

## #Broccoli – aka. I’m Here, Let’s GO!

- 2013 Denver Institute Presentation
- Clayton Ellis
- President - Colorado Governor’s Council for Physical Fitness
- Central District AHPERD - VP – Elect for Dance
- 2010 National High School Physical Education Teacher of the Year
- email - [ceellis@aps.k12.co.us](mailto:ceellis@aps.k12.co.us) Website: <http://ceellis.aurorak12.org/>
- @ceellisify
  
- Promote your physical education program through appropriate practices for physical education.
- Utilize resources to advocate and promote your physical education program through appropriate practices for physical education.
- Share what you do!!

### Technology Integration - Twitter Account: TWEET -

- @NTAAHPERD @COAHPERD – DPS Institute #Broccoli Session w/ @ceellisify
- NTAHPERD has 3302 followers
- ceellisify has 258 followers
- COAHPERD has 124 followers

### Last Year – Advocacy Session called: “DO SOMETHING!”

- Results:
  - Lack of Money / Equipment
  - Lack of Support
  - Lack of Communication
  - Lack of Time
  - Master Scheduling
  - OK with “Status Quo” / Staff Resistant to Change
  - State Assessment Requirements
  - #Broccoli – aka. I’m Here, Let’s GO!
- Action Items from last years presentation:
  - Website / Social Networks
  - Newsletters
  - Before & After School Clubs
  - Apply for Grants
  - Open House
  - Present @ School Board Meeting
  - Participate / Present in Professional Development
  - Brain Breaks (Share in class & school)
  - Host a Jump & Hoops for Heart Event
  - Staff Wellness / Group Walking
  - \*\* Family Fitness Night
- WELL??? Share with your neighbor what you did!

### TODAY:

- Let’s Move! and Let’s Move! Active Schools
- President’s Council for Physical Fitness and Nutrition
- President’s Youth Fitness Program Task Force
- Colorado Governor’s Council for Physical Fitness
- AAHPERD Unification

- *Speak Out Day and The Physical Act*
- *New National Standards*
- *National Physical Education and Sport Week*
- *Let's Move Denver, Pueblo, Aurora 2.0*
- *CDE Graduation Guidelines*
- *COAHPERD*

**Let's Move! (Michelle Obama's Initiative)**

- *Let's Move! Active Schools! (March 2013)*
- *Let's Move! Cities, Towns and Communities*
- *Chef's Move to Schools*
- *Let's Move! Faith and Communities*
- *Let's Move! Outside*
- *Let's Move! Museums and Gardens*
- *Let's Move! In Indian Country*
- *Let's Move! Child Care*
- *Let's Move! In the Clinic*
- *Let's Move! Salad Bars to Schools*

**Let's Move Active Schools**

- **Focuses on 5 Key Areas:**
  - *Physical Education*
  - *Physical Activity During School*
  - *Physical Activity Before and After School*
  - *Staff Involvement*
  - *Family and Community Engagement*

**TWEET –**

#Broccoli @ceellisify @letsmove  
<http://www.letsmove.gov/active-schools>

**TWEET –**

- PYFP at #Broccoli - @ceellisify @FitnessGov - <http://fitness.gov/>
- #Broccoli – aka. I'm Here, Let's GO!

**President's Council on Fitness, Sports & Nutrition**

- Shellie Phohl – Executive Director from NC
- Dr. Jayne Greenberg of Miami Dade Schools - appointed to the council in April
- Adopted Fitnessgram as the “NEW” President's Challenge Assessment
- Led to the creation of the;
  - *President's Youth Fitness Program*

**President's Challenge:**

- *President's Youth Fitness Program*
- *Fitness Test - Fitnessgram*
- *Adult Fitness Test*
- *Presidential Active Lifestyle Award (PALA+)*
- *Presidential Champions (Next step after PALA+)*
  - <https://www.presidentschallenge.org>

**President's Council on Fitness, Sports & Nutrition**

- **President's Youth Fitness Program**
  - *Partners:*

- AAHPERD
- The Cooper Institute
- Centers for Disease Control and Prevention
- NIKE
- Amateur Athletic Union
- General Mills
- Human Kinetics
- National Foundation on Fitness Sports & Nutrition, Healthier Generation
- Play 60
- etc....

