

# Policy Component: Physical Education/ Physical Activity

## Sample Goals and Activities

**Goal #1**      **Schools will have a Physical Education (PE) program that is consistent with national and state standards.**

**Activities:**

- 1.1 Inform appropriate constituencies about this key element of the Wellness Policy.
- 1.2 Provide a dedicated space for PE that meets the needs of the instructional program.
- 1.3 Provide instruction in PE that is aligned with the national and state PE standards.
- 1.4 Employ PE teachers who are Maryland state-certified in PE in all PE classrooms.
- 1.5 Assess students in PE for fitness, movement concepts, and skill development for program improvement and student goal setting.
- 1.6 Offer programs that are individualized for students with disabilities in PE and athletics.
- 1.7 Provide instructional time in PE at the elementary and middle school levels that meets the national standards of 150 minutes for elementary school and 225 minutes for middle school.
- 1.8 Align the nutrition and fitness content of the PE and health education curriculums.
- 1.9 Identify and recognize outstanding programs in PE.

**Goal #2**      **Schools will participate in regular professional development activities to effectively deliver PE and adapted PE instructional programs.**

**Activities:**

- 2.1 Inform appropriate constituencies about this key element of the Wellness Policy.
- 2.2 Plan yearly high-quality professional development to address current curricular instructional initiatives.

**Goal #3**      **Schools will collaborate with community agencies to enhance PE and physical activity efforts.**

**Activities:**

- 3.1 Inform appropriate constituencies about this key element of the Wellness Policy.
- 3.2 Provide increased physical activity opportunities to students before and after the school day and during school vacations to allow students to accumulate 60 minutes of daily physical activity.
- 3.3 Collaborate with existing physical activity programs to provide increased physical activity opportunities for the community.
- 3.4 Collaborate with other state agencies and organizations to develop programs to encourage students and staff to walk or bike to and from school.

**Goal #4      Schools will integrate PE and physical activity into the entire school day in order to allow students to accumulate 60 minutes of daily physical activity.**

**Activities:**

- 4.1 Inform appropriate constituencies about this key element of the Wellness Policy.
- 4.2 Promote kinesthetic learning experiences in all core subject areas; e.g., science, social studies, math, and language arts.
- 4.3 Provide daily recess with physical activity for a minimum of 20 minutes to allow students to accumulate 60 minutes of physical activity every day.

## Sample Goals and Activities

### GOAL #1

**Schools will have a PE program that is sequential and consistent with national and state standards.**

#### Activities:

- 1.1 Inform appropriate constituencies about this key element of the Wellness Policy.
- 1.2 Provide a dedicated space for PE that meets the needs of the instructional program.
- 1.3 Provide instruction in PE that is aligned with the national and state PE standards.
- 1.4 Employ PE teachers who are Maryland state-certified in PE in all PE classrooms.
- 1.5 Assess students in PE for fitness, movement concepts, and skill development for program improvement and student goal setting.
- 1.6 Offer programs that are individualized for students with disabilities in PE and athletics.
- 1.7 Provide instructional time in PE at the elementary and middle school levels that meets the national standards of 150 minutes for elementary school and 225 minutes for middle school.
- 1.8 Align the nutrition and fitness content of the PE and health education curriculums.
- 1.9 Identify and recognize outstanding programs in PE.

**GOAL #1 Schools have a physical education program that is sequential and consistent with national and state standards.**

