

TO: ARLINGTON SCHOOL BOARD
FROM: HEALTH AND PHYSICAL EDUCATION ADVISORY COMMITTEE
DATE: April 1, 2016
SUBJECT: NON-RECOMMENDING YEAR REPORT

Current Year Activities:

The activities of the committee for this year included:

- Discussed last year's recommendations and the feedback received by School Board members.
- HPEA committee had the opportunity to review and comment on the revised HPE SOL. The committee was able to provide comments on what they supported, what needed to improve, and what needed more clarity/depth.
- HPEA committee member, Dana Carr served on a planning committee (comprised of APS staff- PE teachers, school administrators, evaluation staff and community) on APS' evaluation of the Health/PE program (curriculum). The HPEA committee was able to review the evaluation design and provide feedback to this committee.
- An issue discussed in this planning committee mentioned above, was how health and PE competencies could and should be assessed and reported to parents (and students) just as other subjects and areas are in the APS schools. HPEA plans to use this as one of next year's recommendations.
- Deborah DeFranco met with Dr. Murphy, Connie Skelton (Asst. Superintendent, Instruction) and Brenda Wilks (Asst. Superintendent, Student Services) last April 2015 and was asked to coordinate a working group, APS Nutrition/Fitness/Wellness Work Group. The group discussed several areas related to Health & Physical Education such as; obesity, fitness and nutrition. The goal was to coordinate efforts and possibly initiate new ideas to promote within the curriculum.
- Deborah sent a staff response to the Arts Advisory Committee's Recommendation #2: *Provide Physical Education Credit for Participation in Marching Band*. See attached.
- Discussed the training and hiring of teachers to assist with the implementation of the new health and physical education curriculum.
- Researching and discussing the independent study for PE at H-B Woodlawn and how it is being received if in fact it is being used.
- The new driver's Ed. program at Wakefield HS being delivered as part of the Health & PE school curriculum has been very positive. The students are provided online health courses which alleviate time used for the Driver's Education class time.
- Debated the pros and cons of an online classroom program in Health and PE as opposed to having the course taught by a certified teacher.
- Internet safety, sex trafficking, pornography were all discussed in our meetings as these topics are becoming part of the Health curriculum in APS secondary and high course classes.

Past Recommendation #1:

The HPEAC recommends that the curriculum goal for Physical Education (PE) in grades K-12 require all students enrolled in PE participate in moderate to vigorous physical activity (MVPA) for a minimum of 50% of each PE class.

The HPEAC also recommends that the PE curriculum follow two key strategies to increase student time in moderate to vigorous physical activity during PE class: 1) implement a well-designed curriculum, 2) provide teachers with appropriate training and supervision.

Update: observation approach to collect data on where we are with the amount of activity in PE. New curriculum is being set in place.

Budgetary Implication:

The HPEAC recommends that APS utilize the current inventory of pedometers already purchased for PE classes throughout many schools and grade levels and invest in more pedometers to provide an adequate amount for every student enrolled in a PE class. The pedometers will encourage and enable students to track their MVPA. A set of 15 pedometers cost approximately \$400, therefore, dependent on the current APS supply, the total cost to supplement each school would be minor. To offset these costs, school administrators would work with PE departments at each school to rotate and share these pedometers. There are other low-cost ways to incorporate MVPA into the PE curriculum, such as requiring students to sprint in between activities or creating circuit stations while students focus on a specific lesson plan.

Committee Vote: Yes- 16

Recommendation #2

The HPEAC recommends that APS support an Academic Achievement and Physical Activity Across the Curriculum pilot study for selected schools and grades, that incorporates physical activity during classroom instruction in suggested time increments throughout the school day.

The impact of PAAC is two 10 minute lessons/day, 5 days per week and delivers academic lessons using physical activity. There is no reduction in academic instruction time. The results of this pilot would be shared across the county and may even be of interest to the National Physical Activity Plan or other organizations.

Update: Debbie to meet with Joan on how to implement this in a school.

Budgetary Implication:

Academic Achievement and Physical Activity Across the Curriculum (A + PAAC) is budget-neutral. Classroom teachers who are selected to be part of the pilot can be trained in the teacher in-service setting.

Committee Vote: Yes- 16

Recommendation #3

The HPEAC recommends that APS assess the consistency with which the Physical Education (PE) curriculum is implemented across the county. The results of the assessment will be used to bring all programs into alignment and will be shared, along with (evidence-based practice) best practice models, across the county.

To ensure that all students are receiving consistent curriculum, the HPEAC recommends that APS conduct an observational analysis. The analysis will be conducted by the Health and PE staff. A rubric will be used to determine the degree to which staff are meeting PE goals and objectives for the curriculum across schools. PE teachers' year-long plans will be evaluated for consistency at specific grade levels.

Update:

Budgetary Implication:

This PE consistency and measurement recommendation is budget-neutral and would be aligned with normal programmatic reviews by staff. This analysis would simply provide a different lens through which programs are reviewed and assessed by staff.

Committee Vote: Yes- 16

Recommendation #4

The HPEAC recommends APS implement an incentive program within each elementary school in the county: The APS FitKids Recognition Program. This new county initiative aims to promote the health and well-being of

its students. The program emphasizes the need for elementary school age children to participate in physical activity and to learn ways in which to remain active and fit for a healthy lifestyle which is in conjunction with the Presidential Youth Fitness Club and Awards program.

To help motivate students and individual schools to meet the challenges, a reward system would be designed that would encourage participation and give recognition to schools whose students, at all grade levels, participate and excel. Examples of recognition would include school banners, social media announcements, and the other media coverage.

Update: Debbie sending out to staff and try a pilot program and see where each school will land.

Budgetary Implication:

The APS FitKids program would be developed by current staff who would determine the specific rewards and acknowledgement items for schools and students. Initial estimates suggest a yearly investment of between \$400-\$1000.

Committee Vote: Yes- 15/ Abstain- 1

Committee Members:

Kristen Bruce, Dana Carr, Sheila Cordaro, Alisa Cowen, Dawn Heyn, Kim McCormick, Jana Meltzer, Joan Mountain, Marianne Talbot,

APS Staff Liaison: Deborah DeFranco, Supervisor, Health, Physical and Driver Education & Athletics