

## **OPI Physical Activity Programs**

**Cathy Kendall** is Director of the Health Enhancement and Safety Division of OPI, the Montana Office of Public Instruction. This program is designed to strengthen the capacity of local school districts to plan, design, implement, and evaluate health and physical education (health enhancement programs).

Activities Relevant to State Plan to Prevent Obesity: Improvement of school physical education and activity programs.

Services/Recipients: Informs the Board of Public Education to ensure on-going awareness and support of health enhancement activities. Assists in the review and development of teacher preparation standards for Montana's units of higher education, and the review of accreditation standards at the K-12 local district level. Provides training and technical assistance to local school districts.

State Plan Settings: Schools.

CDC Behaviors:

- Increasing physical activity.

Gaps and Concerns: Find ways to help all students get more activity during recess, lunch, before and after school, since schools have little time to increase physical activity during the regular instructional day. Develop methods to improve school and teacher capacity to conduct health enhancement education. Elementary schools are not required by state accreditation standards to have a health enhancement educator, therefore the task is the responsibility of the general education educator.