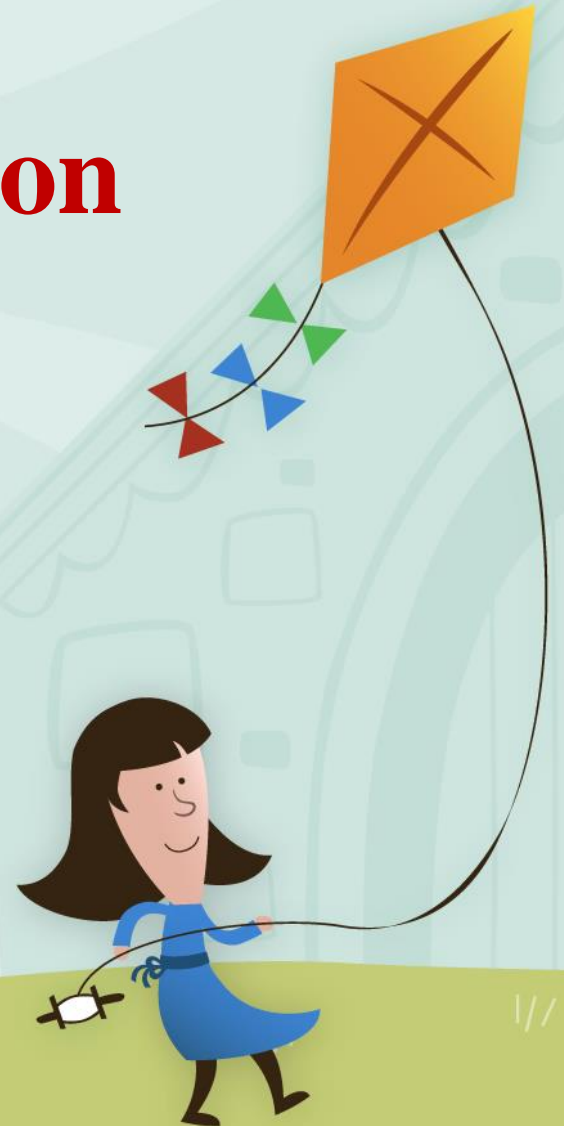


Physical Education, Recess, and Teacher Directed Physical Education

Heather Albritton, Director of Health and Physical Education

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Importance of Physical Education and Activity

Mens sana in corpore sano” (Sound mind in a sound body) -Thales

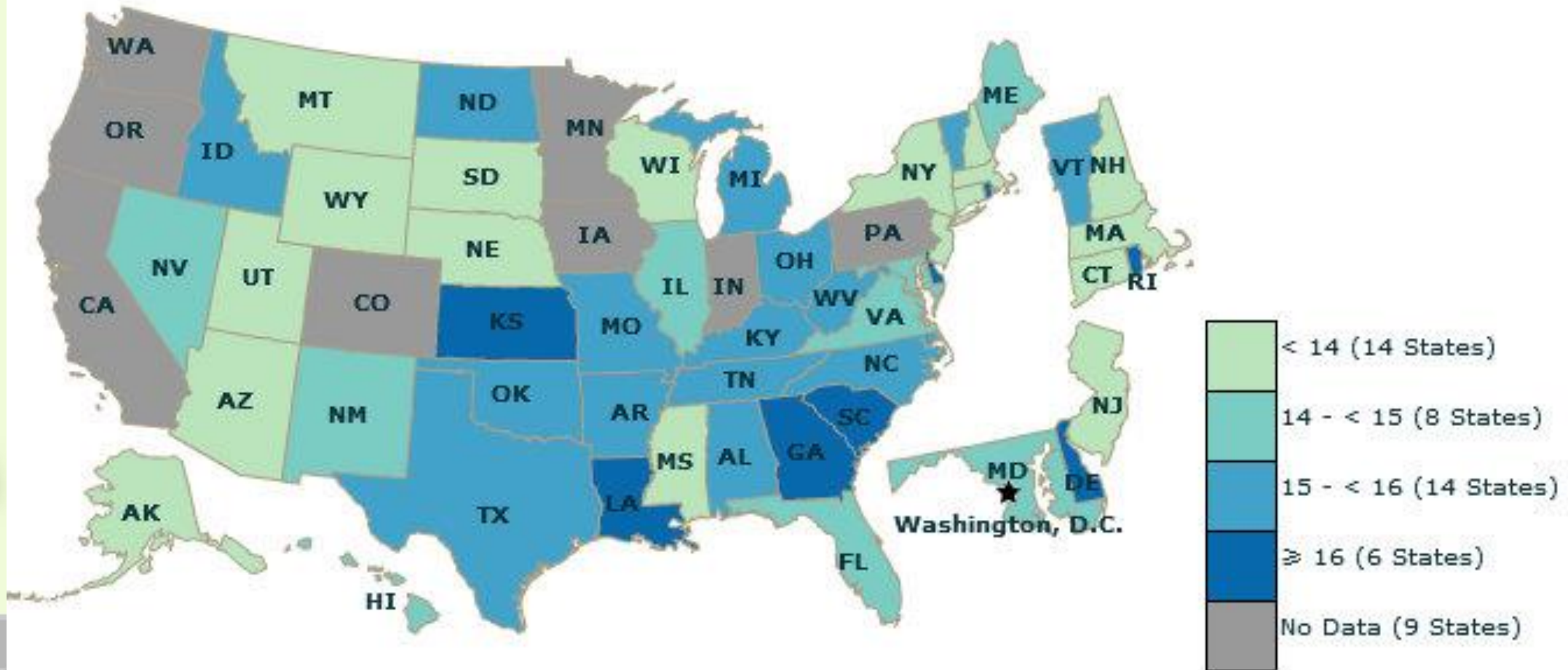
“Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and reserve it.” –Plato

