

KCPT expands series *Generation XL* with a new episode  
“Making the Grade with Physical Education”

Thursday, July 14, 2011 at 7:30pm

KCPT’s series *Generation XL* premieres a new episode that looks at physical education in three area schools and includes a panel discussion with experts from the University of Kansas and PE4Life. We take a look at how modern day physical education begins to address the goals of instilling lifelong physical fitness into the psyche of kids.

In 2008, KCPT partnered with Blue Cross & Blue Shield of Kansas City to begin exploring the national obesity epidemic through the series *Generation XL*. The series shows viewers the challenges children face when it comes to living a healthy life. To date, *Generation XL* has taken audiences to lunch and to P.E. class in several Metro-area schools and interviewed teachers, parents, administrators and the kids themselves.

In this new episode of *Generation XL*, KCPT delves further into physical education in schools: How does modern day P.E. begin to address the goal of instilling lifelong physical fitness into the psyche of kids? Throughout the episode, viewers will be taken inside actual P.E. classes, in both elementary and high schools (Grandview High School, Harmony Elementary in Olathe, KS and Noble Prentice Elementary in Kansas City, Kansas), to learn about the importance of curriculum, what methods teachers are using to encourage life-long fitness, and how technology is influencing the way P.E. is taught.

KCPT’s Nick Haines will interview Dr. Leon Greene of KU. Greene has dedicated his professional life to researching childhood obesity and experimenting with ways to develop physically active habits in children. He started Sports Skills and Fitness School summer camp in Lawrence, Kansas twenty years ago, where children learn sports and fitness skills in a low-pressure and low-competition environment. Also joining the panel are Ashley Davies and Jennifer Straub of PE4Life, a Kansas City based nonprofit organization dedicated to developing a country of active and healthy children by increasing access to quality physical education.

Join Nick and his guests in the studio as they discuss how to break the cycle of childhood obesity through fitness. *Generation XL* airs Thursday, July 14 at 7:30pm on KCPT.

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