



Frequently Asked Questions Regarding the Iowa Adopt-a-School Challenge

1. How will the IBC determine where its \$150,000 initial funding will go?

- IBC's initial funding support of \$150,000 will be used by PE4life for data collection related to monitoring the success of the overall Adopt-A-School Challenge program.

2. How will the businesses select the schools? Do schools apply? Is there criteria?

- IBC members are encouraged to recommend and help recruit Iowa schools to attend an IBC/PE4life Adopt-A-School Challenge Summit to be held in the spring of 2010. PE4life will develop a process to evaluate recommended schools based on defined criteria which will take into consideration a variety of factors, including geographical ties to funding organizations and potential success of integration.

3. How will the funding organizations interact with the selected schools?

- Interaction between funding organizations and the selected schools will vary and be agreed to on an individual basis. Interaction will be based on the objectives of the funding organization and the policies and accessibility of the school. In addition, PE4life will provide standard reporting to funding organizations on a periodic basis.

4. What is the current requirement for PE in the State of Iowa?

- There is no state mandate requiring a specified number of minutes of physical education at the elementary or middle school levels.
- One unit of PE is required at the high school level (grades 9-12), with a unit defined as 200 minutes per week for 36 weeks. Under specific circumstances, high school students may be excused from the PE requirement for religious, academic, or athletic reasons.
- In January 2009 the State of Iowa enacted the Healthy Kids Act, which stipulates the following:
 - *Physically able students in grades K – 5 must have a minimum of 30 minutes each school day of physical activity. This can be easily met in these grades between physical education class and recesses. There is no requirement that*



schools mandate a specific activity during recess, but schools are urged to have recess supervisors encourage students to participate in games and appropriate activities.

- *Physically able students in grades 6 – 12 must be physically active a minimum of 120 minutes per week in which there are five school days.*
- It is important to note that the Healthy Kids Act does not specify physical education, but instead includes a broad definition of physical activity, as follows:
 - *Physical activity will be defined in Department rules and can include physical education classes, recess, interscholastic activities, school activities, and non-school activities.*

5. If PE4Life requires that PE be offered five times per week, why is the Council only recommending three times per week?

- PE4life’s principle that PE “...be offered to every child every day” represents the ideal state. Change is difficult, particularly when adjusting daily school schedules and perhaps adding teachers to handle the increased number of days of PE. In general, more is better, and three days per week is more than most schools currently provide.

6. Does the Iowa Department of Education need to approve this new curriculum?

- No. PE4life is not a curriculum, but rather a process of integrating a set of established and tested principles designed to improve the quality of PE programs. Schools that incorporate PE4life make their own program decisions based on PE4life’s recommendations. PE4life does not set out to influence policy, but rather presents, through training and professional development, a demonstrated process for success by which change can take place.

7. Do the individual school boards need to approve the program?

- Throughout the country, PE4life has seen greater success with program implementation and sustainability in those situations where community and district-level support has been secured.



8. Do PE teachers choose whether to teach the PE4life program? Does someone else teach the program? Will the PE4life program be required of all students at the school, or on a volunteer basis?

- Expanding upon #6 above, PE4life will provide training and ongoing professional development to existing faculty on integrating the PE4life principles as best serves each individual school. Each school will utilize its own teachers in delivering its chosen PE program.

9. Who does the assessments and measurements per the program goals?

- From an internal perspective, PE4life training and professional development will provide school faculty with the tools to conduct self-assessments. Externally, PE4life will provide evaluation of program success from a variety of approaches.

10. What is the current process for taking this program statewide?

- PE4life has developed a systematic, phased-in approach for training schools that it has used in a variety of regions across the country. To start the process in Iowa, PE4life encourages interested schools from throughout the state to register to attend the kick-off PE4life Iowa Summit in Spring 2010 by contacting Carrie Gibson at CGibson@PE4life.org or 816-472-7345, extension 133. Following the Summit, PE4life will utilize model programs established in Iowa to serve as training centers for selected schools across the state.

11. What is the responsibility of the school? Do they receive the package and training and then they're ready to go?

- Each school has responsibility for how successful its program can and will be. A “current state to desired state” exercise can be useful in identifying realistic, impactful goals for the program. The Adopt-A-School program will provide each participating school with initial PE4life training, two years of ongoing professional development support (including appropriate PE4life Partner programming), and a \$10,000 equipment grant, all aligned toward meeting the desired state that the school identifies.



12. What is the cost for implementing the PE4life program in an individual school?

- The cost for each school participating in the Adopt-A-School program is \$45,000, which includes the following components:
 - *Community Action Seminar* – PE4life will present a seminar designed to convey the benefits of integrating PE4life Core Principles into existing programming to classroom teachers, PE teachers, administrators, boards of directors, community leaders, and others. The seminar will highlight PE4life’s mission, core principles, and measurable results as they relate to the action plan for each school.
 - *PE4life Training* – PE4life will provide two days of training that combines observations at a PE4life model program site with initiation of action plan development in a small group setting.
 - *Questionnaire/Survey* – PE4life will survey schools on their current practices as they relate to the PE4life Core Principals, including curriculum, use of assessment tools, and current equipment inventory, as well as statements about their philosophy and mission, to establish a baseline for measurement.
 - *Equipment Acquisition* – PE4life will provide guidance to schools on the selection of equipment. This will help to assure that equipment is age appropriate and aids in the achievement of state PE standards and/or increases student engagement in health and fitness through the integration of technology or other PE4life Core Principles.
 - *Equipment Grants* – PE4life will provide \$10,000 equipment grants to schools able to make measureable progress toward the implementation of PE4life Core Principles. In addition, PE4life will increase each school’s purchasing power by leveraging PE4life’s vendor partner relationships.
 - *Ongoing Support* – PE4life will provide on-going training opportunities and feedback to support schools with the integration of PE4life Core Principles. This support will be in the form of professional development in-service trainings/presentations provided by PE4life staff or its program partners; webinar trainings and Q & A sessions; email and phone support; and/or in-person discussions.

13. I understand that four schools are projected to be selected as PE4life model programs. What Des Moines area schools have been chosen?

- The process of identifying the model school programs is underway, but has not yet been completed. The target date for selecting and finalizing agreements with these schools is the end of the 2009 fall semester.



14. How long does it take to get it set in a school set up?

- As indicated above, success depends upon the individual school. Some are already advanced in their PE programs and will integrate the PE4life principles quickly. Others may require more time, depending upon the support of teachers, administration, parents, and the community. PE4life support will be provided to move the school through the process as efficiently as possible.