Illinois Public Act 97-1102 created the Enhanced Physical Education Task Force. This law requires the creation of a task force 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. Additionally the task force shall make recommendations to the Governor and the General Assembly on Goals 19, 20, 21, 22, 23, and 24 of the Illinois Learning Standards for Physical Development and Health. The Task Force shall focus on updating the standards based on research in neuroscience that impacts the relationship between physical activity and learning.

Task Force Members Attending:

**Chicago:** LaMar Hasbrouck, Co-Chair; Director, Illinois Department of Public Health; Anna Barnes, Schools Programs Manager, CLOCC; Elissa Bassler, CEO, Illinois Public Health Institute; Mark Bishop, Vice President of Policy and Communications, Healthy Schools Campaign; Lynne Braun, Nurse Practitioner and Professor, Rush University Medical Center, American Heart Association; Michael Brunson, Recording Secretary, Chicago Teachers Union; Neil Duncan, Naperville Central High School; Maureen Fournier, Southwest Suburban Teachers Union/IFT; Annie Lionberger, Chicago Public Schools; Jessica Madrigal, Great Lakes ADA Center; Sandra Noel, retired teacher, Hatch Elementary; Jean Sophie, Superintendent, Lake Bluff School District

**Springfield:** Christopher Koch, Co-Chair; State Superintendent, Illinois State Board of Education; Peggy Pryor, Quincy Federation of Teachers

Task Force Members Attending by Phone: Lynne Haeffele, representing the Office of the Lt Governor; Kelly Nowak, Vice President, Geneva CUSD 304 Board of Education; Serena Preston, Superintendent, Illinois School for the Visually Impaired

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

**Illinois State Board of Education (ISBE) Staff:** Jessica Gerdes (Chicago); Mark Haller (Springfield)

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

**Members of the Public:** Larry Streeter, Cook School, Board of Education

**Members of the Task Force not in attendance:** Holly Benjamin, MD, appointed by the Illinois Chapter of the American Academy of Pediatrics; Bruce Bohren, President, Illinois PTA; Representative John Cavaletto, Illinois State Representative, 107th District; Angela Crotty, Business Manager, Midlothian School District 143; Senator Linda Holmes, Illinois State Senator, 42nd District;
Welcome and Introductions
Drs. Koch and Hasbrouck welcomed Task Force members and outlined the goals of the meeting:

- Finalize a framework for the state to enhance physical education and improve the health and learning of all Illinois children
- Hear updates from each of the committees
- Vote on the Task Force Recommendations that have not yet been finalized
- Review and vote on the final report, to be submitted to the Governor and IL General Assembly
- Discuss next steps

Review and Approve Task Force Meeting Summary from 6/14/13
Motion: Moved by Peggy Pryor and seconded by Maureen Fournier. Motion carried.

Update: Standards Revision Committee
Proposed revisions to ISBE’s Performance Descriptors for grades 1-5 and 6-12, and State Goals 19-24 have been completed. Deb Vogel was recognized for her leadership in writing the revisions.

Significant features of revisions
- Revisions were informed by neuroscience research and were reviewed by Drs. Hillman and Ratey.
- Two new standards and related performance descriptors were added: 1) Standard 22D for State Goal 22, on students advocating for the health of individuals, families and communities and 2) 23D for State Goal 23, on students describing and explaining the structures and functions of the brain and how it is impacted by different types of physical activity and fitness.
- Feedback from an array of experts was incorporated into revisions.
- Focused on establishing learning progressions so that children will understand the connection between fitness and learning from early age.
- Developed two implementation guidance documents: A Glossary of Neuroscience Terms and Frequently Asked Questions about physical activity and the brain

Discussion points
- Who is the intended audience for the implementation guidance documents? If laypeople, the FAQ is too technical and the literacy level too high. Also, there’s too much detail for this to be of practical use for administrators and teachers. The tool has to meet the audience.

- These are meant for teachers who can be assumed will have basic familiarity with concepts and terminology. The intention is for this to be used in connection with science curriculum, so the terminology will be taught through lessons and using scientific language, emphasizing that the connection between physical activity and optimal academic...
performance is rooted in science. The documents disregard importance of cross-lateral movements for building connections across brain, an issue that will be revisited in the next phase of work. Task Force members agreed that additional development of resources targeted to a variety of audiences, such as fact sheet for students and parents, etc.

- How will these new standards position Illinois among the states in terms of quality P.E.?

Through the gap analysis, the committee found IL was already ahead of most states in many ways. Adoption of these standards would make IL a model state by integrating neuroscience research into its standards.