| <b>Activity 1.1</b><br>Inform appropriate constituencies about this key element of the Wellness Policy.                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>In place by</b>                                                                                                                                                                                                                                                                                                              | <b>Responsibility</b> |
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| <b>Steps</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <b>Expected Outcomes</b>                                                                                                                                                                                                                                                                                                                                                                                         | <b>Monitoring</b>                                                                                                                                                                                                                                                                                                               |                       |
| <ol style="list-style-type: none"> <li>1. Present goals and activities to central office curriculum and instruction personnel.</li> <li>2. Meet with school principals to share goals and activities for this goal.</li> <li>3. Meet with PE teachers to share goals and activities for this goal.</li> <li>4. Present goals and activities to school and county Parent Teacher Association/Parent Teacher Organization (PTA/PTO).</li> <li>5. Meet with the school health council (SHC) to share goals and activities for this goal.</li> </ol>        | <ul style="list-style-type: none"> <li>• Increased understanding of policy requirements by central office staff.</li> <li>• Increased understanding of the activities for this goal by school-based personnel.</li> <li>• School action plans and goals developed to implement and monitor policy.</li> </ul>                                                                                                    | <ul style="list-style-type: none"> <li>• Number and types of meetings.</li> <li>• Meeting attendance sheets.</li> <li>• Post meeting evaluations.</li> <li>• List of involvement of others from the PTA/PTO on wellness committees.</li> <li>• List of involvement of others from SHC on school wellness committees.</li> </ul> |                       |
| <b>Activity 1.2.</b><br>Provide a dedicated space for physical education that meets the needs of the instructional program.                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>In place by</b>                                                                                                                                                                                                                                                                                                              | <b>Responsibility</b> |
| <b>Steps</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <b>Expected Outcomes</b>                                                                                                                                                                                                                                                                                                                                                                                         | <b>Monitoring</b>                                                                                                                                                                                                                                                                                                               |                       |
| <ol style="list-style-type: none"> <li>1. Develop a PE facility guide for use by appropriate school personnel addressing the PE dedicated space.</li> <li>2. Share the policy with appropriate school personnel addressing the construction or renovation of new and existing PE facilities or designated space.</li> <li>3. Develop alternative activities for instruction in classrooms or multipurpose rooms.</li> <li>4. Provide professional development on alternative activities for instruction in classrooms or multipurpose rooms.</li> </ol> | <ul style="list-style-type: none"> <li>• Improved consistency and compliance on issues related to providing designated space for PE in all new construction or renovations.</li> <li>• Development and distribution of a PE facility guide.</li> <li>• Development of alternative activities for instruction in small spaces.</li> <li>• Professional development on alternative activities provided.</li> </ul> | <ul style="list-style-type: none"> <li>• PE facility guide shared.</li> <li>• Number and types of meetings and attendance sheets.</li> <li>• List of alternative activities for instruction in the classrooms or multipurpose rooms.</li> <li>• Professional development evaluations.</li> </ul>                                |                       |

**GOAL #1 Schools have a physical education program that is sequential and consistent with national and state standards.**

| <b>Activity 1.3.</b><br>Provide instruction in physical education that is aligned to the national and state physical education standards.                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                 | <b>In place by</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>Responsibility</b> |
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| <b>Steps</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <b>Expected Outcomes</b>                                                                                                                                                                                                                                                                                                                                                                        | <b>Monitoring</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                       |
| <ol style="list-style-type: none"> <li>1. Review curriculum.</li> <li>2. Provide time and funds for curriculum development to align curriculum with state standards.</li> <li>3. Develop or realign the PE curriculum to state standards.</li> <li>4. Provide staff development for the changes or realignment of the curriculum.</li> <li>5. Implement the curriculum.</li> <li>6. Conduct reassessment of curriculum using the National Association of Sport and Physical Education (NASPE) Physical Education Curriculum Analysis Tool (PECAT) for reassessment.</li> </ol> | <ul style="list-style-type: none"> <li>• PE program aligned with national and state standards.</li> <li>• Reassessment of local curriculum using standardized format.</li> <li>• Professional development on changes made to existing curriculum.</li> <li>• PE instructional programs will improve by 2010.</li> <li>• Curriculum aligned with state standards will be implemented.</li> </ul> | <ul style="list-style-type: none"> <li>• List of suggested changes for the curriculum based on review.</li> <li>• Published list of curriculum development workshops.</li> <li>• New or realigned PE curriculum developed.</li> <li>• Staff development provided on the curriculum.</li> <li>• Yearly plans collected to determine implementation of the curriculum.</li> <li>• Goals and objectives listed for reassessment of the curriculum through the use of the PECAT.</li> </ul> |                       |
| <b>Activity 1.4.</b><br>Employ physical education teachers in all physical education classrooms who are Maryland state-certified in physical education.                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                 | <b>In place by</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>Responsibility</b> |
| <b>Steps</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <b>Expected Outcomes</b>                                                                                                                                                                                                                                                                                                                                                                        | <b>Monitoring</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                       |
| <ol style="list-style-type: none"> <li>1. Meet with the Assistant Superintendent responsible for hiring to share objectives of this activity.</li> <li>2. Meet with human relations division, division of school employment, or central office PE personnel to share objectives of the goal.</li> <li>3. Conduct survey of all teachers to determine current certification status of PE teachers.</li> <li>4. Interview and hire only certified PE teacher graduates.</li> </ol>                                                                                               | <ul style="list-style-type: none"> <li>• Better understanding of policy requirements by hiring authority.</li> <li>• Develop school action plans and goals to implement and monitor policy.</li> <li>• Improved monitoring of current certification status of teachers.</li> <li>• Certified teachers hired to teach in all PE classrooms.</li> </ul>                                           | <ul style="list-style-type: none"> <li>• Checklist for monitoring current certification status developed by school system office of certification.</li> <li>• Number of action plans and goals developed.</li> <li>• Number of certified teachers hired in the system to teach PE.</li> </ul>                                                                                                                                                                                           |                       |

