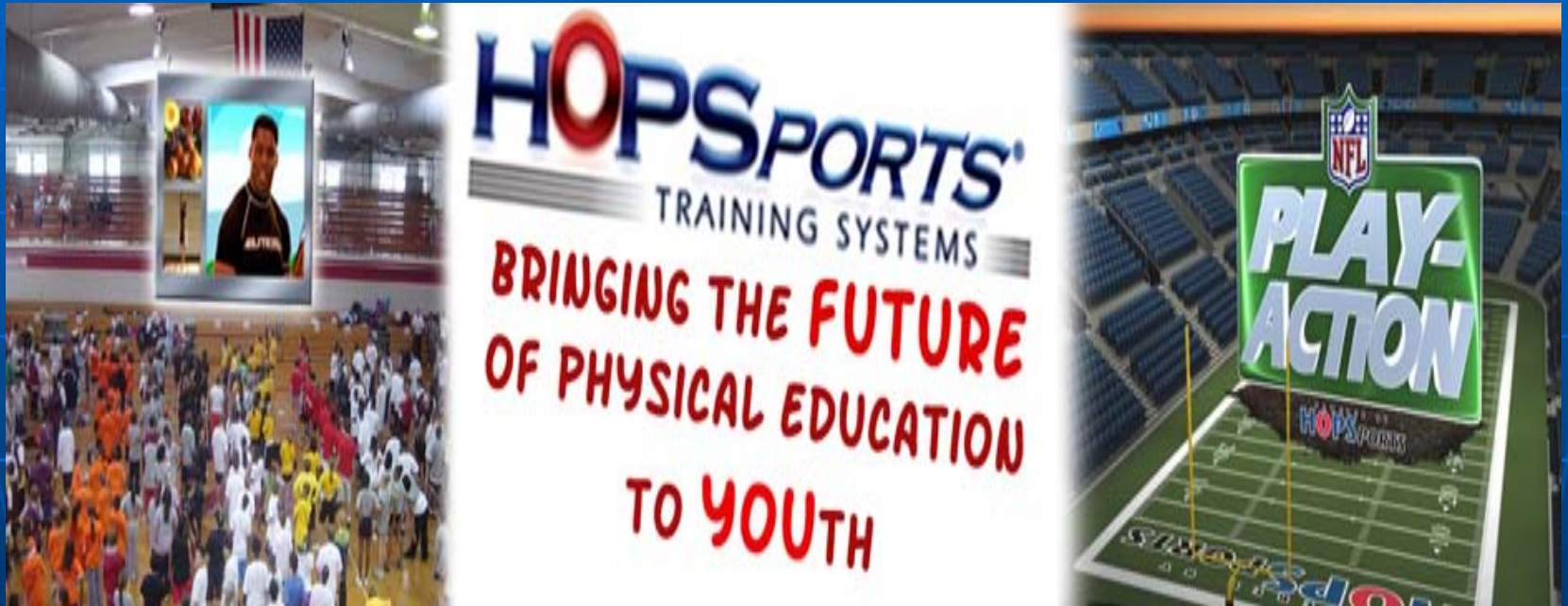
Dance Dance Revolution



Virtual Teacher



HOPSPORTS



Spinning Cycles





STEP 1 Start from the Tip of Day screen.

How to Teacher:

- 1. Press the red button 1 time to start recording by pressing and holding the red button for 1 time.
- 2. To check the test performance, press the red button 1 time after the test is over.

STEP 3 Wait for your heart rate to appear, then press the red button 1 time. You are now recording.

