

# 5-Family & Community Physical Activity

## OVERVIEW

**Description:** Assign homework or encourage community options for physical activity outside of PE class.

**Resources Needed:**

- The number of students participating would dictate the time needed to reproduce forms, track points earned, and record totals.

**Facilities and Equipment Needed:**

- None, unless the district is providing space for student activities within the district's facilities.

**Evaluation:**

- Tracking of time/points earned by students to determine if they are increasing their overall physical activity levels to meet the 60 minutes per day.



**It is important** to encourage students to develop activity patterns that go beyond the school setting, which supports lifelong participation. It may be completed at the school, or PE teacher level, and should not need any district or school board approval.

Parents often tell their children they cannot "watch TV" until their homework is finished. Fulfilling home and community activity will likely have the secondary effect of substituting some activity time for "screen" time. It is a great way for the "non-athlete" to have a way to do well in physical education.

## ACTION STEPS

- ✓ PE teachers set up a grading policy to assign outside activity that the child must do to help meet the goal of a daily hour of physical activity that is recommended, and/or give credit for physical activity done outside PE class, and explain it to the students.
- ^ The school and PE teacher send a letter to parents explaining the new PE grading system. A template is provided on the following pages.
- ^ The outside physical activity time is tracked on a simple sheet signed off by the student and a parent. There are several examples of how the activity could be quantified, including a simple calendar log, Movin' Miles log, exercise points based on caloric expenditure, etc. Samples are provided in the Appendix.
- ^ Children participating in organized sports, intramurals, etc., can use these to fulfill their home and community activity expectations. Children not participating in organized sports would have to find other activities to meet the requirement. Provide information on sports and recreation opportunities.
- ^ Creative ways to show how students were active outside of school include photo submissions (emailed to teacher) of students being active or class challenges (which class can visit the most public parks for example).
- ^ Consider active transportation options such as Safe Routes to Schools and walking school buses as a community option. See strategies 14 and 15 from the original Active Schools Kit <http://dpi.wi.gov/sites/default/files/imce/sspw/pdf/pasastoolkit.pdf>
- ^ Work with the school and community to create recreational or joint use agreements that provide access to recreational facilities when not in use for school purposes. <http://changelabsolutions.org/publications/model-JUAs-national>



Wisconsin State Physical Education recommendations include: Standard 3: Participates regularly in physical activity, and Standard 4: Achieves and maintains a health enhancing level of physical fitness.



## EXAMPLES

**Example 1:** The teacher sets the number of minutes or points per quarter that constitutes an increase of one grade level. Since there are approximately nine weeks per quarter, a reasonable amount of activity to raise a grade one level would be 100 points per month or about 200 points per quarter. This would equate to about 25 hours per month or 50 hours per quarter of moderate activity. Parents would sign off on a monthly form that would be turned in prior to the end of the quarter. Students playing a sport for the majority of the quarter can either record those minutes or points on their sheet or be given a “credit” of half a grade level or a full grade level for participation depending on the teacher’s decision on the point value of the activity. A parent or coach would have to sign off on a form to verify participation. Teachers can “cap” the amount of credit that students can earn up to one or two grade levels.

**Example 2:** Janesville’s Edison Middle School has an initiative that requires activity outside of class at least twice a week for 30 minutes. They have a one-page sign-off form that they collect every couple of weeks and the options include: extra time in their fitness center (signed off by the supervisor), participation in sports (signed off by the coach), or the child’s activity on their own (signed off by a parent). Their program starts with the highest grade possible as a “B,” with an “A” requiring the PE homework. They cleared this with the principal prior to the school year and got feedback at parent conferences. The feedback was very positive.



