

[Click to view this email in a browser](#)

September 2009



## Back-2-School Newsletter

### Is the Bad Economy Taking its Toll on your PE Program?



You don't have to be a PEP Grant winner to have a quality physical education program. Join us at the 2009 PEP Grant Resource Conference and we'll show you how to build your PE program on a shoestring budget. You'll gain valuable, hands-on knowledge that you can take straight from the conference and apply to your PE program the very next day! We'll share tips on grant writing and seeking out additional funding, plus what to do with your PEP Grant money when you finally DO win!

Breakout sessions just announced! Check out our impressive list of topics and presenters:

- Action Based Learning - Jean Blaydes Madigan
- Project Adventure
- SPARK
- Skillastics
- Foundational Fitness
- Walk to Pedometer People
- Learning Readiness PE - world renowned program, featured on Good Morning America and The Early Show - uses physical education to greatly increase academic scores!
- For a complete list of breakout sessions, visit [www.pe4life.org](http://www.pe4life.org).

Plus, don't miss your chance to hear **Julie Foudy**, Olympic Gold Medalist Soccer Player as keynote speaker at the PEP Rally dinner on October 4th.

**2009 PEP Grant Resource Conference**  
**Overland Park, KS**  
**October 4-5, 2009**

Be sure to register before September 8th to receive the Early Bird Discount!

[Click here to learn more or register now!](#)

[Back to Top](#)

### Applying Behavior Change Theory in the Classroom: Encouraging Physical Activity for a Lifetime

The mission of PE4life is "To develop a country of active and healthy children and

#### In This issue

[Is the Bad Economy Taking its Toll on your PE Program?](#)

[Those Fresh New Tennis Shoes are Made for Walking](#)

[Applying Behavior Change Theory in the Classroom: Encouraging Physical Activity for a Lifetime](#)

[School Spotlight](#)

[Sponsor Spotlight](#)

#### School Spotlight



#### North Allegheny High School

North Allegheny has been in contact with members of the PE4life team for some time now. They participated in a Pittsburgh Community Presentation in April, and are hosting a Basic Training to aid in our Pennsylvania expansion project later this month.

The ultimate goal of physical education at North Allegheny is to facilitate students in improving their quality of life through promotion of lifelong health enhancing physical activity. The focus throughout the K-12 curriculum is on the following strands; aerobic endurance, muscular

*youth by increasing access to quality physical education solutions by engaging them in a fun and interactive way.*" One of our goals as physical educators should be to assist students in becoming lifelong learners and physical activity participants. We can do this by exposing them to a variety of activities, positive experiences and skills that encourage and support this behavior. Examples would be assisting students with designing fitness plans with appropriate goals or creating a safe and positive learning environment for students to try new activities.

One tool for assisting us in better understanding behavior change is Prochaska's & DiClemente stages of change model. Originally written to help create intervention strategies for addictive behaviors such as smoking, it can be applied to general behavior change such as pursuing improved health and fitness through participating in physical activity.

Below is a brief definition of each of the 5 stages of change:

**Precontemplation:** People who are not interested or willing to change a behavior in the immediate future.

**Contemplation:** People who are considering or open to a change. They are weighing the pros and cons but have not begun steps to implement change.

**Preparation:** People who are in the "investigation" stage of change. They are exploring options, such as researching gym memberships, sampling a class or gathering education information to assist them in making decisions on what actions to take.

**Action:** People who are actively practicing new healthy behaviors.

**Maintenance:** The positive behaviors have now been maintained for six months or more.

We can all recognize we have students in each of these phases. How do we assess or identify a student's status? How can we implement activities and strategies to meet students' needs at all levels? Can we be the catalyst for forward movement along the continuum toward the adoption of positive health behaviors, such as participation in regular physical activity?

Below is a table to help: identify students at the different stages of change, meet the needs of your individual student, and track how you promote the positive changes in your classroom.

Stage of Change	Student Behavior	Catalyst for Change	How do you promote positive change in your classroom?
Pre-contemplation	Students who are not interested or motivated to participate in activity in or outside of class.	Offer choices for activity. Establish a rapport and create a safe and encouraging learning environment.	
Contemplation	Students who may participate when required or when their friends are engaged in the activity, but would not pursue activities on their own.	Education on positive effects of physical activity and/or negative consequences. Identify student's fears or reservations and assist in identifying solutions.	

fitness, individual activities, adventure education, team sports, and creative movement. In addition to this organizing framework, fitness, safety, and health concepts are incorporated throughout all strands.

