Committee on Enhanced PE Promotion  
Meeting Summary  
Monday, June 3, 2013  
10am-12pm

Illinois Public Act 97-1102 created the Enhance Physical Education Task Force. This Committee of the Task Force is charged with promoting and recommending enhanced physical education programs that can be integrated with a broader wellness strategy and health curriculum in elementary and secondary schools in this State, including educating and promoting leadership on enhanced physical education among school district and school officials; developing and utilizing metrics to assess the impact of enhanced physical education; promoting training and professional development in enhanced physical education for teachers and other school and community stakeholders; identifying and seeking local, State, and national resources to support enhanced physical education; and such other strategies as may be identified by the task force.

Task Force Members Attending:

**Chicago:** Elissa Bassler, CEO, Illinois Public Health Institute; Neil Duncan, Naperville Central High School; Mark Peysakhovich, representing Lynne Braun, Nurse Practitioner and Professor, Rush University Medical Center, American Heart Association; Sandra Noel, retired teacher, Hatch Elementary; William Truesdale, Principal, Douglas Taylor Elementary School, Illinois Principals Association

**By Phone:** Angela Crotty, Business Manager, Midlothian School District 143; Lynne Haeffele, representing the Office of the Lt Governor; Amanda Minor, Director, Douglas County Health Department

**Outside Expert:** Dr. Weimo Zhu

**Illinois Department of Public Health Staff:** Cheri Hoots (Springfield); Conny Moody Mueller (Phone)

**Illinois State Board of Education Staff:** Shawn Backs (Springfield); Jessica Gerdes (Phone)

**Illinois Public Health Institute (IPHI) Support Staff:** Coby Jansen Austin (Chicago); Sarah Chusid (Chicago); Janna Simon (Chicago)

**Committee Members not in attendance:** Anna Barnes, Schools Programs Manager, CLOCC; Mark Bishop, Vice President of Policy and Communications, Healthy Schools Campaign; Michael Brunson, Recording Secretary, Chicago Teachers Union; Bruce Bohren, President, Illinois PTA; Michael Isaacson, representing the Northern Illinois Public Health Consortium; Annie Lionberger, Chicago Public Schools; Daryl Morrison, Education Policy & Agency Relations Director, Illinois Education Association; Kelly Nowak, Vice President, Geneva CUSD 304 Board of Education; Rick Reigner, Illinois YMCA Statewide Alliance; Stephanie Whyte, Chief Health Officer, Chicago Public Schools

**Welcome & Introductions**
The meeting was called to order at 10:03am. Coby Jansen Austin (Illinois Public Health Institute) chaired the meeting in the absence of the Co-Chairs.

Coby reviewed the meeting objectives, which were to document committee members’ progress on implementing the Action Plan, identify supplemental support needed and additional opportunities for outreach, and finalize the recommendations to be put forth for adoption by the full Task Force at its August 2nd meeting.

**Approval of Meeting Summary from April 30, 2013**
The committee did not have a quorum so did not vote to approve the summary from the 4/30/13 meeting.

**Updates from Committee Members on Action Plan**

As one of its charges, the committee created and adopted an Action Plan to promote enhanced PE. The purpose of this Action Plan is to support the strategic goals and objectives of the task force, as set forth in Public Act 97-1102, by outlining specific actions that task force members can implement. The plan serves as a guide for communicating a set of core messages about the value of enhanced PE, and targeted messages about specific changes required to implement enhanced PE, to seven audiences: superintendents and district administrators, school boards, principals, PE teachers and adapted PE teachers, non-PE teachers, parents, and students.

Committee members have begun implementing this plan and provided a round of updates outlined below to report progress, to identify additional supplemental support needed to continue moving forward, and to provide updates on additional opportunities for outreach that have emerged.

Updates were then provided by committee members:

**Sandy Noel, targeting PE Teachers:**

*Updates:*

- She successfully scheduled an Enhance PE Task Force presentation at IAHPERD’s November conference. Deb Vogel and Neil Duncan will be presenting at two different sessions. Sandy is working with Walk Across Illinois on presenting on Enhanced PE.
- She is also working on securing opportunities to be present at IAHPERD’s regional conferences across Illinois.
- She is still pursuing contact with Dr. Jamie Chriqui to discuss wellness policies in Illinois with respect to updating the wellness policy.
- Sandy Noel will see about getting a dedicated page on enhanced P.E. on the IAHPERD website.

