



Sample Physical Education/Activity Action Plan

What is the issue?	What action will we take?	Who will do it?	When will it be done?	How will we monitor progress?	How will we know if we succeeded?	What will it cost?
<p>We do not meet the state's minimum for physical activity per week.</p>	<p>Work with administration to meet or exceed the expectation for physical activity per week.</p>	<p>The Eco-Action team will develop a solutions-based presentation to make their case and work with integral members of the staff to make policy changes.</p>	<p>Mid-September to Mid-October Research and develop presentation.</p> <p>Mid-October to Thanksgiving Get feedback and discuss reasonable solutions.</p> <p>December Present plan to staff and students.</p> <p>January Implement plan.</p>	<p>Monitor timeline and communicate often with those most closely associated with the plan.</p> <p>Provide short periodic surveys</p> <p>Informal research of grade level fitness levels can be measured before and after implementation of proposed plan.</p>	<p>The state minimum is now met for physical activity per week.</p>	<p>No additional cost beyond time of staff and students.</p>
<p>We have physical education only twice a week.</p>	<p>Increase physical education to 3-5 days per week.</p>	<p>The Eco-Action team will work with the administration and staff to develop a plan for increasing the number of days students participate in P.E. or other physical activity.</p>	<p>November Plan proposed.</p> <p>January Plan implemented.</p>	<p>Adhere closely to the timeline and communicate often with team members, administration, and staff.</p>	<p>Physical education/activity will be increased from twice a week to 3-5 times a week.</p>	<p>Adding P.E. sections could require additional teachers. But there may be ways to have classroom teachers implement the added activities.</p>

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<p>We do not participate in fitness testing or physical activity programs.</p>	<p>Work with physical education staff and administration to implement fitness testing and increase participation in local and/or national programs promoting fitness.</p>	<p>Eco-Action team will work with physical education staff.</p>	<p>September-October Research best fitness choices for school</p> <p>November Present to administration and staff and gather feedback.</p> <p>December Make modifications to plan and prepare to implement in January.</p>	<p>Adhere closely to the timeline and communicate often with the team members, administration, and physical education staff.</p> <p>Get feedback from parents, staff, and students before, during and after implementation via a short survey.</p>	<p>We participate in at one fitness test (such as the President's Fitness Challenge) and we participate in two programs (such as Jump Rope for Heart and the First Lady's Let's Move campaign).</p>	<p>Mostly student and staff time. Possibly some cost for printing certificates to reward students for completion and/or excellence in fitness programs.</p>