“To keep the body in good health is a duty...otherwise we shall not be able to keep our mind strong and clear.” -Buddha



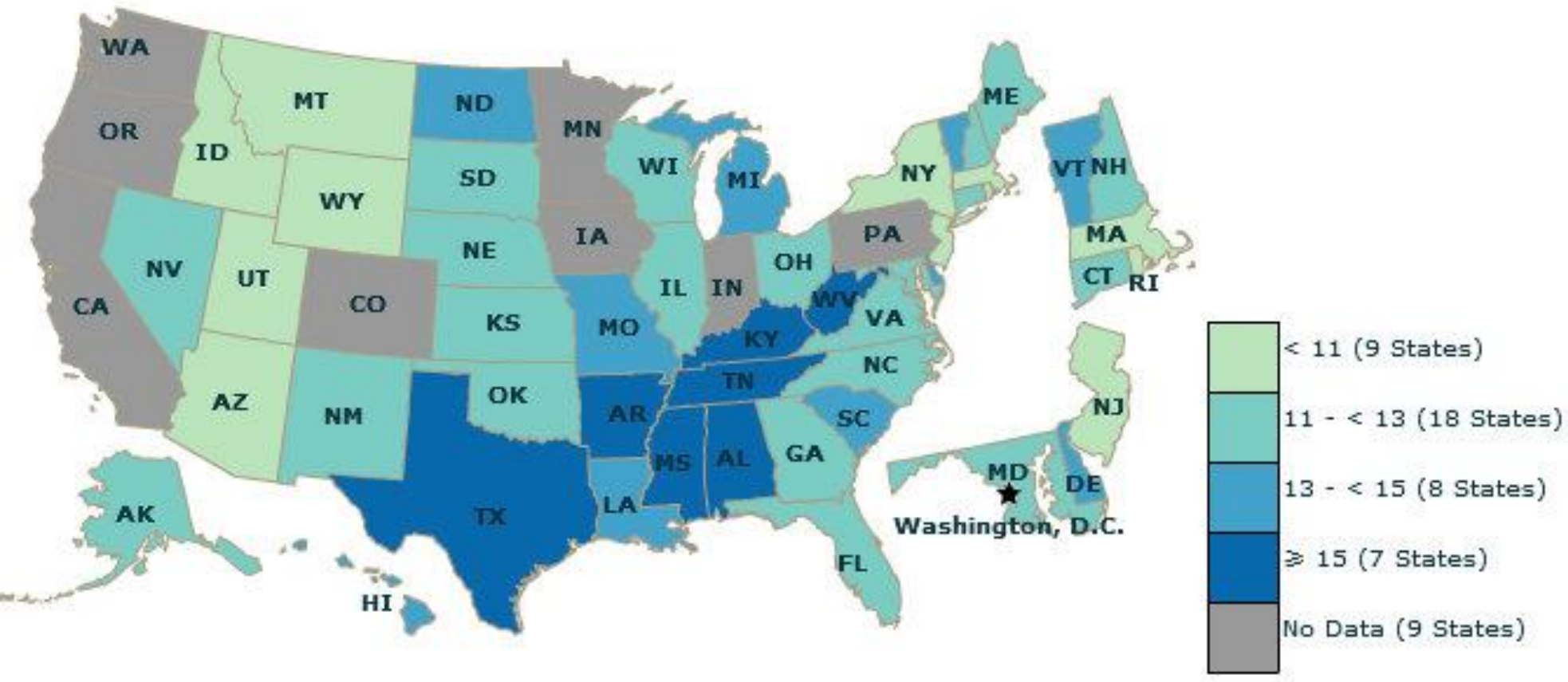
Overweight Teenagers

