

Wellness Principle: Physical Activity & Physical Education

Promising Practice: Enhanced School-Based Physical Education
[SPARK PE](#)

Aim: Enhancing physical education (PE) curricula by making classes more active and increasing the amount of time students spend doing moderate or vigorous activity (MVPA) in PE class has shown to improve both health and fitness levels among school-aged children and adolescents.

Enhanced PE MVPA The [Physical Activity Guidelines for Americans](#) recommends children and adolescents do 1 hour (60 minutes) or more of physical activity every day. Most of the 1 hour or more a day should be either moderate- or vigorous-intensity aerobic physical activity.

Getting Started How To's : Strategies to increase time students are moderate to vigorously active (MVPA) during PE class include modifying:

1. WHAT YOU TEACH

Consider teaching units that break away from the traditional team sport approach to include:

- ❖ Group Fitness (kickboxing, step, aerobics)
- ❖ Dance
- ❖ [Exergaming](#)
- ❖ Fitness Circuits
- ❖ Jump Rope
- ❖ Map Challenges
- ❖ Movement Bands
- ❖ Walk/Jog/Run
- ❖ Frisbee

2. HOW YOU TEACH

Consider changing or modifying how you teach an activity to include:

- ❖ Use music and integrate technology (pedometers) to motivate
- ❖ Provide lots of equipment (1 ball/rope per student).
- ❖ Use small sided games (5 v 5) in games.
- ❖ Eliminate elimination. Use a re-entry task to keep everyone involved.
- ❖ Use round robin or King/Queens Court for tournament play.
- ❖ Establish high activity movement routines to start and end class (walking the boundaries during roll taking).
- ❖ Implement a daily health related fitness activity (jump rope, walk/jog).
- Allow student choice with both physical intensity and competition level.

- Provide both competitive and cooperative experiences.
- Keep instructions and directions brief.

Keys to Success: Start small and identify a few new units or routines that are easy to implement. Try initial changes with classes that are smaller and add more classes as comfort level improves. Small changes done daily are easier to sustain and maintain.

More Information: SPARK Physical Education Curriculum K-12
www.sparkpe.org
U.S. Department of Health and Human Services
<http://www.health.gov/paguidelines/>