**GOAL #1 Schools have a physical education program that is sequential and consistent with national and state standards.**

| <b>Activity 1.5.</b><br>Assess students in PE for fitness, movement concepts, and skill development for program improvement and student goal setting.                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>In place by</b>                                                                                                                                                                                                                                                                                                                                                                            | <b>Responsibility</b> |
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| <b>Steps</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>Expected Outcomes</b>                                                                                                                                                                                                                                                                                                                                                                                                      | <b>Monitoring</b>                                                                                                                                                                                                                                                                                                                                                                             |                       |
| <ol style="list-style-type: none"> <li>1. Develop assessments for fitness.</li> <li>2. Develop assessments for motor skills and patterns.</li> <li>3. Develop assessments for movement concepts.</li> <li>4. Develop assessments for personal and social behavior.</li> <li>5. Develop end of course assessments for grades 2, 5, 8 and high school aligned to the Maryland Voluntary State Curriculum (VSC) in PE.</li> <li>6. Plan revision of assessments based on data collection.</li> </ol>                               | <ul style="list-style-type: none"> <li>• Assessments for fitness.</li> <li>• Assessments for motor skills and patterns.</li> <li>• Assessments for movement concepts.</li> <li>• Assessments for personal and social behavior.</li> <li>• End of course assessments for PE for grades 2, 5, 8 and high school.</li> <li>• Program improvement in PE by 2010.</li> </ul>                                                       | <ul style="list-style-type: none"> <li>• New assessments developed.</li> <li>• Assessment data collected by central office.</li> <li>• Analysis of assessment data.</li> <li>• Revisions of assessments.</li> <li>• End of course assessments.</li> </ul>                                                                                                                                     |                       |
| <b>Activity 1.6.</b><br>Offer programs that are individualized for students with disabilities in physical education and athletics.                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>In place by</b>                                                                                                                                                                                                                                                                                                                                                                            | <b>Responsibility</b> |
| <b>Steps</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>Expected Outcomes</b>                                                                                                                                                                                                                                                                                                                                                                                                      | <b>Monitoring</b>                                                                                                                                                                                                                                                                                                                                                                             |                       |
| <ol style="list-style-type: none"> <li>1. Develop an adapted PE guide for use by appropriate school personnel.</li> <li>2. Provide training on the adapted PE guide to local individual education plan (IEP) chairs.</li> <li>3. Provide training and instruction in adapted PE for all PE teachers.</li> <li>4. Share the “no waivers” requirement for PE with appropriate school personnel.</li> <li>5. Develop a plan for including students with disabilities in interscholastic and intramural sports programs.</li> </ol> | <ul style="list-style-type: none"> <li>• Development of an adapted PE guide.</li> <li>• Training of all school-based personnel on the adapted PE process.</li> <li>• Improved consistency and compliance regarding issues related to adapted PE programs in the local school systems.</li> <li>• Development of a plan for including students with disabilities in interscholastic and intramural sports programs.</li> </ul> | <ul style="list-style-type: none"> <li>• Distribution of an adapted PE guide.</li> <li>• Number and type of trainings and list of who attends.</li> <li>• Post meeting evaluations.</li> <li>• Adapted PE IEP requirements distributed to all school-based personnel.</li> <li>• Number of interscholastic and intramural sports programs that include students with disabilities.</li> </ul> |                       |