2013: Percent of students in grades 9-12 who are overweight †



Obesity Among Teenagers

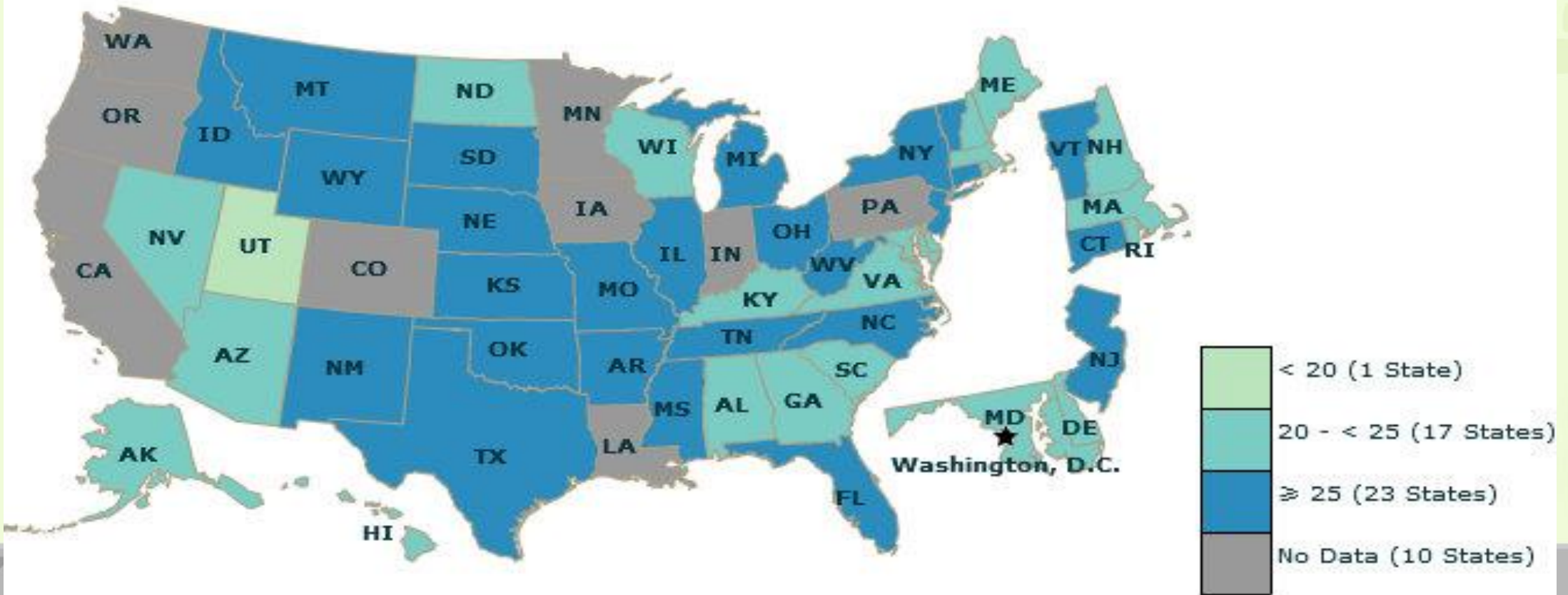
2013: Percent of students in grades 9-12 who are obese †