## RESOURCES

See appendix for samples listed below:

**Sample A** – Point tracking log (adopted from Movin’ and Munchin’ Schools)

**Sample B** – Point tracking log for most activities

**Sample C** – Monthly general log tracking minutes

**Sample D** – “Race track” form for tracking younger kids’ activity

**Sample E** – Parent letter



## POLICY SAMPLES

**Wisconsin Policy:** [http://fns.dpi.wi.gov/fns\\_wellnessplcy](http://fns.dpi.wi.gov/fns_wellnessplcy)

**Alliance for Healthy Generation Wellness Policy:**

[https://www.healthiergeneration.org/take\\_action/schools/wellness\\_councils\\_policies/wellness\\_policies/](https://www.healthiergeneration.org/take_action/schools/wellness_councils_policies/wellness_policies/)

## Strategy 5 – Appendix A: Family and Community Tracking Forms

(contained in this appendix are a variety of tracking forms and a sample letter to parents)

### Sample A: Top 15 Elementary School Activity Chart

*(Adapted from Movin' and Munchin' Schools)*

Activity	Points Earned per 15 Minutes of Activity
Walk	1
Walk with family member	2
Bike	1
Play tennis	2
Swim	2
Rollerblade	1
Do yard work, such as mowing the lawn	1
Play soccer	1.5
Dance	1
Jump rope	3
Play basketball	2
Outdoor games, such as "Kick the Can"	1
One week without TV	10
Any activity that makes you breath hard, like running	2
Run slowly	1
Any other activities:	1

Name \_\_\_\_\_

Month \_\_\_\_\_

Date	Activities	Length of Time	Points	Sub/Running total
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				
22				
23				
24				
25				
26				
27				
28				
29				
30				
31				

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_

Total Points

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**Sample B:**

**Monthly Physical Activity Log**

Month \_\_\_\_\_

Name \_\_\_\_\_

Point Goal \_\_\_\_\_

**1 Point/4 min**

Bicycling >16 mph  
Handball, Squash,  
Racquetball  
Rowing-vigorous  
Running > 7 mph  
X-C skiing – racing

**1 Point/5 min**

Boxing/sparring  
Football  
Martial arts  
Rope jumping  
Running, 6 mph  
Soccer -vigorous  
Swimming - vigorous  
X-C skiing – vigorous

**1 Point/6 min**

Basketball – game  
Bicycling 12-15 mph  
Bicycling stationary  
Calisthenics-vigorous  
Carrying heavy loads  
Circuit training  
Hockey  
Rock climbing  
Running, 5 mph  
X-C skiing–moderate  
Snow shoeing  
Swimming–moderate  
Tennis, singles  
Volleyball, beach  
Walking upstairs

**1 Point/10 min**

Aerobic – general  
Backpacking/hiking  
Bicycling 10-12 mph  
Canoeing - moderate  
Dancing – aerobic, fast  
Jet-skiing, water  
Jogging < 5 mph  
Moving boxes  
Rowing – moderate  
Shoveling snow  
Skating – vigorous  
Skiing-moderate  
Sledding  
Soccer – moderate  
Swimming-leisure  
Tennis – doubles  
Weight lifting-vigorous  
Walking – brisk, 4 mph

Date	Activity	Length of Time	Points	Sub-total
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
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27				
28				
29				
30				
31				

Total

**1 Point/12 min**

Badminton  
Basketball – shooting  
Construction/remodel  
Dancing  
Golf – without cart  
Health Club – general  
Housework – vigorous  
Hunting  
Kayaking  
Mowing lawn –walking  
Play w/kids – vigorous  
Skate/Roller blade  
Softball or Baseball  
Volleyball – vigorous  
Yard work, raking etc.

**1 Point/15 min**

Archery Auto  
Repair Bicycling  
<10 mph Bowling  
Canoeing – light  
Golf – using motor cart  
Home repair–  
carpentry, Plumbing,  
etc Horseback riding  
Housework – cleaning  
Music–vigorous,  
drums Play w/kids –  
moderate  
Sailing/sail board  
Snowmobiling  
Stretching, Yoga  
Table tennis  
Walk – moderate 3  
mph  
Water Aerobics  
Weight Lift – moderate

**1 Point/20 min**

Billiards/pool  
Cooking  
Fishing  
Mowing lawn – riding  
Music playing –  
general  
Playing catch  
Play w/kids – light  
Walking – slow 2 mph  
Yard games – croquet,  
frisbee, darts, etc.

