

# WCCUSD Physical Education

Principal's Meeting

January 13, 2009

# Winners

Take Responsibility!

The goal of this presentation is to assist you in creating compliant, first class PE programs for our students.

We want you all to be

# Winners

# How Many Minutes are required for PE in Elementary School?

- A) 100 minutes every 10 days
- B) 200 minutes every 10 days
- C) 400 minutes every 10 days



# How Many Minutes are required for PE in Elementary School?

- B) 200 minutes every 10 days

# How Many Minutes are required for PE in Middle and High School?

- A) 100 minutes every 10 days
- B) 200 minutes every 10 days
- C) 400 minutes every 10 days

# How Many Minutes are required for PE in Middle and High School?

- C) 400 minutes every 10 days



# To use the "two-year" Exemption, you must

- A) Look good in your PE uniform every day
- B) You must pass PE in 9<sup>th</sup> Grade
- C) You must pass the PFT in 9<sup>th</sup> Grade

To use the "two-year" Exemption,  
you must

- c) You must pass the PFT in 9<sup>th</sup> Grade



# What is considered "Passing" in the CA PFT (Physical Fitness Test)?

- A) Pass 4 of 6 Areas of the PFT
- B) Pass 5 of 6 Areas of the PFT
- C) Pass 6 of 6 Areas of the PFT

What is considered "Passing" in the CA PFT (Physical Fitness Test)?

B) Pass 5 of 6 Areas of the PFT

# Which of the Following is the focus for the 7<sup>th</sup> grade PE curriculum?

- A) Motor skills in lead-up or modified games along with folk and line dancing, stunts, and tumbling.
- B) Multicultural dancing, individual and dual physical activities, track and field, combatives, and adventure/outdoor activities.
- C) Team activities, square dancing, and gymnastics/tumbling



Which of the Following is the focus for the 7<sup>th</sup> grade PE curriculum?

- B) Multicultural dancing, individual and dual physical activities, track and field, combatives, and adventure/outdoor activities.

# Elementary Principals Only

## When were your PE Calendars Due?

- A) September 3
- B) October 15
- C) November 21

# Elementary Principals Only

## When were your PE Calendars Due?

- A) September 3

How many schools still have not emailed the site calendars?

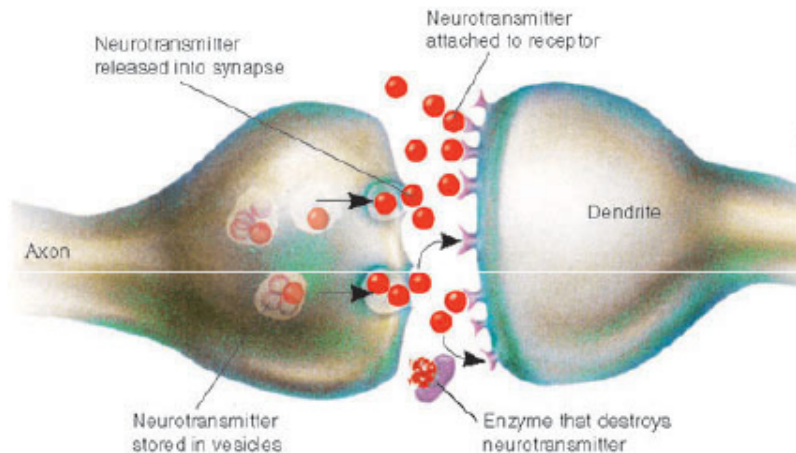
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Please send them to me ASAP