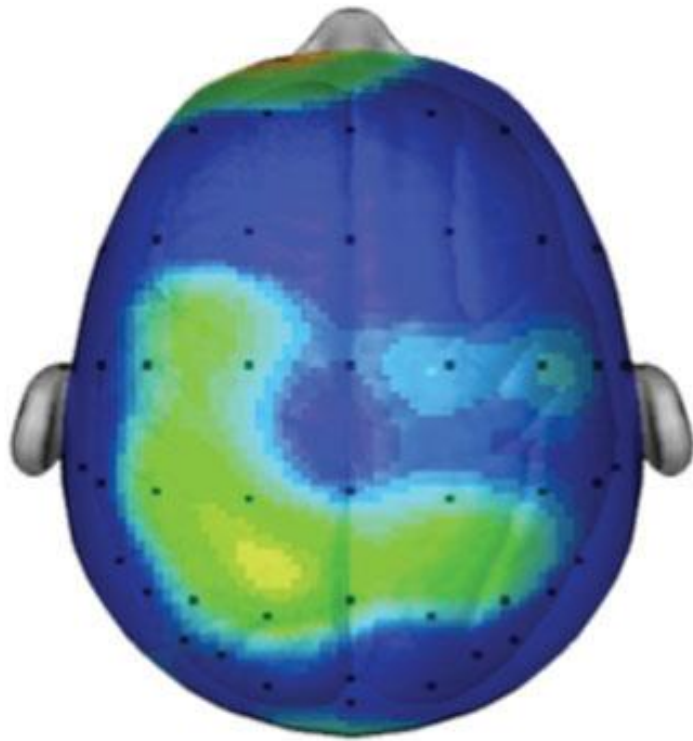
Physical Activity Among Teenagers

2013: Percent of students in grades 9-12 who achieve 1 hour or more of moderate-and/or vigorous-intensity physical activity daily

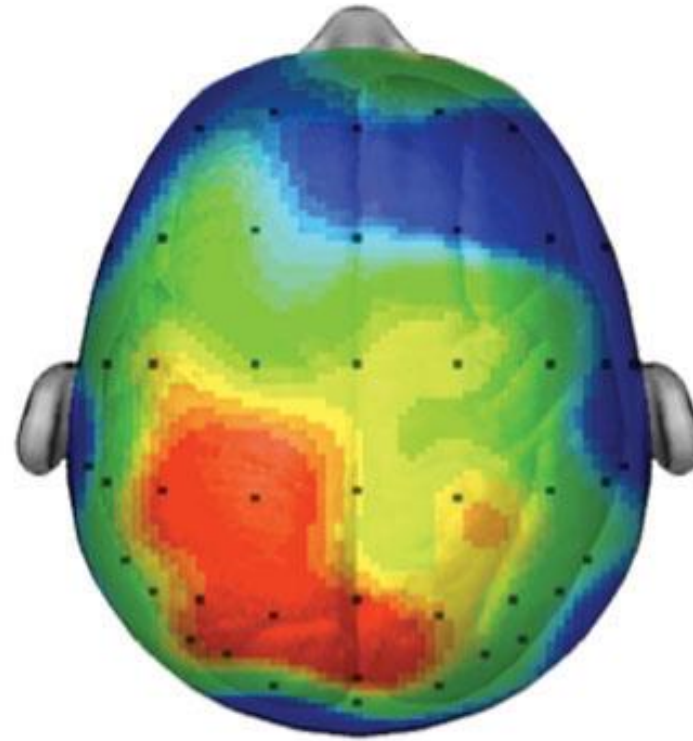
†



What does the research show?



**After 20 minutes of
sitting quietly**



**After 20 minutes of
walking**

Research/scan compliments of Dr. Chuck Hillman, University of Illinois



Requirements

- Florida Statute 1003.455 requires 150 minutes of physical education each week for children in grades K-5 and 20 consecutive minutes of daily recess.
- There are vast differences between Physical Education, Teacher Directed Physical Education, and unstructured play, i.e. recess.



Physical Education

Physical education is an essential component of the educational experience for elementary aged children. Taught by a certified physical education teacher, PE provides children with opportunities to engage in purposeful, rigorous physical activity that helps them develop knowledge and skills regarding physical fitness, motor skills, health and nutrition and how they relate to healthy lifestyles and personal well-being. Physical Education is driven by NGSSS with specific content objectives that are assessed and modified regularly.



Teacher Directed Physical Education

Structured physical activities led by classroom teachers intended to support the satisfaction of the state mandated physical activity minutes. Through collaboration with the physical education teacher, TDPE should align with the skills and concepts taught during physical education.



Recess

Unstructured physical activity that is an opportunity for children to practice life skills such as conflict resolution, cooperation, respect for rules, taking turns, sharing, using language to communicate, and problem solving in real life situations. Unstructured physical activity can be held indoors or outdoors as long as students are engaged in moderate physical activity.



Physical Education

Certified Physical Education Teacher

Standards Based

Assessments

100.455 FS

Student Wellness

Recess

PA

Teacher Directed Physical Education

Lead by Classroom Teacher

Structured Activities

Aligned with Physical Education Skills

Classroom Teacher

Unstructured Free Play

Indoor or Outdoor

Classroom Teacher or Principal's Designee



Components of Physical Fitness

- **Body Composition**- Measured by BMI
- **Aerobic Capacity**- Measured by Pacer or Mile Run
- **Muscular Strength**- Measured by Push-Ups, Curl-Ups, and Trunk Lift
- **Muscular Endurance**- Measured by Push-Ups and Curl-Ups
- **Muscular Flexibility**- Measured by Trunk Lift and Shoulder Stretch or Sit & Reach



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