**Approximate calories burned during activity**

1 point = 40 calories for a 105 pound person  
1 point = 50 calories for a 130 pound person  
1 point = 60 calories for a 155 pound person  
1 point = 70 calories for a 180 pound person  
1 point = 80 calories for a 210 pound person  
1 point = 90 calories for a 235 pound person  
1 point = 100 calories for a 260 pound person  
Resting Metabolic Rate = about 1 to 2 points/hr

Multiply by calories/point (see weight chart) x \_\_\_\_\_

Total calories burned this month

I certify that my child has completed the amount of activity listed above:

\_\_\_\_\_  
Parent's signature

\_\_\_\_\_  
Date

## Sample C: Monthly Physical Activity Log

### MONTHLY PHYSICAL ACTIVITY LOG

Month of \_\_\_\_\_

It is recommended that every school age child and teen get at least 60 minutes of physical activity, on at least 5 days per week. In an effort to meet this recommendation, [ ] School is assigning homework for activities outside of physical education class time. Use this log to track your child's activity, get school credit and to see if the activity totals are meeting or exceeding the daily 60 minute goal. Have your child track their activity by placing a checkmark in the box for each 10 minutes of activity completed each day.

<b>Week 1</b>	10 min	20 min	30 min	40 min	50 min	60 min	Type of activities
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
<b>Total</b>							Total time

<b>Week 2</b>	10 min	20 min	30 min	40 min	50 min	60 min	Type of activities
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
<b>Total</b>							Total time

<b>Week 3</b>	10 min	20 min	30 min	40 min	50 min	60 min	Type of activities
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
<b>Total</b>							Total time

<b>Week 4</b>	10 min	20 min	30 min	40 min	50 min	60 min	Type of activities
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
<b>Total</b>							Total time

**Monthly total**

I certify that my child has completed the amount of activity listed above:

\_\_\_\_\_  
Parent's signature

\_\_\_\_\_  
Date



# Sample D: Elementary student tracking form

DEPARTMENT OF HEALTH SERVICES  
Division of Public Health  
F-440071 (10/04)

STATE OF WISCONSIN

## CHILDREN'S PHYSICAL ACTIVITY CHART

Name \_\_\_\_\_

Month \_\_\_\_\_

← Start

F  
I  
N  
I  
S  
H

Fill or color in a segment for each hour of physical activity. Try to get an hour of activity each day so you can keep "pace" with the days of the month. Any active type of play or sport activity counts.

Children's Activity Log:

<http://www.dhs.wisconsin.gov/forms/F4/F40071.pdf>

## **Sample E: Letter to parents**

### *School Letterhead*

Dear Parents/Guardians,

The Physical Education (PE) Department at [ ] School wants to do more to ensure that your child gets the recommended amount of physical activity per day, so we are instituting a new policy for physical education grades. The recent Physical Activity Guidelines for Americans developed by the U.S. Department of Health and Human Services recommends that school-age children get at least 60 minutes of physical activity per day. Recent statistics from a survey of Wisconsin teens shows that only 38 percent are meeting this recommendation\*. In addition, recent trends show an increase in body weight in children with self-reported data indicating about one-quarter of all children are overweight or obese\*.

Since the time spent in PE alone cannot meet this requirement, we are looking to other strategies to augment the time. One of those strategies is to provide homework opportunities to increase activity time. Attached is a recording sheet that students will be asked to use to track their activity outside of PE class. Points/Minutes [select one] that students turn in monthly will be added to the student's PE grade. Students may earn credit to increase their PE grade by one/two [select one] grade level(s) by turning in the monthly sheets.

We are trying to meet the physical activity recommendations and at the same time instill in our students personal motivation to be active outside of class time, a skill that they can use for a lifetime. I hope you will support this effort and encourage your child to be active and complete the monthly logs.

Sincerely,

*Teacher name*

*Contact information if they have questions.*

\*Source: Wisconsin Youth Risk Behavior Surveillance Survey

### **Miscellaneous resources:**

Effect of Physical Education and Activity Levels on Academic Achievement in Children  
[http://www.tahperd.org/HOME\\_PDFs/Activity\\_Achievemnt\\_Scores\\_article.pdf](http://www.tahperd.org/HOME_PDFs/Activity_Achievemnt_Scores_article.pdf)