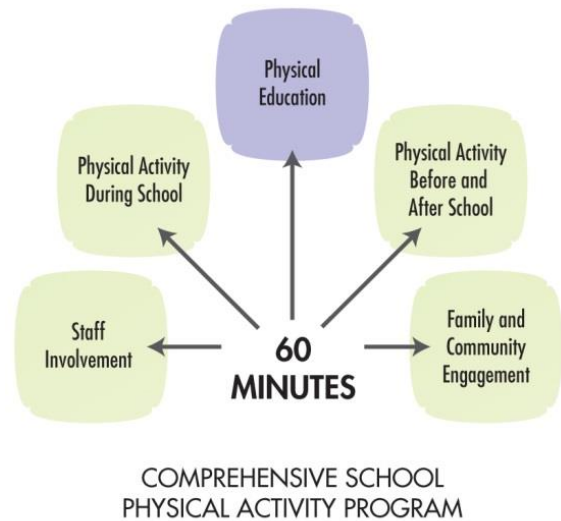


# Comprehensive School Physical Activity

## Skillastics® Connection

Goals: To provide a variety of school-based physical activities to enable all students to participate in 60 minutes of moderate-to-vigorous physical activity each day, and to provide coordination among the CSPAP components to maximize understanding, application, and practice of the knowledge and skills learned in physical education so that all students will be fully physically educated and well equipped for a lifetime of physical activity.



This approach helps schools utilize all opportunities for school-based physical activity to develop physically educated students who participate in the nationally-recommended 60+ minutes of physical activity each day.

## Comprehensive School Physical Activity Program (CSPAP) has five components:

- **Physical Education is the Cornerstone:** Students learn knowledge and skills in physical education and need opportunities to apply these skills throughout the school day. The success of CSPAP starts with a quality physical education program.
  - **Skillastics® Connection:** An innovative twist on traditional circuit training, Skillastics® is the affordable solution that provides maximum participation while engaging up to 100 children at one time. Whether working with large or small groups, Skillastics® as a whole or as individual components can be used multiple ways all year long. Skillastics® developmentally appropriate kinesthetic learning activities are aligned with the National Physical Education Standards. Each Skillastics® Activity Kit improves learning outcomes and assists students into developing into physically literate, responsible, and productive adults. An investment in Skillastics® helps not only provide the physical educator with an innovative teaching tool but also can be used in the other CSPAP components.
- **Physical Activity During the School Day:** morning announcements, classroom activity breaks, integrated into academic lessons, classroom structure. It is important to note that many studies are showing the positive connection between physical activity, physical education and academic performance.
  - **Skillastics® Connection:** After students become familiar with the Skillastics® activities, they can be used in the classroom in a variety of ways.
    - Physical Education Specialists can provide classroom teachers a copy of the Skillastics® Task Cards. Throughout the day, a teacher or a student

can draw a card and the students do the activities for a short time as an activity break.

- In the staff calendar, list one activity for each day of the week to be used as the Brain Break of the day.
  - Be Fit 2 Learn Skillastics® Math was specifically designed for classroom teachers to combine movement with math content and questioning to create a perfect balance of learning.
  - Skillastics® miniature mats can be distributed to classroom teachers for quick, brain break activities.
  - Skillastics® activities can be used during instant recess by either putting the Activity Kit in a designated area, or challenging students to practice the activities during their recess.
- **Physical Activity Before and After School:** walk to/from school, clubs, intramurals, interscholastic sports.
    - **Skillastics® Connection:** Skillastics® is an all-inclusive resource that encourages cooperative learning and is aligned with the Healthy Eating Physical Activity (HEPA) Guidelines. STEM Skillastics® enhances STEM learning while integrating creative physical activities. Skillastics® Activity kits can be used as fitness club activities, skill development for intramurals programs, and with LatchKey programs. The activities can be used for monthly fitness calendars to promote physical activity at home.
  - **Staff Involvement:** professional development related to active learning, employee wellness programs, changes to the work environment
    - **Skillastics® Connection:** Skillastics® activity kits can be used as a fun break during inservice days. By introducing Skillastics®, it promotes physical activity in a fun, non-threatening environment that can positively enhance the physical active experience. It also gives the Physical Education Specialists a chance to teach the activities to classroom teachers and encourage them to implement fitness or brain breaks into their daily routine.
  - **Family and Community Involvement:** Parents can participate in physical education, family fun days, newsletters, community partnerships and clubs for special events, community grants
    - **Skillastics® Connection:** Skillastics® Activity Kits are great for Family Fitness nights. When the event ends, send home a fitness calendar that includes activities from Skillastics®. Incorporate some of the activities into a fitness challenge for students and their families to complete at home.

The purpose of CSPAP is NOT to replace physical education. The reason physical education is depicted as a star at the top of the model is to show the importance of a quality physical education program. The physical education teacher however should be the leader in this initiative.

There is a difference between physical education and physical activity. It's important to always talk about this when visiting with those outside of our field.

Physical education teachers, parents, principals, superintendents, school boards, and community organizations all are important people to help implement these components. Refer to the NASPE "Active Kids and Academic Performance" brochure when possible. This is a great "talking" tool to use with administrators, other teachers and parents.