

PHYSICAL EDUCATION

PRIMARY GOAL - To provide students with a good understanding of the importance of physical fitness and to provide students with a wide variety of activities in which they can continue to participate throughout their lifetimes.

<u>Staff</u>	<u>Students</u>	<u>Budget</u>	<u>Cost Per Student</u>
24.2	5,644	\$2,428,975	\$430

Physical Fitness Testing

We have been using the “Presidential Physical Fitness Challenge Test” since 1988. This nationally endorsed Fitness Test provides students with a competitive analysis of their fitness levels in five different areas. The students are assessed based on a percentile rating. We administer the test to our students in grades four through twelve. The five components of the test include:

1. Curl-ups – abdominal strength/endurance
2. Pull-ups/ Flexed Arm Hang – arm and shoulder strength/endurance
3. Sit and Reach – flexibility of the lower back and hamstrings
4. One Mile Run/Walk – cardio-respiratory endurance
5. Shuttle Run – leg strength/power/agility

2007 – 2008 Test Results

Results by Level: Standards have been set based on the average student performance for the past three years.

Standard #1 – the percentage of all students who achieve the 50th percentile or above on all five subsets.

Standard #2 – the percentage of all tests given, which have scored at the 50th percentile or above.

Low Achievers – students who achieve the 50th percentile on zero (0) of five (5) or one (1) of five of all subsets.

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Level	Students Tested	Standard #1	Standard #2	Low Achievers
Elementary	1199	765/1199 (64%)	5427/6569 (83%)	77 (6.4%)
Junior High	882	525/882 (60%)	3485/4447 (78%)	51 (5.9%)
High School	1758	888/1758 (51%)	6361/9102 (69%)	107 (6.1%)
District Totals	3893	2178/3893 (56%)	15373/20120 (76%)	235 (6.0 %)

A. Elementary Level Strength/Weakness

1. The mile run took over as our weakest test from the pull-ups 75% to 82% respectively. Even with our most difficult test, the mile run students scored well – 75% of them scored above the 50th percentile.
2. Our number of low achievers rose slightly 6.4% from 5.3%.

B. Junior High Level Strengths/Weaknesses

1. In our most difficult test, the mile run, students improved from 78% to 81%. Big gains were shown in the curl-ups and shuttle runs. Our “low achievers” group improved from 7.3% to 5.9%.

C. Senior High Level Strengths/Weaknesses

1. Our most difficult test continues to be the mile run, which at 56% was lower than last year by 2%.
2. Our “low achievers” group became slightly larger from 5.4% to 6.1%.

Summary:

On standard one, our three-year average is 56%. Our students this year achieved a percentile score of 56%.

On standard two, our three-year average is 76%. In 2007-2008, our students achieved a percentile score of 76%.

In the area of “low achievers,” we increased slightly from last year’s 5.8% to a percentile score of 6.0%. Listed on the following page is a 23-year record of our “low-achievers” percentages.

PHYSICAL EDUCATION (cont.)

Identification of Low Achievers

Our percentage of low achievers was at an average level for the past ten years. Our 23-year record of low achievers is as follows:

1985-86	8.7%	1996-97	6.7%
1986-87	10.3%	1997-98	6.2%
1987-88	12.3%	1998-99	7.8%
1988-89	8.6%	1999-00	6.0%
1989-90	7.3%	2000-01	5.0%
1990-91	6.6%	2001-02	5.6%
1991-92	8.4%	2002-03	4.8% *Record
1992-93	8.4%	2003-04	6.0%
1993-94	7.6%	2004-05	5.6%
1994-95	6.2%	2005-06	6.7%
1995-96	7.3%	2006-07	5.8%
		2007-08	6.0%

The data collected from The President’s Challenge Fitness Test will be used to determine particular areas of strength and weaknesses of our students’ fitness levels. Identifying these areas allow us to revise and strengthen curriculum and activities to improve the overall fitness levels of our students.

The physical education department will be reviewing the way in which we assess our student’s fitness levels. This review will result in improvements in the manner in which we assess our student’s fitness levels, the format in which we report the data from the assessment and the manner in which we use the data to improve instruction. This initiative will address one of our department primary objectives for the 2008-2009 school year.

Safety Records in Physical Education

Number of Reported Incidents

Year	Elementary	Junior High	High School
2007-08	20	25	33
2006-07	21	16	27
2005-06	12	16	31

Number of student failures (Grades 9-12)

	2007-2008		2006-2007	
	1st Semester	2nd Semester	1st Semester	2nd Semester
Number of Failures	50	27	25	40
Percent of Student Body	2.5%	1.3%	1.2%	1.9%

PHYSICAL EDUCATION (cont.)

HIGHLIGHTS K-12

- In our annual District Physical Fitness test, we met or exceeded our goals. Our standards are established using our three-year average. Standard #1 represents the percentage of all students who achieve the 50th percentile or above on all five tests. Our standard was 55% and we exceeded that with 56%. Standard #2 represents the percentage of all tests given which have scored at or above the 50th percentile. Our standard was 78%. We fell just short at 76.4%. However, our percent of low achievers did go down by .1%.
- In our annual fall District Cross Country Races at the Town of Colonie Park, we had over 580 students compete after school. We conducted six races for girls and boys in grades 4, 5, and 6.
- In our annual spring District Track Meets, all of our 5th and 6th graders competed in 25 different events on June 4 and 5. We have 57 races and 6 field events conducted on each of those two mornings. All the students, including the physically challenged, are encouraged to compete. This year marked the 56th annual Track Meet held in our district.
- All teachers continue to stress character education in the gym and recognize students on a weekly or monthly basis for their good citizenship. Last spring, our 4th annual Student Leadership Awards Program was held, honoring 48 students and their families in grades 4 through 12.
- All of our elementary schools conducted before or after school intramural programs which are very popular with the students. Junior high intramurals continue to be popular, having 436 students participate.
- Our teachers constantly try new activities and variations of games to encourage students to be more active in the battle against the increasing problem of childhood obesity.
- Our teachers at the SHS level played a crucial role in delivering the wellness action recovery plan (WRAP) lessons.
- Three Shaker High School students were recognized by The Capital Zone American Alliance of Health, Physical Education, Recreation and Dance, as Student Leadership Award recipients.

PHYSICAL EDUCATION (cont.)

OBJECTIVES

- Continue to fight the battle against childhood obesity by keeping students active, maintaining our fitness test scores and reducing the number of low achieving students.

Evaluation: What types of new activities did teachers implement? Was the number of low achievers reduced? Were fitness scores improved?

Our physical education teachers continue to make classes as active as possible through aerobic warm-up activities, exciting games, and active skill development. The number of low achievers on our physical fitness tests will be calculated in mid-June.

- Continue our Character Education efforts and our Student Leadership Awards Program.

Evaluation: What types of activities were accomplished? Was the Leadership Award Program a success?

Our physical education teachers use a variety of methods to stress Character Education. Some examples include: Student of the Month/Week; Word of the Month; Sportsmanship Awards; show leadership as Captains; and put on Leadership Workshops. In April, 2008, we had our 4th Annual Student Leadership Program at Shaker Junior High School. This popular program recognized 48 students in grades 5-12. Besides our student speakers we had other special guests including Joan Hart, President of the Board of Education.