**Neil Duncan, targeting PE Teachers:**

*Updates:*

- He’s working to reach people who train and evaluate teachers. He’s working with contacts at the DuPage County Institute to build enhanced P,E. messaging into their Regional Office of Education workshops.
- He is developing a teacher training program like “Brain Camps.”
- He’s working with Bill Casey, IAHPERD’s secretary, to put together a list of groups for sharing information related to the task force.

**Janna Simon, IPHI, applicable to an array of target audiences:**

*Updates:*

- IPHI staff is helping to coordinate and conduct presentations on enhanced PE promotion at local conferences, most recently at the YMCA’s Learn and Share event and UIC’s Change Institute.
- Preparation for the July 16th webinar for principals and school administrators is under way.
- The Resource Guide is near completion, currently in the final stages of graphic design.
- The Enhance P.E. Fact sheet is finalized and will be circulated this week.
- IPHI staff has been collecting feedback from teachers who participated in the Enhanced P.E manual pilot project. The feedback will be incorporated into an updated version of the manual, which will be available in July.
- IPHI provided a second News and Resources compendium for use by committee members in their promotion efforts.
Mark Peysakhovich, American Heart Association: The American Heart Association offered to utilize its youth market channels to distribute these resources once they are in their final form. There is a concern about having consistent messaging that does not further any misperception that more P.A. minutes in the day supplants the requirement for daily P.E.

Angela Crotty, targeting school business officials: IASBO has a website dedicated to the task force. She will post the resource documents on their site with a link to the Task Force website. She will also encourage traffic to that link using IASBO's peer-to-peer network.

Lynne Haeffle, Lieutenant Governor’s Office Offered to post resources on the education section of the Lieutenant Governor’s website.

Amanda Minor said health departments would help in promotion efforts. Specifically, the Illinois Association of Public Health Administrators can promote this with their member health departments.

ISBE reiterated that its PE Task Force website can serve as a central place to house any of these resources, which will make it easier to provide links to these other sites.

William Truesdale, targeting principals is continuing to work on disseminating information through the Illinois Principals Association.

The group then decided to facilitate dissemination of task force resources by putting support task force staff in direct contact with communications staff at member organizations, as appropriate.

Discuss Revisions to Committee Recommendations

As its final work product, the task force is required to submit a report to the General Assembly in August. The committee is proposing recommendations to be included in that report that center on ways to ensure promotion of enhanced P.E. will continue after the task force adjourns.

The committee reviewed its draft recommendations and determined which ones to propose for adoption by the full task force and which ones required additional work and who would work on those revisions.

1) General Charge: Promote and recommend enhanced P.E. programs

Recommendation One: ISBE, in partnership with IDPH, update its model wellness policy and promote it statewide. Recommended update: Require that students spend 50% of PE class time in moderate to vigorous physical activity (MVPA)

Points of discussion
- There was concern over using the word ‘require’, as it suggests that there would be a new mandate, when in fact the recommendation would just insert a sentence into the model school wellness policy, which is adopted voluntarily by schools. Others were concerned 50% MVPA was not high enough. In response, the committee eliminated the work ‘require’ and added the qualifier ‘at least’ to precede 50% MVPA.
- Another topic of discussion was how the 50% MVPA requirement would work for non-P.E. focused classes, such as health classes. On the one hand, the committee recognizes that MVPA cannot be achieved in every type of class, on the other there was concern these kinds of exceptions would lead to sidestepping the goal. Sandy Noel will work on the language. The committee
suggested including a comment on this in a rationale section that describes the justification for each recommendation.

- The committee decided to split the portion of the original recommendation related to promoting the revised model wellness policy into a separate recommendation.

Recommendations to be submitted to full task force:
ISBE, in partnership with IDPH, update its model wellness policy to include a policy that students spend at least 50% of P.E. class time in moderate to vigorous physical activity (MVPA).

ISBE and IDPH promote the updated model wellness policy statewide, making resources available for teachers and administrators to implement the model policy.

