

Success Story



Knoxville High School (Knoxville CSD)
Putting a Comprehensive School Physical Activity Plan (CSPAP) Into Action
2014-2015 School Year

Summary

Knoxville High School and Middle School held a School Wellness Team meeting to get things started. They worked through the School Health Index (SHI) and were able to identify strengths and areas to improve throughout the school. The wellness team plans to continue to work on the goals that were established by the team.

Rhonda Douglas, Knoxville High School PE Teacher, had three primary goals related to the Comprehensive School Physical Activity Plan and SHI results. They were to 1) advocate to increase the number of minutes for high school PE to 225 minutes per week, 2) encourage staff to get physically active, and 3) present benefits of physical activity breaks and intramurals.



Success Strategies

1. Engage teachers, staff and administration in embracing and promoting physical activity throughout the school district and during school hours.
2. Advocate for more PE minutes during the week for high school students with a goal of 225 minutes per week.
3. Advocate for an intramural program for the high school students during the lunch period.
4. Promote physical activity breaks in the classroom.

Challenges

One of the biggest challenges was finding time in the schedule to increase the amount of PE time. Increasing the frequency of PE or the length of the class to increase the total number of PE minutes impacts the whole school schedule.

The other challenge was motivating teachers and staff to become more physically active themselves.



Results

Knoxville High School made progress on all three of their goals.

There will be an increase in PE minutes for the 2015-16 school year! The school will implement a block schedule with Day A and Day B which will increase the number of PE minutes to 212 minutes per week AND increase the number of students enrolled in PE from about 180 to over 220. More sessions of Personal Fitness have been added and keeping an "Early Bird PE" (before school PE) option is being strongly encouraged.

Administration was agreeable to an intramural program during the lunch period and plans are underway to implement this in the fall of 2015. This gives students an opportunity to be active during their lunch period.

Teachers and staff were challenged to start moving. Adults are now walking together and even doing Zumba. This is a step in the right direction addressing staff wellness.

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Future Directions

Knoxville High School is embracing the Comprehensive School Physical Activity Program (CSPAP) concept with work on increasing PE minutes, promoting physical activity during the day with intramurals, promoting brain breaks in the classroom, and promoting staff wellness.

The Knoxville High School students as a whole really enjoy PE time. They enjoy working out and are eager to learn how to properly use new equipment which improves the quality of the PE program. Offering more Personal Fitness classes allows students to have more choices in their schedule. The intramurals option adds an opportunity to be students to be active during the school day.

With the switch to block scheduling (85 minute classes), the timing will be good to present and encourage Brain Breaks for teachers to use in their classrooms. Rhonda plans to present Brain Break ideas at the end of this school year and the beginning of next school year.



Grant Information

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