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 #2 Schools will participate in regular professional development activities to effectively deliver PE and adapted PE instructional programs.

Activities:

2.1 Plan yearly high quality professional development to address current curricular instructional initiatives.
2.2 Provide quarterly professional development opportunities to build the capacity of all physical educators.

Goal #3 Increase visibility of the Health, Physical Education and Dance Department and its partnerships.

Activities:

3.1 Collaborate with community and other state agencies and organizations to develop programs to encourage and enhance increased physical activity.
3.2 Maintain a presence on Twitter account.
3.3 Maintain the Physical Education and Physical Activity section of the Wellness Toolkit.

Goal #4 Schools will integrate movement throughout the school day by providing additional physical activity “brain boosts” instructional block (separate from Physical Education). Activities:

4.1 Promote kinesthetic learning experiences during early childhood education to enrich the content taught during the core content classes.
4.2 Provide a menu of activities which will allow teachers and students the option to choose various movement opportunities to be included during the school day.