At the elementary level, lessons focus on building a foundation of loco-motor and manipulative skills while developing a love of movement. The middle schools provide an increased focus on fitness through team sports and the introduction of adventure education principles. At the Intermediate and Senior High School there is a heavy focus on personal fitness and individual lifetime activities.

The physical education staff takes pride in being role models of lifetime activity for their students through participating and competing regularly in the same lifetime activities that they teach.

The North Allegheny School District received a Carol M. White PEP Grant in 2008, which is being used for various teacher trainings, new or improved fitness centers for each secondary building, heart rate monitors for secondary buildings, adventure education elements, and many other types of innovative equipment that will support a quality curriculum throughout the K-12 program.

An additional \$35,000 in grants has been earned through Highmark Healthy High 5 and the North Allegheny Foundation.

The PE department also hosts an annual 5k and 1 mile run to promote family fitness, which has risen over \$27,000 over the last nine years to help fund new and innovation programs within the PE curriculum connected to the concept of the "New PE." Furthermore, these grant awards demonstrate the initiative and passion of the North Allegheny Health and Physical Education Department in striving for continuous improvement.

		Exposure to a variety of activities and positive experiences (i.e. new technology, adventure/outdoor)	
Preparation	Some experience with activity and may be exploring interests and abilities	Maximize activity/participation time and skill practice.  Encourage positive behavior by rewarding small steps  Provide opportunities for successful experiences. Identify and assist in removing barriers.	
Action	Students who are regularly engaged in physical activity in and outside of class.	Opportunity to experience positive rewards and continue to develop skills needed for success.  Provide feedback on assessments. Focus on setting realistic goals and rewarding positive behaviors.  Provide continued opportunity for growth through new challenges.	
Maintenance	Students who actively <i>choose</i> to pursue Physical Activity regularly outside as well as inside the classroom and have done so for at least 6 months.	Extend PE beyond the walls of the gymnasium. Aid students in developing a plan to continue to be active for a lifetime.  Reinforcement of intrinsic rewards. Participation for recreation and fun!	

Recognizing that behavior change is not accomplished overnight or with one magical class is the key to creating realistic expectations for our students and ourselves. Over the course of a student's preK-12 experience in physical education, they should be exposed to multiple positive influences that assist them in moving along the continuum toward adopting positive physical activity habits. Ideally, our students will leave us in the action/maintenance stage of physical activity.

By: Teresa Dilley, Program Support Manager, PE4life

[Back to Top](#)

## Sponsor Spotlight

### Sport Stacking with Speed Stacks®

NEW from Speed Stacks, Inc. this Fall: Speed Stacks Fitness Stacking Spots, Jumbo Speed Stacks and Pro Series Cups!

Sport Stacking with Speed Stacks is an exciting individual and team sport where participants stack and unstack 12 specially designed cups (Speed Stacks) in specific patterns with amazing precision and dexterity. Sport Stacking is an integral part of

Want your school's PE program to be featured in our newsletter? Send a brief description of why your PE program deserves the spotlight to [msheppard@pe4life.org](mailto:msheppard@pe4life.org)

[Back to Top](#)

### Those Fresh New Tennis Shoes are Made for Walking!

Visit any American grade school at 3 o'clock on a weekday afternoon and you're likely to find a dozen or so overweight children sluggishly climbing into their parents' SUV, only to be greeted with a jumbo size soda, and driven the 5 blocks home.

Here at PE4life, we're all about expanding physical activity into the community, and walking to school is a great and simple way to implement this idea. In a time when one third of our children are obese and even more are sedentary, the simple act of walking to and from school every day could make a huge impact on the health of our children.

Studies have shown that just 30 minutes of exercise a day can: help maintain a healthy weight, prevent juvenile diabetes, reduce blood pressure, provide mental well-being and even prevent cancer. Add a 30 minute walk home on top of quality, daily physical education and we'll solve the obesity epidemic in no time!

