



ACTIVE STUDENTS TASK FORCE

POLICY ISSUE/SITUATION:

As an outcome of HB 3141 the Beaverton School District is continuing to move forward to fulfill the requirements of increased PE time as outlined in the statute. In addition to physical education, we also have an interest in building staff and student knowledge in the area of movement and wellbeing overall.

RECOMMENDATION:

It is recommended that the Board consider the formation of the Active Students Task Force to review practices and make recommendations for future implementation.



Active Students Task Force

Board Proposal, September 29, 2014



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INTRODUCTION:

Physical inactivity and poor diet account for at least 400,000 deaths among adults in the United States each year. Oregon's 74th Legislative Assembly (2007) noted that between 1994 and 2001, obesity among Oregon adults had increased by fifty-nine percent and twenty-eight percent of eighth graders and twenty-one percent of eleventh graders were overweight. The legislature also recognized that inadequate participation in physical activity had contributed to the obesity epidemic.

Increasing students' activity is necessary to arrest this epidemic and will provide our students with not only physical health benefits (e.g., controlling weight, building lean muscle and reducing fat, building greater bone mass and reducing the risk of diabetes and high blood pressure), but also increased emotional well being (reducing depression and anxiety and promoting confidence and self-management) and academic performance.

The recommended minimum time for PE for students K-5 is 150 minutes per week, and the recommended time for students in 6th-8th grade is 225 minutes per week. HB 3141 requires schools to provide this amount of PE instruction beginning in the 2017-18 school year. At least fifty percent of the PE class time shall involve physical activity in each school week, with as much moderate physical activity as possible. Children with disabilities shall be offered suitable adapted PE that is incorporated as part of their IEP.

SCOPE and OBJECTIVE:

The scope and intent of this study is to ensure timely compliance with HB 3141 and develop a model for students' movement and activity throughout their daily school experience. Specific areas of review will include:

- PE time and schedules
- Integrated activity/movement throughout the school day
- Use of recess time
- Organized intramural sports
- Reduce barriers to high school athletics

The task force also will develop communication plans and identify professional development needs.



PROPOSED TEAM STRUCTURE:

In order to appropriately consider the numerous factors influencing student fitness and potential Beaverton School District efforts to encourage active students, we propose the Active Student Task Force be comprised in the following manner:

- Community Member with youth fitness experience (Co-Facilitator)
- Physical Education Teacher on Special Assignment (Co-Facilitator)
- Community Members (x3)
- Medical professional with background in pediatric fitness
- Tualatin Hills Park and Recreation District Representative
- Elementary School Physical Education Teacher
- Middle School Physical Education Teacher
- High School Physical Education Teacher
- Adaptive PE Specialist
- Elementary Classroom Teacher
- High School Athletics Director
- Board Representative

Administrative Support: Elementary School Executive Administrator & Middle School Executive Administrator



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PROPOSED TIMELINE:

September 2014

- The Active Student Task Force proposal presented to the Superintendent and School Board

October 2014

- The Active Student Task Force approved and members identified

November

- 2014 The Active Student Task Force begins meeting

June 2015

- The Active Student Task Force makes recommendations to the Superintendent and School Board

June 2015 – June 2017

- The Beaverton School District implements approved actions to encourage greater student fitness and comply with HB 3141