WELLNESS CENTERS

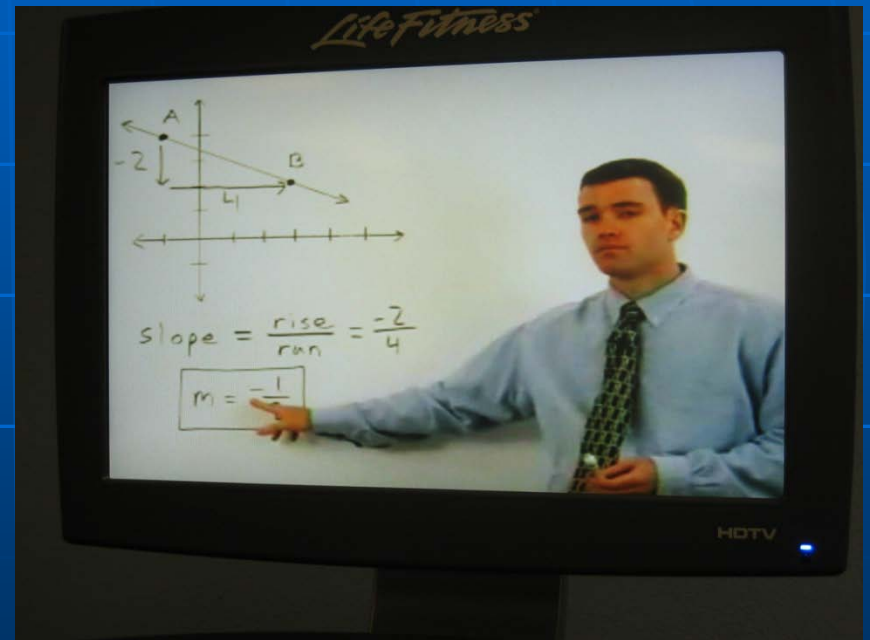
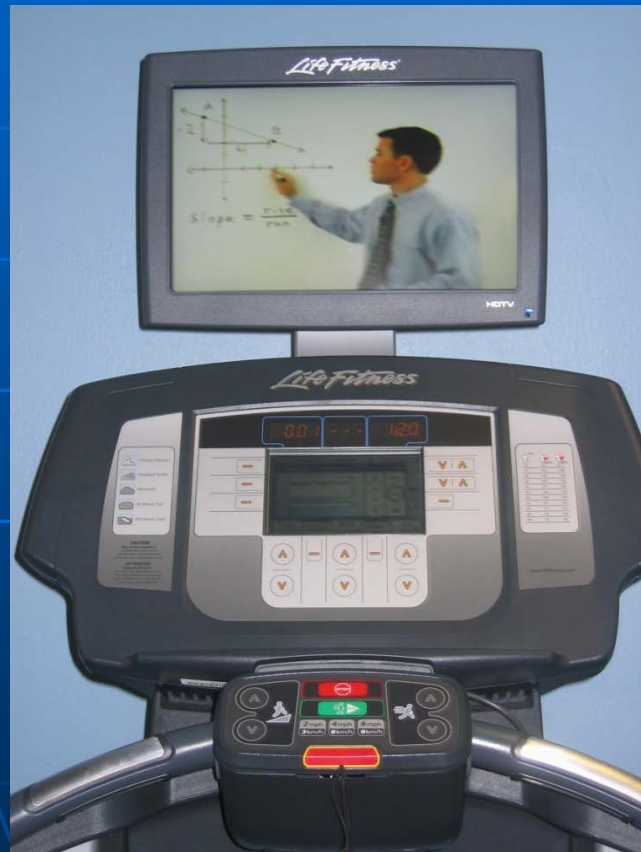


New Learning



- INTEGRATING TECHNOLOGY INTO EXERCISE
- USING THE SAME TECHNOLOGY BLAMED IN PART FOR CHILDHOOD OBESITY TO ENHANCE FITNESS AND ACADEMIC ACHIEVEMENT