**GOAL #1 Schools have a physical education program that is sequential and consistent with national and state standards.**

| <b>Activity 1.7.</b><br>Provide instructional time in physical education at the elementary and middle school levels that meets the national standards of 150 minutes for elementary school and 225 minutes for middle school.                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                   | <b>In place by</b>                                                                                                                                                                                                                                                                                                                                 | <b>Responsibility</b> |
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| <b>Steps</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>Expected Outcomes</b>                                                                                                                                                                                                                                                                                                                          | <b>Monitoring</b>                                                                                                                                                                                                                                                                                                                                  |                       |
| <ol style="list-style-type: none"> <li>1. Present information to the SHC.</li> <li>2. SHC contact local school board members, Superintendent of Schools, PTA/PTO, and PE advisory group.</li> <li>3. PE advisory group works to develop policy changes reflecting an increase in time for PE in the elementary and middle schools.</li> <li>4. Provide staff development for all school personnel to ensure an increase in PE in existing school schedules.</li> </ol> | <ul style="list-style-type: none"> <li>• Provide better understanding of policy requirements by all SHCs.</li> <li>• SHC takes an active role in the goal of increasing PE time in schools.</li> <li>• Develop school action plans and goals to implement and monitor policy.</li> <li>• PE time in daily schedules will be increased.</li> </ul> | <ul style="list-style-type: none"> <li>• Developed policy and guidelines for increased time for PE.</li> <li>• Number and type of meetings and list of who attends.</li> <li>• Post meeting evaluations.</li> <li>• Monitoring guide used for school action plans and goals.</li> <li>• School schedules reflect increased time for PE.</li> </ul> |                       |
| <b>Activity 1.8.</b><br>Align the nutrition and fitness content of the physical education and health education curriculum.                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                   | <b>In place by</b>                                                                                                                                                                                                                                                                                                                                 | <b>Responsibility</b> |
| <b>Steps</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>Expected Outcomes</b>                                                                                                                                                                                                                                                                                                                          | <b>Monitoring</b>                                                                                                                                                                                                                                                                                                                                  |                       |
| <ol style="list-style-type: none"> <li>1. Conduct a review of curriculum.</li> <li>2. Provide time and funds for curriculum development to align the PE and health curriculum.</li> <li>3. Develop or realign the PE curriculum to the health curriculum.</li> <li>4. Provide staff development for the changes or realignment of the curriculum.</li> <li>5. Implement the curriculum.</li> <li>6. Conduct re-assessment of curriculum.</li> </ol>                    | <ul style="list-style-type: none"> <li>• Improved instruction in health and PE.</li> <li>• Assessment of local PE curriculum and alignment to health curriculum.</li> <li>• PE instructional programs will be aligned with the health curriculum.</li> </ul>                                                                                      | <ul style="list-style-type: none"> <li>• School system curriculum aligned in health and PE.</li> <li>• Number and type of meetings and list of who attends meetings.</li> <li>• Post meeting evaluations.</li> <li>• Assess the curriculum using a curriculum tool like the PECAT.</li> </ul>                                                      |                       |

**GOAL #1 Schools have a physical education program that is sequential and consistent with national and state standards.**

| <b>Activity 1.9.</b><br>Identify and recognize outstanding programs in physical education.                                                                                                                                                                                              |                                                                                                                                                                                    | <b>In place by</b>                                                                                                                                            | <b>Responsibility</b> |
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| <b>Steps</b>                                                                                                                                                                                                                                                                            | <b>Expected Outcomes</b>                                                                                                                                                           | <b>Monitoring</b>                                                                                                                                             |                       |
| <ol style="list-style-type: none"> <li>1. Encourage schools to participate in the NASPE Stars Program.</li> <li>2. Encourage schools to participate in the Maryland Association for Health, Physical Education, Recreation and Dance (MAHPERD) Demonstration School Project.</li> </ol> | <ul style="list-style-type: none"> <li>• Recognize outstanding PE programs in Maryland.</li> <li>• Increase number of schools applying for demonstration school status.</li> </ul> | <ul style="list-style-type: none"> <li>• Number of NASPE Stars PE programs in Maryland.</li> <li>• Number of MAHPERD Demonstration Schools for PE.</li> </ul> |                       |

## Sample Goals and Activities

### GOAL # 2

**Schools will participate in regular professional development activities to effectively deliver PE and adapted PE instructional programs.**

#### Activities:

- 2.1 Inform appropriate constituencies about this key element of the Wellness Policy.
- 2.2 Plan yearly high-quality professional development to address current curricular instructional initiatives.