Review & Approve Standards Revision Committee Meeting Summary from 7/8/13

Motion: Moved by Peggy Pryor and seconded by Maureen Fournier. **Motion carried.**

**Update: Promoting Enhanced PE Committee**

- Committee members have continue to move forward with promotion activities
  - Received positive anecdotal feedback on promotional materials, e.g. at the Change Institute
  - Held a webinar on 7/16 on the connection between physical activity, learning, behavior and health (replayed 8/5). The next webinar is on 9/17 on the Task Force report and recommendations (replay 8/5, 10-11am CST). Continuing educational credits are offered to participants.

Review and Approve Enhanced P.E. Promotion Committee Meeting Summary from 7/1/13

Motion: Moved by Elissa Bassler and seconded by Jessica Madrigal. **Motion carried.**

Discuss and Vote on Modified and New Task Force Recommendations

The Task Force voted on the modified recommendations in one motion after reviewing (all page numbers are from draft EPE report:

**Proposed modifications:**

1. Recommendation #3 - regarding the ROEs monitoring implementation of the daily P.E. instruction requirement. Per the committee’s suggestion, there is a motion to replace the recommendation proposed at the last full Task Force meeting with a comment in the Context of Discussion section that reads: “The Task Force had a number of discussions about the extent to which schools are currently implementing the daily physical education instructional requirement, understanding that the process of enhancing P.E. must build on the foundation of what schools are currently providing. While there were no data on this subject available to the Task Force, during its deliberations the members learned that as part of its larger transparency goals, ISBE plans to compile and publish schools’ code compliance information collected by the Regional Offices of Education, including compliance with the P.E. instructional requirement. ISBE plans to share these data by spring 2014 via an online, searchable database that allows parents and other interested community stakeholders to drill down to school level data to understand their school’s standing. The Task Force supports these steps to increase transparency with respect to P.E. and encourages ISBE to engage a diverse array of stakeholders – such as those sectors represented on the Task Force – in building an online portal for accessing data on the implementation of the K-12 daily P.E. instructional requirement. When convened, the
Enhance P.E. Roundtable would be an ideal set of stakeholders to support and inform the development of ISBE’s online portal.

2. The Enhanced P.E. Promotion Committee proposed adding a new recommendation (D2) regarding funding for quality PE: “The Illinois General Assembly should consider the importance of P.E. to students’ learning, social-emotional wellness, behavior, and health and dedicate funding and other resources to enhance the quality of daily P.E.”

3. The Standards Revision Committee made a slight modification to recommendation C4 by expanding the recommendation to short bouts of physical activity more generally, rather than just focusing on changes standards for high-stakes testing.

Motion to approve all three changes: Moved by Peggy Pryor and seconded by Maureen Fournier. Motion carried.

Physical Activity Break

Discuss and Approve Final Report

Discussion
- Is the amount of time spent in P.E. discussed? It is covered in recommendation B4: 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.
- Add a cover to report and proposed citation.
- Include the Standards Revision Committee's Glossary of Neuroscience Terms as an appendix and consider further developing the Frequently Asked Questions document through the P.E. Roundtable.

Motion: Approve full report with revised recommendations and additional appendix. Motion: Moved by Jean Sophie and seconded by Mark Bishop. Motion carried.

Discuss Promotion Activities for Disseminating the Final Report

Discussion
- The goal is to ensure dissemination across the state.
- A press release will be issued at the time the report is submitted to the General Assembly and Governor. There was discussion over whether to have multiple or modifiable press releases, and it was resolved that it would be less confusing to have one version released by ISBE.
- Are there other activities the Task Force can do to promote the report and get information to school leaders across state?
  - ISBE's communications channels: Superintendent message that goes out weekly, the Outlook newsletter, ISBE's listservs for Illinois college deans and presidents
  - Task Force members’ networks and listservs
  - University of Chicago at Illinois has their own communications staff. Jessica Madrigal can work with them to get the message out.
• National outreach opportunities? The most compelling news will be when the standards are formally adopted. National outreach will be coordinated for that.

Public Comment
No comments.

Next steps
Discussion
• Task Force members asked ISBE what the plan is for convening the roundtable to make sure there are next steps mapped out to ensure this work continues.
• ISBE expects to convene the Roundtable in late September/early October.
• All current Task Force members will be invited to join. It may be a smaller group that accepts, but diverse representation will be important. It would be good to include more local school administrators, a broader swath of superintendents, educators at university levels, and either someone from Illinois State University or a professor who supports the pipeline feeding teachers to districts across state.
• The first set of activities might be to structure the next phase of work and/or engaging the groups above.

Adjourn
Dr. Koch thanked everyone for their work on the Task Force and adjourned the meeting.