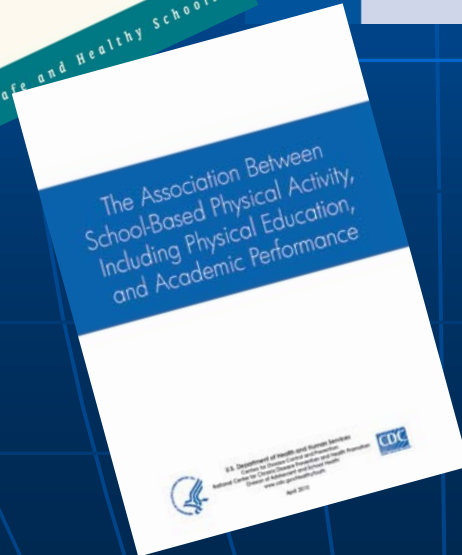
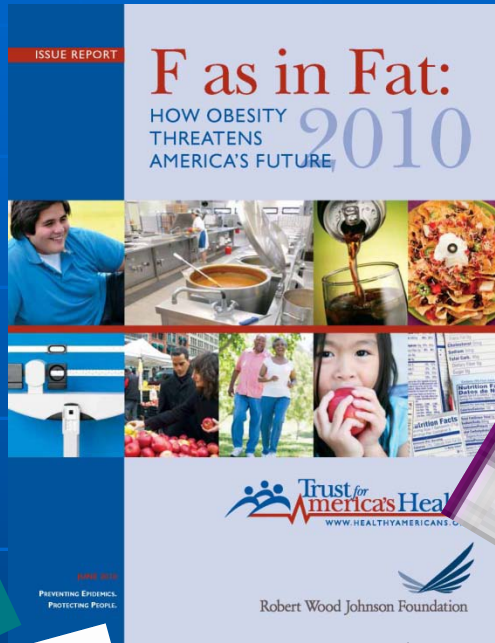
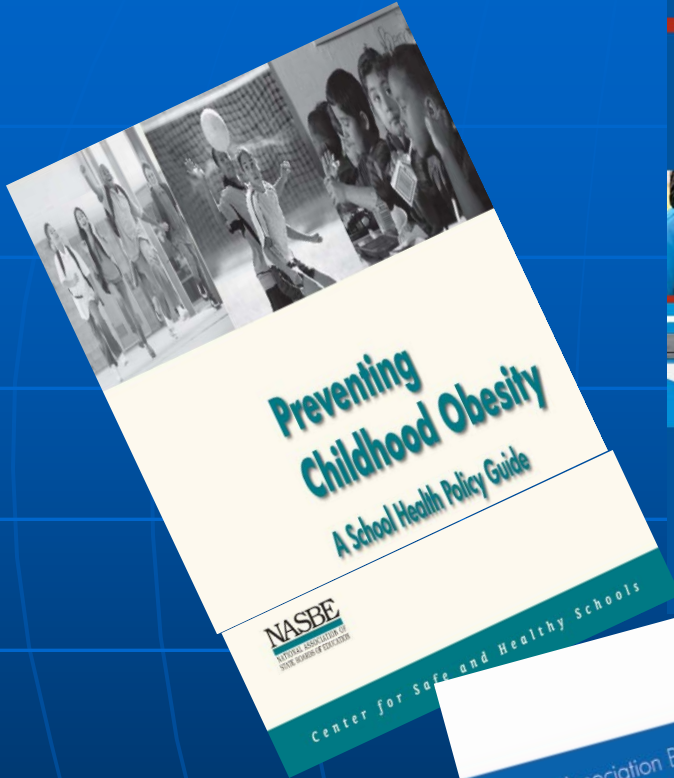
Academics Integrated into Physical Education