**GOAL #2 Schools will participate in regular professional development activities to effectively deliver physical education and adapted physical education instructional programs.**

| <b>Activity 2.1</b><br>Inform appropriate constituencies about this key element of the Wellness Policy.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                           | <b>In place by</b>                                                                                                                                                                                                                                                                                                                                | <b>Responsibility</b> |
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| <b>Steps</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>Expected Outcomes</b>                                                                                                                                                                                                                                                                                                                                                                                  | <b>Monitoring</b>                                                                                                                                                                                                                                                                                                                                 |                       |
| <ol style="list-style-type: none"> <li>1. Present goal and activities to central office curriculum and instruction personnel.</li> <li>2. Meet with school principals to share goals and activities.</li> <li>3. Meet with PE teachers to share goals and activities.</li> </ol>                                                                                                                                                                                                                                                                                                                              | <ul style="list-style-type: none"> <li>• Better understanding of policy requirements by central office staff.</li> <li>• Better understanding of the goals and activities by school-based personnel.</li> <li>• School action plans and goals developed to implement and monitor policy.</li> </ul>                                                                                                       | <ul style="list-style-type: none"> <li>• Number and type of professional development meetings and meeting attendance sheets.</li> <li>• Post meeting evaluations.</li> </ul>                                                                                                                                                                      |                       |
| <b>Activity 2.2.</b><br>Plan yearly high quality professional development to address current curricular instructional initiatives.                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                           | <b>In place by</b>                                                                                                                                                                                                                                                                                                                                | <b>Responsibility</b> |
| <b>Steps</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>Expected Outcomes</b>                                                                                                                                                                                                                                                                                                                                                                                  | <b>Monitoring</b>                                                                                                                                                                                                                                                                                                                                 |                       |
| <ol style="list-style-type: none"> <li>1. Provide staff development on the most current nutrition and physical activity information.</li> <li>2. Partner with health education and nutrition education personnel to provide joint trainings.</li> <li>3. Evaluate staff development needs.</li> <li>4. Provide additional staff development based on teacher and student needs.</li> <li>5. Complete yearly review of goals and expectations based on teacher professional development.</li> <li>6. Develop “Lesson Look-Fors” for instructional strategies that reflect professional development.</li> </ol> | <ul style="list-style-type: none"> <li>• Improved staff knowledge of nutrition and physical activity information.</li> <li>• Improved quality of instruction for health education and nutrition.</li> <li>• Improved staff performance evaluations.</li> <li>• Yearly goals and expectations developed by teachers.</li> <li>• Improved instructional programs in PE using “Lesson Look-Fors.”</li> </ul> | <ul style="list-style-type: none"> <li>• Professional development evaluations.</li> <li>• Review of teacher evaluations by central office personnel.</li> <li>• Yearly plans collected that reflect professional development initiatives.</li> <li>• Teacher observations of “Lesson Look-Fors” that reflect professional development.</li> </ul> |                       |

## Sample Goals and Activities

### GOAL # 3

**Schools will collaborate with community agencies to enhance PE/physical activity efforts.**

**Activities:**

- 3.1 Inform appropriate constituencies about this key element of the Wellness Policy.
- 3.2 Provide increased physical activity opportunities to students before and after the school day and during school vacations to allow students to accumulate 60 minutes of daily physical activity.
- 3.3 Collaborate with existing physical activity programs to provide increased physical activity opportunities for the community.
- 3.4 Collaborate with other state agencies and organizations to develop programs to encourage walking or biking to and from school by students and staff.