**Recommendation Two:** Regional Offices of Education should monitor and report to ISBE compliance with daily PE instructional requirement. ISBE should report outcomes to the public upon request.

**Points of discussion**
- There was concern over the ambiguity of the term 'monitor' and what that will mean in specific terms. There was also concern over the term 'upon request' as it could be interpreted narrowly, as in by Freedom of information Act request.
- The importance of this recommendation was defended, as this would fill an information gap that exists.

Recommendation to be submitted to full task force: ISBE should aggregate data from the Regional Offices of Education on compliance with the daily P.E. instructional requirement and report those data to the public.

**Recommendation Three:** ISBE, in partnership with IDPH, recommend and provide technical assistance for completion of the School Health Index in the process of developing wellness policies.

Suggestion: The committee wanted to ensure that schools understand this is not an additional requirement, so they inserted the word "voluntary." The proposed recommendation now reads: ISBE, in partnership with IDPH, recommend and provide technical assistance for voluntary completion of the School Health Index in the process of developing wellness policies.

**Recommendation Four:** Maximize assistance to low-performing schools by incorporating enhanced PE programs and approaches into ISBE’s Center for School Improvement

Note: ISBE is working on the wording for this recommendation. It will be revisited in the future.

2) **Sub-Charge A:** Educate and promote leadership on enhanced PE among school district and school officials

**Recommendation One:** ISBE implement recognition and reward programs to encourage adoption of enhanced P.E. programs and principles by school district and school officials:

Suggestion: Committee members requested that the rationale for this recommendation indicate that recognition and reward programs should align
and connect with existing programs. The recommendation will be submitted to full task force as is.

3) **Sub-Charge B**: Develop and utilize metrics to assess the impact of enhanced PE

**Recommendation One**: ISBE recommend the Presidential Youth Fitness Program (PYFP) as a tool for measuring fitness, accessing professional development, and recognizing achievement;

**Recommendation Two**: ISBE aggregate data from schools participating in Presidential Youth Fitness Program (PYFP);

**Recommendation Three**: ISBE link and report aggregate PYFP data with academic achievement, attendance, and discipline data.

Suggestion: The committee, sensitive to the scale of the reporting requirements being mandated to ISBE, added the words "when technically possible" to precede the language about the agency linking and aggregating PYFP data with academic achievement, etc.

**Recommendation Four**: ISBE include a measure on the School Report Card about the number of minutes of instructional P.E. provided for different grade levels as a measure of health. Include reference information about how many minutes are recommended.

Suggestion: The committee suggested including "by NASPE” at the end of the recommendation.

4) **Sub-Charge C**: Promote training and professional development in enhanced P.E. for teachers and other school and community stakeholders

**Recommendation One**: ISBE should convene a committee to determine the scope of necessary professional development that is needed, what is currently available, what gaps need to be filled, and how IDPH and ISBE can collaborate to close those gaps.

Suggestion: Indicate that this recommendation apply to professional development available for both P.E. and health teachers. The committee also agreed that the recommendation indicate that this could be done through a committee of the sustained voluntary Enhance P.E. Roundtable.

5) **Sub-Charge D**: Identify and seek local, state, and national resources to support enhanced PE

**Recommendation One**: ISBE and IDPH maintain a directory of other system and stakeholders that are promoting student wellness to leverage resources for the implementation of enhanced P.E.

The committee suggested that the revised recommendation read: ISBE, IDPH and the Enhance P.E. Roundtable seek to align efforts and collaborate with other systems and stakeholders working to advocate for enhanced P.E. and school health. Areas for future work on this include aligning this work to the State Health Improvement Plan and the work of the Governor's Council on Fitness.

**Recommendation Two**: ISBE and IDPH sustain a voluntary Enhance P.E. Taskforce to identify resources and plan to support a long-term campaign to promote enhanced P.E. across the state.
Suggestion: It was noted that ISBE is reviving the practice of convening “Roundtables,” so it was suggested that term replace “Taskforce.”

Public Comment
There were no members of the public in attendance.

Adjourn
The meeting adjourned at 12 pm.

Next meeting: The co-chairs were not present, so the committee did not determine whether it would meet again.