iTouch Nutrition Program



AGENCY REPORTS





Fitness Education

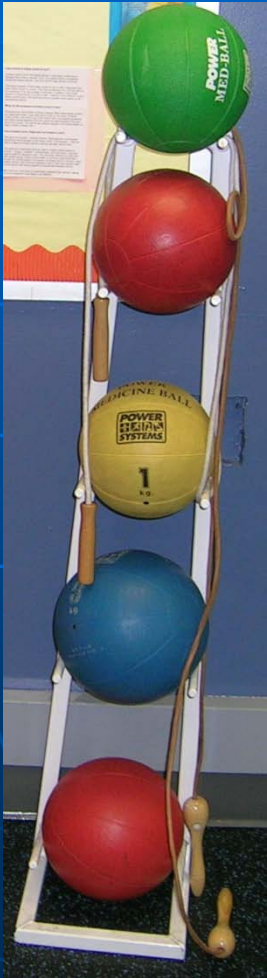
Traverse Climbing Wall



Stability Ball and Body Bar Training



Ancillary Equipment

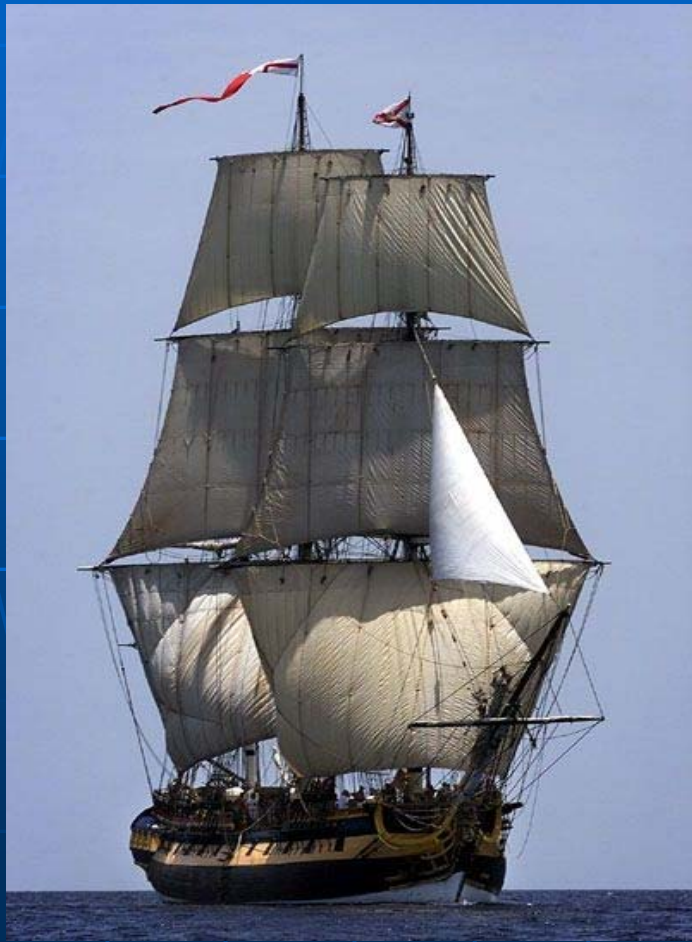




Water Sports

HMS FULL SAIL

(OpSail 2000)



Water Sports Activities



Sailboats and Kayaks



Kayaking from Coconut Grove Sailing Club to Surrounding Islands



Canoeing the Bay



Snorkeling for Conservation



- STUDENTS LEARN TO RESPECT THE MARINE LIFE AND VEGETATION
- STUDENTS LEARN HOW WEATHER CONDITIONS IMPACT THE TOPOGRAPHY OF THE OCEAN FLOOR AND BISCAYNE BAY

Water Sports Activities



Full Inclusion



Exploring Marine Life



Exploring Local Vegetation



Coconut Grove Sailing Club

Barrier Island Clean Up – Environmental Education



Lab Time



ANCHORS AWAY

A Community Not For Profit Developed to Expand the Sailing Programs Initiated by the PEP Grant









Quantitative & Qualitative Data

FINAL EVALUATION

QUANTATIVE EVALUATION

- STUDENTS IMPROVED ON FITNESS TEST SCORES (FITNESSGRAM)
- STUDENTS INCREASED PHYSICAL ACTIVITY TIME (ACTIVITYGRAM)
- STUDENTS IMPROVED ATTITUDES TOWARDS PHYSICAL ACTIVITY (CATPA)
- STUDENTS WHO WERE OVERWEIGHT LOST AN AVERAGE OF 8 POUNDS DURING THE SEMESTER
- STUDENTS WHO WERE UNDERWEIGHT GAINED AN AVERAGE OF 2 POUNDS DURING THE SEMESTER



I CAN DO IT, YOU CAN DO IT!

I CAN DO IT, YOU CAN DO IT!

DR. MARGARET GIANNINI

UNITED STATES DEPARTMENT OF HEALTH AND HUMAN SERVICES, OFFICE ON DISABILITY



I Can Do It

Thank You for Giving our Students the World

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