Unfortunately, we live in an era when you can't trust your own neighbor, so it's no surprise that parents have serious reservations about their children walking to school. However, if we educate our children to take the necessary safety precautions, there's really no reason this can't be a perfectly safe form of exercise. Here are a few safety tips to share with your children or physical education class on walking to school:

- Walk in groups
- Cross the street where crossing guards are stationed
- Tell parents the route they take
- Use sidewalks
- Pay attention to your surroundings



more than 30,000 Physical Education programs worldwide and has positively impacted over 10 million students and participants of all ages.

Speed Stacks, Inc. will be offering three **new** products this year. Incorporate fitness activities and Sport Stacking into your yearly Physical Education program by using Speed Stacks **Fitness Stacking Spots** and **Jumbo Speed Stacks**.

**Speed Stacks Fitness Stacking Spots** combine Sport Stacking activities with fitness activities. Each set of Fitness Stacking Spots contains 10 Stacking Spots and 10 Fitness Spots plus suggested activities.

**Jumbo Speed Stacks** are great for PE teachers who want to add something new to their Sport Stacking program. Jumbo Speed Stacks are a perfect way to turn up the fun and add more movement at the same time. Floor relays and Doubles stacking are a whole new challenge with these large scale cups.

Your stackers will take their Sport Stacking to new levels with the new **Pro Series Cups**. Pro Series Cups include special features to improve stacking speed and are approved by the WSSA for competition use.

Visit [www.speedstacks.com](http://www.speedstacks.com) and click on **'What's New'** to learn more about all the new products or call 1-877-GOT-CUPS (468-2877).

### Order your XaviX Today!



The XaviX PORT console is the gateway to applications to get people moving. XaviX is a unique lifestyle system that builds real skills, works with your body's natural movements, and provides a great workout for any skill level. XaviX is great for any age and ability level from young children to seniors and everyone in between!

XaviX is not a game, but an interactive system that uses the body's natural movement to truly get one moving in a fun, natural, and stimulating manner to achieve results. Choose from any of the true fitness, sports, and wellness applications to engage your students, your school, your friends, your family, yourself. All XaviX products are scientifically tested and endorsed by experts, and are designed to be used in schools, recreation centers, and other high use settings!

All XaviX products truly make you move and most products will make you sweat. They have products with charts and graphs that show calories burned as well as workout time and total number of actions exerted. XaviX products are gender and age neutral and help maintain or improve Eye/Hand Coordination, Conditioning, Balance, Awareness, Agility, Memory, and more!

Each product comes with a proper, corresponding wireless controller and a System Cartridge. The Main Technology (Chip) is in each Cartridge, so as the technology is upgraded, you will never need to upgrade your XaviX PORT!

XaviX is being used in more than 5,000 schools, recreation and community centers, senior facilities and other institutions throughout the United States, and

- If you're still worried after sharing these tips, walk with the child!

For some more great resources check out:

[www.walktoschool-usa.org/](http://www.walktoschool-usa.org/)

[www.iwalktoschool.org/](http://www.iwalktoschool.org/)

[www.cdc.gov/nccdphp/dnpa/kidswalk/](http://www.cdc.gov/nccdphp/dnpa/kidswalk/)

[Back to Top](#)

growing! Visit [www.XaviX.com](http://www.XaviX.com).

## Human Kinetics Special Discount for PE4life Associates



**HUMAN KINETICS**  
[www.HumanKinetics.com](http://www.HumanKinetics.com)

Get 10% off select HK catalog products (enter code L830) or 20% off purchase of Fitnessgram manual and software (enter code L837). Also receive a \$20 gift certificate when you train at any PE4life

Academy Training Center. Visit [www.humankinetics.com](http://www.humankinetics.com) for more information.

### About Human Kinetics

Human Kinetics was founded in 1974 and is now widely recognized as the foremost publisher in the physical activity field. Human Kinetics publishes FITNESSGRAM®/ACTIVITYGRAM®, Fitness for Life, Physical Best, and hundreds of other resources for physical educators.

Visit [www.HumanKinetics.com](http://www.HumanKinetics.com) or call 800-747-4457 to request a catalog or place an order.

[Back to Top](#)

127 W 10th St • Kansas City, MO • 64105

---

If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link: [Unsubscribe](#)

---

PE4Life  
127 W. 10th Street  
Suite 101  
Kansas City, Missouri 64105  
US

[Read](#) the VerticalResponse marketing policy.

