



Grant resource for writing Physical Activity Grants Community Transformation Grants

Background

Peaceful Playgrounds has a long history in providing services within the school setting and particularly grants which focus on Changes in the School Environment.

If your grant includes a physical activity component, we'd like to speak to you about how we can work together to increase the physical activity opportunities for children.

Please note : To help you easily identify Community Transformation Grant Areas they are in italic.

Peaceful Playgrounds Alignment to CTGs Strategic Directions

Strategic Direction: 2. Active Living and Healthy Eating

Goals: Prevent and Reduce Obesity, Increase Physical Activity; Improve Nutrition in Accordance with the Dietary Guidelines for Americans 2010



CTG Recommendations

1. Encourage community design and development that supports physical activity
 - o Peaceful Playgrounds and Fitness Fun Zone makes changes to the “built environment” through painting permanent games and markings on the playground, YMCA or public park. The school yard is a prime place to impact physical activity in children.
 - o Since school children play on the school yard at recess adding the games and markings makes physical activity the “easy choice” for being physically active.

2. Facilitate access to safe, attractive, and affordable places for physical activity.
 - o Peaceful Playgrounds (PP) research indicated that playground injuries decrease significantly once PP is institutionalized thus creating a safe place physically for children to be active.
 - o Peaceful Playgrounds research indicates that there is a significant decrease in bullying with PP.

3. & 4. Support school policies and programs that increase physical activity.
 - o During the capacity building phase implementing policies that require recess on a daily basis should be explored with local school boards in collaboration with PTA's. Peaceful Playgrounds website has a Recess Toolkit available for free download called Right to Recess Campaign filled with sample policies, professional association position statements, and research on the benefits of recess.



Five Strategic Directions from Healthy People 2020

Peaceful Playgrounds three programs:

1. Recess Program,
2. We Count Walking Program and
3. Fitness Fun Zone address the two Healthy People 2020 goals.

Each program descriptions lists how these two Strategic Directions are addressed.

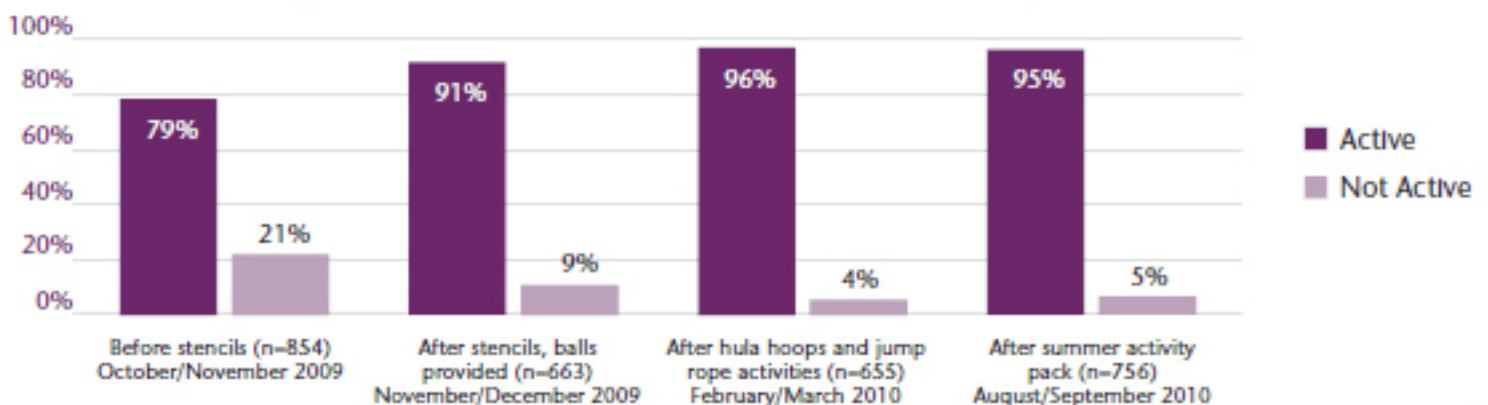
- 1) changes in proper nutrition, (healthy eating)
- 2) changes in physical activity (active living)

The chart below indicates the effects of Peaceful Playgrounds on the activity levels of students at recess pre and post painting the games and markings on the playground.

Evidence-Based Strategies to Address Childhood Obesity in Florida

Florida's Martin County Health Department embarked on a three-year effort to use quality improvement processes to address contributing risk factors that impact childhood overweight and obesity. [Read the Childhood Obesity Intervention Report](#)

CHART 1: First Grade Pre/Post Observation SY 2009–2010 to Second Grade Pre/Post Observation SY 2009–2010



Peaceful Playgrounds

Brings approximately 100 permanently painted games and markings to school site, YMCA's, and parks. Research indicates that Peaceful Playgrounds decreases bullying, decreases playground injuries while increasing children's physical activity levels.

We Count Pedometer Walking Program

The We Count program includes mini lessons in physical activity and nutrition, & guidelines in weekly newsletters. Awards, a music cadence CD, and leader guide are included in the program.



Peaceful Playgrounds Programs are in 8000 schools across the nation.

Peaceful Playgrounds

Reduces bullying
Reduces playground Injuries
Reduces playground confrontations

Increases physical activity
Increased children playing games

96% of children active at recess with Peaceful Playgrounds
Naccho 2011

Fitness Fun Zone

High Activity Zone

(Release Fall 2011)

Combining the best aspects of Peaceful Playgrounds and Skillastics Programs, a new Fitness Fun Zone is due to be released this fall. The zone has permanently painted fitness activities and games designed to get kids moving in this high level physical activity zone.



Fitness

Fun

Zone

High

Activity

Area



CTG High Priority Areas (relating to how Peaceful Playgrounds programs may impact these areas)

Policy, Environmental, Programmatic and Infrastructure Interventions

1. Policy: Increase in awareness, understanding and effectiveness of the role school setting provide for important physically active opportunities.
 - a. Work with local school board on recess policy (daily recess)
 - b. Work with local school board and PTA on Physical Education Policy for 150 minutes of physical education weekly.
 - c. Explore Joint Use Agreements between School and City Recreation to make facilities for physical activity more easily available to children.

2. Environmental -Create social and physical environments that support healthy living and ensure that healthy choices to be physically active are build with in school settings.
 - a. Increase the opportunities for students to be physically active by adding games and markings. It was shown to increase children's physical activity and used by the community after hours, school children at recess and after school programs housed at schools.