Insufficient playtime in school and the adverse effects

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Current Requirements

California State Board of Education, section code 51210

- Grades 1-6
  - A min. of 200 P.E minutes every 10 days or 18 weeks, in 70-90 min daily of a school year

- Middle school 6-8
  - A min. of 400 minutes every 10 days

- High school
  - An equivalent of 2 out of the 4 they attend
Do local schools meet needs

“Do your kids get enough play time in school?

Out of 90 parents surveyed

Play time outside of school

- enrolled in outside physical activity
- had enough physical play time in school
- not enough school play
- not enough school play and no outside play

# out of 90 parents surveyed
Implications of insufficient play

- Poor health
- Obesity
- Lack of imagination
- Poor social skills

Poor Health/obesity

About fifteen percent of children between the ages of 6-11, are obese. As opposed to normal healthy adolescents, these children are more likely to grow up and suffer from such illnesses as heart disease, diabetes, arthritis and colon cancer.

Approximately 17 percent of American students are overweight.
Lack of imagination

• Play allows children to use their creativity while developing their imagination, dexterity and physical, cognitive and emotional strength
• Play allows children to create a world they can master, conquering their fears while practicing adult roles
• Play is important to brain development.

Poor social skills

• Children wont learn how to work in groups, to share, to negotiate and to resolve conflicts
• Wont properly develop brain for social contact
• Some children cant practice decision-making, move at their own pace, discover their own areas of interest and engage in the passions they wish to pursue without play
Prevention

• Policy
  - Establish policies that promote enjoyable, lifelong physical activity.

• Environment
  - Provide physical and social environments that encourage young people to engage in safe and enjoyable physical activity.
  - Implement sequential physical education curricula and instruction in grades K-12 that

Prevention (cont.)

• Health Education Curricula and Instruction
  - Implement health education curricula and instruction

• Extracurricular Activities
  - Provide extracurricular physical activity programs that offer diverse, developmentally appropriate activities both noncompetitive and competitive for all students.

• Family Involvement
  - Encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
Prevention (cont.)

- Health Services
  - Assess the physical activity patterns of young people, refer them to appropriate physical activity programs, and advocate for physical activity instruction and programs for young people.
- Evaluation
  - Regularly evaluate physical activity instruction, programs, and facilities.

References

http://www.allianceforchildhood.org/projects/play/play
http://www.americanheart.org/presenter.jhtml?identifier=4670
http://www.obesity.org/childhood/
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