**GOAL #3 Schools will collaborate with community agencies to enhance physical education/physical activity efforts.**

| <b>Activity 3.1</b><br>Inform appropriate constituencies about this key element of the Wellness Policy.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <b>In place by</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <b>Responsibility</b> |
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| <b>Steps</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <b>Expected Outcomes</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>Monitoring</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                       |
| <ol style="list-style-type: none"> <li>1. Present goal and activities to central office curriculum, instruction personnel, and community agencies.</li> <li>2. Meet with school principals to share goals and activities for this goal.</li> <li>3. Meet with PE teachers to share goals and activities for this goal.</li> <li>4. Meet with the SHC to share goals and activities for this goal.</li> <li>5. Present goals and activities to school PTA and PTO.</li> </ol>                                                                                                                                                                                                                 | <ul style="list-style-type: none"> <li>• Better understanding of policy requirements by central office staff.</li> <li>• Better understanding of the activities for this goal by school-based personnel.</li> <li>• School action plans and goals developed to implement and monitor policy.</li> </ul>                                                                                                                                                                                                         | <ul style="list-style-type: none"> <li>• Number and type of meetings and list of who attends.</li> <li>• Post meeting evaluations.</li> <li>• List of those that are involved from the PTA and PTO on wellness committees.</li> <li>• List of those that are involved from SHC on school wellness committees.</li> </ul>                                                                                                                                                                   |                       |
| <b>Activity 3.2.</b><br>Provide increased physical activity opportunities to students before and after the school day and during school vacations in order to allow students to accumulate 60 minutes of daily physical activity.                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <b>In place by</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <b>Responsibility</b> |
| <b>Steps</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <b>Expected Outcomes</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>Monitoring</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                       |
| <ol style="list-style-type: none"> <li>1. Coordinate an intramural program and/or physical activity club in the local schools.</li> <li>2. Meet with local physical activity groups such as the Department of Parks and Recreation to provide before- and after-school programs in elementary schools (open gyms, walking programs, and physical activity clubs).</li> <li>3. Coordinate school transportation schedules for before- and after-school activities.</li> <li>4. Plan family fun nights that encourage physical activity.</li> <li>5. Encourage after-school childcare programs to provide developmentally appropriate physical activity for participating children.</li> </ol> | <ul style="list-style-type: none"> <li>• Increased opportunities for physical activity in the school system by 2010.</li> <li>• Distribution of local, Parks and Recreation program guides to community.</li> <li>• Increased transportation provided for before- and after-school activities.</li> <li>• Increased family fun nights for physical activity.</li> <li>• Increased after-school child care programs provide developmentally appropriate physical activity for participating children.</li> </ul> | <ul style="list-style-type: none"> <li>• Published list of intramural programs and/or physical activity clubs in schedules for the local schools.</li> <li>• Published list of physical activity opportunities offered in schools.</li> <li>• Bus transportation schedules developed for before- and after-school activities.</li> <li>• List of family fun nights held in schools.</li> <li>• List of developmentally appropriate physical activities for child care programs.</li> </ul> |                       |

**GOAL #3 Schools will collaborate with community agencies to enhance physical education/physical activity efforts.**

| <b>Activity 3.3</b><br>Collaborate with existing physical activity programs to provide increased physical activity opportunities for the community.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                          | <b>In place by</b>                                                                                                                                                                                                                                                                                                                                                                                | <b>Responsibility</b> |
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| <b>Steps</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <b>Expected Outcomes</b>                                                                                                                                                                                                                                 | <b>Monitoring</b>                                                                                                                                                                                                                                                                                                                                                                                 |                       |
| <ol style="list-style-type: none"> <li>1. Collaborate with the Department of Parks and Recreation leaders to exchange ideas and develop strategies to increase physical activity in the community.</li> <li>2. Implement suggested ideas and strategies to increase physical activity in the community.</li> <li>3. Develop a neighborhood resource guide of places to be physically active.</li> <li>4. Encourage community involvement with outside agencies to promote physical activity programs for families.</li> <li>5. Plan community physical activity events and programs such as those outlined in Team Nutrition’s “Successful Youth Projects Guide” distributed by the U.S. Department of Agriculture.</li> </ol> | <ul style="list-style-type: none"> <li>• Increased opportunities for physical activity in the community by 2010.</li> <li>• Increased collaboration with community agencies and programs.</li> <li>• Increased community events and programs.</li> </ul> | <ul style="list-style-type: none"> <li>• Published list of physical activity opportunities offered by the Department of Parks and Recreation.</li> <li>• Published list of “promising practices” to increase physical activity in the community.</li> <li>• Developed and distributed guides of places to be physically active.</li> <li>• List of community physical activity events.</li> </ul> |                       |