### **President's Youth Fitness Program**

- **Consists of 3 parts:**
  - Research Based Assessment Tool (Fitnessgram)
  - Professional Development (AAHPERD)
  - Recognition and Awards (AAU)
  - <http://presidentialyouthfitnessprogram.org>

### **Colorado Governor's Council for Physical Fitness**

- **TWEET –**
- **#Broccoli @ceellisify @ColoradoFitness <http://www.coloradofitness.org/>**

### **Colorado Governor's Council for Physical Fitness**

- ***New Council Members elected in November***
- ***Strategic Planning in February***
- ***New Website - <http://www.coloradofitness.org/>***
- ***Three NEW Committee's Created***
  - **Communications**
  - **Events**
  - **Operations**

### **Colorado Governor's Council for Physical Fitness**

- **Governor Hickenlooper - Announced a New Health Agenda in May with 4 focus points:**
  - ***Promoting Prevention and Wellness***
  - ***Improving Health System Integration and Quality***
  - ***Expanding Coverage, Access, & Capacity***
  - ***Enhancing Value & Strengthening Sustainability***
  - **[www.colorado.gov/stateofhealth](http://www.colorado.gov/stateofhealth)**

### **Colorado Governor's Council for Physical Fitness**

- ***Re-Structured the Council from 35 Members to 18***
- ***Rotating 4 year terms***
- ***Executive Order re-written and turned in!***

**Mission:** *The Colorado Governor's Council for Physical Fitness promotes and supports events and programs that encourage physical fitness, educates citizens on the lifelong benefits of an active, healthy lifestyle, and collaborates with government entities, schools, nonprofit associations, businesses, and healthcare and fitness organizations to advance our vision.*

**Vision:** *The Colorado Governor's Council for Physical Fitness is dedicated to making Colorado the healthiest state in the nation.*

**Tag Line:** *Promoting Active, Healthy Lifestyles for All Coloradans*

## Colorado Governor's Council for Physical Fitness

- *July Event to sign the new Executive Order and change our name to:*
- *Colorado Governor's Council for Active and Healthy Living*

## Colorado Governor's Council for Physical Fitness

- *Events Promoted This Year*
  - **COAHPERD Convention**
  - **JAM World Record Dance**
  - **Governor's Cup Nordic Race (Devils Thumb Ranch)**
  - **American Heart Month – (Proclamation Signed)**
  - **Special Olympics Winter Games & Torch Run**
  - **National Physical Education and Sport Week**
    - (Proclamation Signed)
    - Let's Move! Pueblo
    - Let's Move! Denver
    - Let's Move! Aurora 2.0
  - **National Get Outdoor's Day**
- *Future Events:*
  - **Colorado Fitness Week & Awards**

## Proclamations for Heart Month & Fitness Week

### AAHPERD Unification (128 Years old)

- *AAHE*
- *AAPAR*
- *NAGWS*
- *NASPE*
- *Research Consortium*
- *6 Regional Districts – 3 Years – may change*
- *1 Board w/ 6 Leadership Councils*
- *States remain independent – JRFH/HOOPS*
- *Central District to host 2 National Conventions*

**Mission:** *AAHPERD's mission is to advance professional practice and promote research related to health and physical education, physical activity, dance, and sport.*

**Vision:** *Healthy People – Physically Educated and Physically Active!*

### NASPE Speak Out Day and The Physical Act

- **TWEET - #Broccoli @ceellisify @SenatorTomUdall @jaredpolis @RepMarshaFudge – TY for Sponsoring the Physical Act.**
  - *@SenatorTomUdall – 10,184 Followers*
  - *@JaredPolis – 23,436 Followers*
  - *@RepMarshaFudge – 7738 Followers*

## New National Standards

- **Standard 1** *The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.*
- **Standard 2** *The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.*
- **Standard 3** *The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.*
- **Standard 4** *The physically literate individual exhibits responsible personal and social behavior that respects self and others.*
- **Standard 5** *The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.*
  - Resource Book coming out soon!!

## TOTAL Fitness -

### May 1-7 is National Physical Education and Sport Week

- KDVR - Colorado's Best Promo
- <http://www.coloradosbest.tv/2013/05/03/get-fit-with-the-fam/#ooid=RnY2VkYjpaqdOHI6XBuDMU6dFu5KxoZ5>

## Family Fitness Nights

### Colorado Department of Education

- *Graduation Guidelines*
- *Local district graduation policies should recognize and acknowledge the importance of education in world languages, comprehensive health, physical education, music, dance, performing arts, visual arts, and career and technical education in strengthening student learning in other subjects and in supporting students' ability to succeed in the 21st Century.*

## COAHPERD

- *October 17-19 2013*
- *Crown Plaza DIA Hotel*
- **Hired a new lobbyist**
- **Scholarships for professionals to travel out of state!**
- **Twitter - @COAHPERD**
- **Facebook <https://www.facebook.com/COAHPERD>**
- **#Broccoli – aka. I'm Here, Let's GO!**

### Here is what you can do:

- **DO SOMETHING new and different every year**
  - Brain Breaks (Share in class & school)
- **Know and follow your legislators & legislation**
- **Sign Up for *Let's Move!* Active Schools (50,000 goal)**
- **JAM World Record Participation (September 26)**
  - <http://www.jamworldrecord.org/>
- **President's Youth Fitness Program**
- **Attend COAHPERD & AAHPERD**
  - St. Louis April 1-5, 2014
- **Host a Jump/Hoops for Heart Event**
- **Share what you do!**