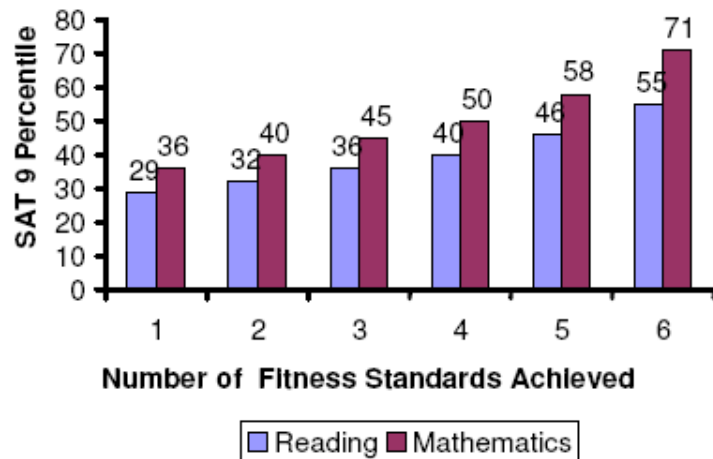
# Exercise Improves Learning 2

NERVE CELLS WIRING TOGETHER ARE THE BUILDING BLOCKS OF LEARNING



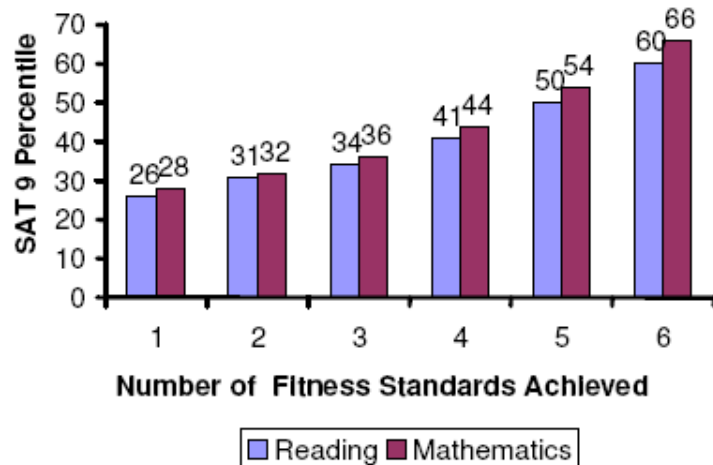
By increasing neurotransmitter activity, improving blood flow and producing Brain Growth Factors that I call Miracle Gro or Brain Fertilizers, exercise readies our nerve cells to bind more easily and stronger. Exercise does this better than any other factor we are aware of at the present time.

### 2001 Grade 5 SAT 9 and Physical Fitness Scores



<http://pe4life.org/research.php>

### 2001 Grade 7 SAT 9 and Physical Fitness Scores



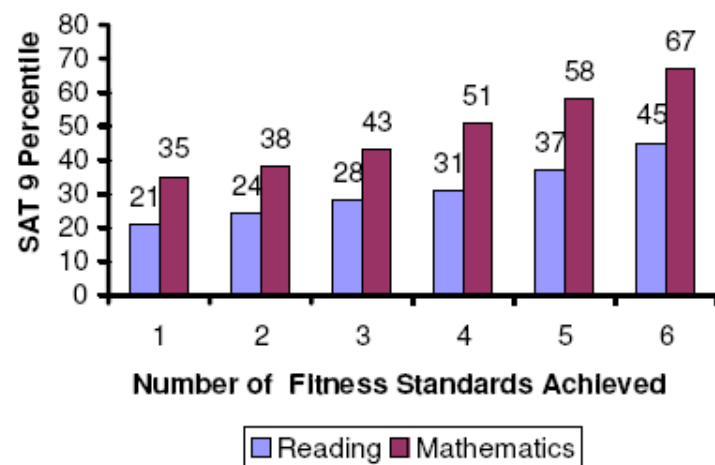
### California Department of Education Study December 10, 2002

The height of each bar shows the average (median) SAT-9 national percentile rank of those students with a particular fitness score.

The test that was used, *Fitnessgram*, uses criterion-referenced standards to evaluate fitness. These standards represent a level of fitness that offers some degree of protection against diseases that result from sedentary living. Achievement of the fitness standards is based upon a test score falling in the Healthy Fitness Zone (HFZ). Each of the six tasks measures a different aspect of fitness, and the HFZ represent minimal levels of satisfactory achievement on the tasks. **THE X-AXIS IS THE NUMBER OF FITNESS STANDARD REACHED BY EACH INDIVIDUAL.**

Higher academic achievement is associated with higher levels of fitness in grade 5,7,9. The relationship between academic achievement and fitness in grade 5,7,9 was **greater in mathematics** than in reading, particularly at high fitness levels.

### Grade 9 SAT 9 and Physical Fitness Scores



# NEW LAWS

- SB 601-went into effect last school year  
All 9<sup>th</sup> grade students must pass the PFT in order to be eligible for a “two year exemption”
- SB 78-defined “passing” as achieving “healthy fit zone” in at least 5 of 6 areas of the PFT



# PE board policy changes

Reflect SB 601 and 78

- 9<sup>th</sup> graders must pass at least 5 of 6 areas of the PFT to be eligible for the "two-year" Exemption
- Quality Physical Education
  - Teaching to the standards
  - Eliminate the "roll out the ball" culture
  - Eliminate the "recess is PE" culture

# PE Exemptions (not waivers)

- Two-year Exemption
- Permanent Exemption
- Temporary Exemption

# Two-year Exemption

- With a student's consent, the Superintendent or designee may exempt the student from any two years of physical education courses during grades 10-12 provided that the student has satisfactorily met any five of the six standards of the state's physical fitness test in grade 9



# Permanent Exemption

- The student is age 16 years or older and has been enrolled in grade 10 for one or more academic years

# Temporary Exemption

- The student is ill or injured and a modified program to meet his/her needs cannot be provided.
- The student is enrolled for one-half time or less.