**GOAL #3 Schools will collaborate with community agencies to enhance physical education/physical activity efforts.**

| <p><b>Activity 3.4</b><br/>Collaborate with other state agencies and organizations to develop programs to encourage walking or biking to and from school by students and staff.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <p><b>In place by</b></p>                                                                                                                                                                                                                                                                                                                                                                     | <p><b>Responsibility</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
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| <p><b>Steps</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <p><b>Expected Outcomes</b></p>                                                                                                                                                                                                                                                                                                                                                               | <p><b>Monitoring</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <ol style="list-style-type: none"> <li>1. Identify other state agencies that can assist with this goal.</li> <li>2. Divide goals and strategies for bicycle and pedestrian activities into the categories of: Education, Engineering, Enforcement, Encouragement and Evaluation (5 Es).</li> <li>3. Review the Maryland Department of Transportation 20-Year Bicycle and Pedestrian Master Plan to determine goals and strategies for walking and biking activities.</li> <li>4. Review the <i>Safe Routes to Schools Guidebook</i> to help identify resources and build community support for activities and projects.</li> <li>5. Apply for a Safe Routes to Schools Grant to help with funding for activities and projects.</li> <li>6. Develop guidelines for bicycle safety including safe storage for bicycles and bicycle equipment.</li> <li>7. Develop guidelines for pedestrian safety.</li> <li>8. Perform a community walk-ability and bike-ability assessment.</li> <li>9. Create a "safe route" map for students walking or biking to schools for individual schools in the local school system.</li> <li>10. Provide staff development on walking and bicycle activities and safety to local school personnel.</li> <li>11. Pursue a bike-to-school program where parent volunteers monitor bicycle paths before and after school.</li> <li>12. Encourage participation in a Walk or Bike to School Initiative like "International Walk/Bike to School Day" in October.</li> <li>13. Discuss liability issues with the risk management division in local school systems to address liability concerns by local schools concerning walking and biking programs.</li> </ol> | <ul style="list-style-type: none"> <li>• Increased opportunities for students and staff to walk or bike to school by 2010.</li> <li>• Increased number of grant applicants for the Safe Routes to Schools program.</li> <li>• Increased staff training on walking and biking in Maryland.</li> <li>• Increased walking and biking activities conducted in schools and communities.</li> </ul> | <ul style="list-style-type: none"> <li>• Number of meetings listed for bike and pedestrian activities with other state agencies.</li> <li>• Published list of activities and strategies under the 5 Es.</li> <li>• List of goals and strategies for walking and biking developed by reviewing of the Maryland Department of Transportation 20-Year Bicycle and Pedestrian Master Plan.</li> <li>• Listed resources from the <i>Safe Routes to Schools Guidebook</i> to support activities and projects for this goal.</li> <li>• Applications for Safe Routes to Schools Grant.</li> <li>• Guidelines developed for bicycle and pedestrian safety.</li> <li>• Assessment of walking and biking routes to school.</li> <li>• Safe Route to School Map developed for individual schools.</li> <li>• Attendance list for staff development walking and biking activities.</li> <li>• Post meeting evaluations.</li> <li>• Published list of: <ul style="list-style-type: none"> <li>▪ Bike-to-School programs.</li> <li>▪ Activities during "International Walk/Bike to School Day" in October.</li> <li>▪ Activities during National Bike Month in May.</li> </ul> </li> <li>• Published statement by local school systems to address liabilities concerning walking and biking programs.</li> </ul> |

## Sample Goals and Activities

### GOAL #4

**Schools will integrate physical education/physical activity into the entire school day to allow students to accumulate 60 minutes of daily physical activity.**

#### Activities:

- 4.1 Inform appropriate constituencies about this key element of the Wellness Policy.
- 4.2 Promote kinesthetic learning experiences in all core subject areas; e.g., science, social studies, math, and language arts.
- 4.3 Provide daily recess with physical activity for a minimum of 20 minutes to allow students to accumulate 60 minutes of physical activity every day.

**GOAL #4 Schools will integrate physical education/physical activity into the entire school day in order to allow students to accumulate 60 minutes of daily physical activity.**

| <b>Activity 4.1</b><br>Inform appropriate constituencies about this key element of the Wellness Policy.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                  | <b>In place by</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <b>Responsibility</b> |
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| <b>Steps</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>Expected Outcomes</b>                                                                                                                                                                                                                                                                                         | <b>Monitoring</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                       |
| <ol style="list-style-type: none"> <li>1. Present goal and activities to central office curriculum and instruction personnel.</li> <li>2. Meet with school principals to share goals and activities.</li> <li>3. Meet with PE teachers to share goals and activities.</li> </ol>                                                                                                                                                                                                                                                                                                                                    | <ul style="list-style-type: none"> <li>• Better understanding of policy requirements.</li> <li>• Better understanding of the activities for this goal by school-based personnel.</li> <li>• School action plans and goals developed to implement and monitor policy.</li> </ul>                                  | <ul style="list-style-type: none"> <li>• Number and type of meetings.</li> <li>• Meeting attendance lists.</li> <li>• Post meeting evaluations.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                       |
| <b>Activity 4.2.</b><br>Promote kinesthetic learning experiences in all core subject areas; e.g., science, social studies, math, and language arts.                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                  | <b>In place by</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <b>Responsibility</b> |
| <b>Steps</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>Expected Outcomes</b>                                                                                                                                                                                                                                                                                         | <b>Monitoring</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                       |
| <ol style="list-style-type: none"> <li>1. Conduct a review of different content areas of the curriculum.</li> <li>2. Provide time and funds to develop kinesthetic curricular activities and sample lessons for other core subject areas.</li> <li>3. Develop and distribute kinesthetic curricular activities and sample lesson ideas for other core subject areas.</li> <li>4. Provide staff development addressing kinesthetic curricular activities for other core subject areas.</li> <li>5. Implement the curriculum activities.</li> <li>6. Conduct periodic assessment of curriculum activities.</li> </ol> | <ul style="list-style-type: none"> <li>• Kinesthetic learning experiences will be provided in all core subject areas; e.g., science, social studies, math, and language arts.</li> <li>• Kinesthetic curriculum activities are developed.</li> <li>• New curriculum ideas are developed and assessed.</li> </ul> | <ul style="list-style-type: none"> <li>• List of suggested changes for the different content areas based on review of the curriculum.</li> <li>• Published list of curriculum development workshops.</li> <li>• Development and distribution of kinesthetic curricular activities and sample lessons for other core subject areas.</li> <li>• Attendance list of staff development workshops.</li> <li>• Sample lesson plans collected reflecting kinesthetic curricular activities and lesson ideas.</li> <li>• Feedback collected on kinesthetic curricular activities that are used during the year.</li> </ul> |                       |

