Policy Component: Physical Education/Physical Activity

Physical Education/Physical Activity Subcommittee Goals and Activities

Goal #1  Promote the process by which all students will achieve and/or maintain a level of health related fitness measured by a battery of physical fitness assessment components.

Activities:

1.1 Inform appropriate constituencies about this key element of the Wellness Policy.
1.2 Advocate for the importance of students taking responsibility for their own wellness.
1.3 Share the process with students for maintaining or improving their health related fitness.
1.4 Provide practice opportunities on each test item during physical education.
1.5 Conduct Fitnessgram assessments during physical education classes for grades 4-12 and provide orientation and instruction for students in grades K – 3.
1.6 Publish annual student achievement reports and disseminate to parents/guardians for all students grades 4-12.
1.7 Include Fitnessgram Assessment results on the School Improvement Plans.
1.8 Use student data to direct instructional decisions and practices.
**GOAL #1 - Promote the process by which all students will achieve and/or maintain a level of health related fitness measured by a battery of physical fitness assessment components.**

### Activity 1.1 – Inform appropriate constituencies about this key element of the Wellness Policy.

<table>
<thead>
<tr>
<th>Steps</th>
<th>Expected Outcomes</th>
<th>Monitoring</th>
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</thead>
</table>
| 1. Present goal and activities to Central Office Curriculum and Instruction personnel.  
2. Meet with physical education teachers to share goals and objectives. | • Better understanding of policy requirements by Central Office Staff.  
• More thorough comprehension by school-based leaders.  
• School improvement plans and goals can be developed to implement and monitor policy. | • Number and type of professional development meetings and attendance sheets  
• Post meeting evaluations |

### Activity 1.2 – Advocate for the importance of students taking responsibility for their own wellness.

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<thead>
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</table>
| 1. Present goal and activities to Central Office Curriculum and instruction personnel.  
2. Meet with physical education teachers to share goals and objectives | • Understanding of wellness policy requirements  
• Understanding of the goals and objectives by school-based leaders  
• School action plans and goals developed to implement and monitor the policy | • Number and type of professional development meetings and attendance sheets  
• Post meeting evaluations  
• Review of instructional program by Central Office personnel through school observation/visitations. |
### Activity 1.3 – Share the process with students for maintaining or improving their health related fitness in physical education.

<table>
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</table>
| 1. Provide on-going professional staff development to physical educators and administration about health related fitness and Fitnessgram philosophy.  
2. Cultivate a culture of wellness among students by recognizing Healthy Fitness Zone accomplishments.  
3. Allow students opportunities to create fitness goals based on initial fitnessgram report. | • Improved staff knowledge of health related fitness  
• Improved quality of instruction  
• Increase goal setting opportunities for students based on knowledge of health related fitness  
• A healthier, more knowledgeable community | • Number and type of professional development meetings and attendance sheets  
• Number and types of support interventions  
• Review of instructional program during site visits |

### Activity 1.4 – Provide practice opportunities on each test item during physical education.

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| 1. Provide on-going professional staff development to physical educators and administration about health related fitness and Fitnessgram philosophy.  
2. Provide continued professional staff development on extending health related fitness teaching techniques into skill-based instruction.  
3. Provide multiple engaging practice opportunity suggestions through professional development. | • Health related fitness activities are included in lesson planning and curricular documents.  
• Students will become more proficient in the performance of each test item  
• Student fitness levels will improve. | • Number and type of professional development meetings and attendance sheets  
• Number and types of support interventions  
• Review of instructional program during site visits  
• Observation of health related fitness components embedded in lessons during formal observations. |
## Activity 1.5 - Conduct Fitnessgram pre and post assessments during physical education classes for grades 4-12 and provide orientation and instruction for students in grades K – 3.

<table>
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</table>
| 1. Provide professional staff development on fitnessgram testing and reporting procedures.  
2. Provide additional individualized support as needed.  
3. Schedule and conduct assessments.  
4. Record results. | - Better understanding of Fitnessgram philosophy and expectations by both student and teacher.  
- Consistency of assessment procedures.  
- Reliability of results increases. | - Number and type of professional development meetings and attendance sheets  
- Physical education resources teachers monitor the uploading of information to the central server. |

## Activity 1.6 - Publish annual student achievement reports and disseminate to parents/guardians for all students grades 4-12.

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<tr>
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</table>
| 1. Print Fitnessgram student report for each student.  
2. Print Fitnessgram parent report for each parent or guardian.  
3. Reports are disseminated to the appropriate populations for review and consideration for Goal Setting activities.  
4. Personalized goals begin to be developed. | - Students and parents are aware of the results of the Fitnessgram assessment process.  
- Students are able to reference current level of fitness in order to meaningfully set fitness goals.  
- Parents will assist students with achieving goals. | - Distribution of Fitnessgram reports |
### Activity 1.7 - Use student data to direct instructional decisions and practices.

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<tr>
<th>Steps</th>
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</thead>
<tbody>
<tr>
<td>1. Continue to provide Staff Development in Fitnessgram program abilities.</td>
<td>• Improved staff knowledge of health related fitness strengths and weaknesses.</td>
<td>• Number and type of professional development meetings and attendance sheets</td>
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<tr>
<td>2. Provide additional support based on teacher and student needs.</td>
<td>• Integrated differentiated instructional techniques embedded into daily lessons.</td>
<td>• Number and type of additional support meetings/sessions/seminars</td>
</tr>
<tr>
<td>3. Print Fitnessgram Statistical Reports and Achievement of Standards Reports.</td>
<td>• Adaptation and modification of lesson focuses to meet student needs.</td>
<td>• Review of student and school data during the administration and evaluation periods</td>
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<tr>
<td>4. Analyze reports to school and student strengths and weaknesses.</td>
<td></td>
<td>• Review of student and school data during Program Observations.</td>
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<td>5. Adjust instruction to support the improvement in weaknesses and maintenance of strengths.</td>
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### Activity 1.8 - Include Fitnessgram Assessment results on the School Improvement Plans

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<tbody>
<tr>
<td>1. Print the annual statistical report for Fitnessgram.</td>
<td>• Increase school-based support for the focus on health related fitness.</td>
<td>Fitnessgram Data</td>
</tr>
<tr>
<td>2. Present school Fitnessgram Data to the school administration.</td>
<td>• Increase the scope of responsibility for physical fitness to include the school community.</td>
<td>Year to Year Comparisons</td>
</tr>
<tr>
<td>3. Meet with school improvement team to discuss data and initiatives to increase Healthy Fitness Zone targets.</td>
<td>• School improvement plans and goals developed to implement and monitor Healthy Fitness Zone initiative.</td>
<td>SIT Team meeting notes</td>
</tr>
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<td>4. Set new goals for following years.</td>
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