# 6 areas of the PFT

## 1) Aerobic Capacity

- Pacer
- Mile Run
- Walk Test

## 2) Trunk Extensor Strength & Flexibility

- Trunk Extensor

## 3) Flexibility

- Back Saver Sit and Reach
- Shoulder Stretch



# 6 areas of the PFT

## 4. Body Composition

- BMI
- Percent Body Fat (using bio-impedance device)

## 5. Abdominal Strength & Endurance

- Curl ups

## 6. Upper Body Strength & Endurance

- 90 degree push ups
- Modified pull up
- Flexed arm hang

# Important PFT Dates

- Conditioning Window    Jan 26 – March 13
- Testing Window    Mar 16 – 27
- Make ups    March 30 – April 1
- Due to Assessment Office – April 3

# Mandatory PFT Training Dates

- Secondary PE Teacher Training

Tuesday Jan 20 10:00-12:00 @ Seaview  
(secondary work day)

- Elementary PE Teacher Training

Tuesday Jan. 27 3:30-5:30 @ Seaview  
(teachers will be time carded)



# Fitnessgram Software

- Software will be given to 1 person from each school at the PFT Training to be installed on machines at each site
- Software training will be incorporated into PFT training

# Additional Compliance Issue

## Sports4kids

- S4K is an after school program and not a physical education program
- 6762 Block grant funds may not be used to fund any part of the S4K program
- S4K instructors should not be teaching or leading physical education classes

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## Physical Education

**Location:** [2000 Southwood Drive, San Pablo, CA 94806](#)  
**Phone:** (510) 307-4500  
**FAX:** (510) 724-0291  
**Division Head:** [Barbara Mallon](#), Director of Curriculum and Instruction  
**Physical Education Curriculum Specialist:** [Matt Stewart](#), (510) 741-7337  
**Location:** 1575 Mann Dr, Pinole, CA 94564

### VISION

Study after study proves what educators have long believed to be true: when children's health and fitness needs are met, they have the cognitive energy to learn and achieve. Given the growing epidemic of obesity and the link between nutrition, physical activity and academic performance, WCCUSD schools and communities work together to make Wellness and quality daily physical education priorities in our schools and to give our children more opportunities to be physically active throughout the school day.

We envision a fitness center at every high school, equipped with state of the art fitness machines and equipment, where students participate in daily Physical Education, and where teachers, students and parents meet during recess, lunch-time and after school.

We envision students at the elementary and middle school learning about the benefits of Wellness and Physical Fitness and building their skills year after year, grade level by grade level, until they move on beyond high school, with the knowledge that in a healthy body resides a healthy mind.

We envision healthy inter and intra mural sports competitions that enhance team work and a positive spirit of challenge.

We envision a healthy community, where all stakeholders support each other in feeling and living better, for the benefit of all.



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All WCCUSD students/children have access to:

- Standards-based P.E. Curricula and Instructional Programs
- Standards-based assessment and evaluation of student learning in P.E.
- Highly Qualified P.E. Teachers
- Resources necessary to participate in a full-scale P.E. Program
- Access to P.E. experiences and professionals
- Access to opportunities for Wellness and P.E. outside the school hours
- Connections to the community and parents for P.E.

**WEB LINKS**

- [Spark PE](#)
- [NASPE](#)
- [AAHPERD](#)
- [CAPHERD](#)
- [PE Central](#)
- [CA Physical Fitness Test Info](#)
- [FITNESS FOR LIFE](#)
- [California Physical Education Standards](#)
- [California Physical Education Framework](#)
- [GOPHER SPORTS](#)
- [BSN SPORTS](#)
- [California PE Workshop](#)
- [PEACH Workshop](#)
- [Human Kinetics](#)

**Related Resources**

- [Physical Education Calendar 2008-09](#) 
- [SB2078 Exemptions](#) 
- [Physical Education's Vision and Mission Statement](#) 

**Physical Education is the only subject which, by the very nature of its content, Has the potential to affect how a person will feel every moment of every day for the rest of his or her life.**

**"Unknown"**