**GOAL #4 Schools will integrate physical education/physical activity into the entire school day to allow students to accumulate 60 minutes of daily physical activity.**

| <b>Activity 4.3.</b><br>Provide daily recess with physical activity for a minimum of 20 minutes to allow students to accumulate 60 minutes of physical activity every day.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                             | <b>In place by</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>Responsibility</b> |
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| <b>Steps</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <b>Expected Outcomes</b>                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>Monitoring</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                       |
| <ol style="list-style-type: none"> <li>1. Create a physical activity leadership team in each elementary school chaired by the PE teacher to help develop policies and procedures for physical activity and recess.</li> <li>2. Develop physical activity guidelines for recess with a guide addressing safety, appropriate activities, and equipment distribution.</li> <li>3. Ensure that secondary instructional periods in which students are sedentary should not exceed 50 minutes at one time.</li> <li>4. Ensure that school personnel not withhold opportunities for physical activity and recess as punishment.</li> <li>5. Provide training to school personnel addressing the physical activity and recess guidelines.</li> <li>6. Develop a school-wide schedule for daily recess.</li> <li>7. Develop a weather policy addressing temperature guidelines (hot and cold) for indoor and outdoor physical activity and recess.</li> </ol> | <ul style="list-style-type: none"> <li>• Improved consistency and adherence to physical activity and recess guidelines in local school systems.</li> <li>• Increased physical activity provided (such as recess in elementary school).</li> <li>• Decreased time students are sedentary during the instructional day.</li> <li>• Training for all school personnel on increasing physical activity during the instructional day.</li> </ul> | <ul style="list-style-type: none"> <li>• Physical activity leadership teams for each school.</li> <li>• Developed and distributed physical activity and recess guidelines.</li> <li>• List of trainings provided to school-based personnel on the physical activity and recess guidelines.</li> <li>• Review school sample schedules to monitor daily physical activity and recess compliance.</li> <li>• Weather policy addressing temperature guidelines (hot and cold) developed and distributed.</li> </ul> |                       |

# Goals and Activities

## WORKSHEET

### GOAL: #1

#### Activity

- 1.1
- 1.2
- 1.3
- 1.4

### GOAL: #2

#### Activity

- 2.1
- 2.2
- 2.3
- 2.4

### GOAL: #3

#### Activity

- 3.1
- 3.2
- 3.3
- 3.4

### GOAL: #4

#### Activity

- 4.1
- 4.2
- 4.3
- 4.4

# Steps - Outcomes - Monitoring

# WORKSHEET

|                 |  |                          |                    |                       |
|-----------------|--|--------------------------|--------------------|-----------------------|
| <u>GOAL:</u>    |  |                          |                    |                       |
| <u>Activity</u> |  |                          | <b>In place by</b> | <b>Responsibility</b> |
| <b>Steps</b>    |  | <b>Expected Outcomes</b> | <b>Monitoring</b>  |                       |
| 1.              |  | •                        | •                  |                       |
| 2.              |  | •                        | •                  |                       |
| 3.              |  | •                        | •                  |                       |
| 4.              |  | •                        | •                  |                       |
| 5.              |  |                          |                    |                       |
| 6.              |  |                          |                    |                       |