

## 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>
25.20	5,648	\$2,565,245	\$454

### 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

The reporting of this data has changed from previous years; this change is a result of the Physical Education Department’s work to review the manner in which we assess our students’ fitness levels, the format in which we report the data, the assessment and the manner in which we use the data to improve instruction. This initiative will address one of our department’s primary objectives for the 2009-2010 school year. While this year’s data will appear differently, the expectation for next year will result in additional changes and improvements.

### **2008 – 2009 Test Results**

**Students Achieving 5-5 at the 85<sup>th</sup> Percentile:** Students achieving this level are considered to be in Outstanding physical condition. (16%)

**Students Achieving 5-5 at the 50<sup>th</sup> Percentile** – Students who are able to achieve the 50<sup>th</sup> percentile on all five components represent Above Average physical conditioning. (35%).

**Students Achieving the 50<sup>th</sup> Percentile on 2-4 Test Components** – These students fall into the category of Average to Below Average physical condition. (38%)

**Low Achievers** – students who achieve the 50<sup>th</sup> percentile on zero (0) of five (5) or one (1) of five of all subsets are considered to be in poor physical condition. These students are at risk and are in need of lifestyle changes to improve their fitness levels. (11%).

**PHYSICAL EDUCATION** ( cont.)

Grade	Students Tested	# of Students 5-5 at 50 <sup>th</sup> Percentile	% of Students 5-5	# of Students 5-5 at 85 <sup>th</sup> Percentile	% of Students 5-5	Low Achievers (0-5, 1-5) at 50 <sup>th</sup> Percentile	% of Low Achievers
4	408	187	46%	64	16%	47	12%
5	464	273	59%	85	18%	47	10%
6	451	294	65%	82	18%	31	7%
7	464	286	62%	100	22%	39	8%
8	477	264	55%	98	21%	50	10%
9	471	219	46%	58	12%	50	11%
10	413	182	44%	42	10%	45	11%
11	425	182	43%	53	12%	56	13%
12	344	106	31%	34	10%	55	16%
District Totals	3917	1993	51%	616	16%	420	11%

### **Safety Records in Physical Education**

#### **Number of Reported Incidents**

Year	Elementary	Junior High	High School
<b>2008-09</b>	11	10	28
<b>2007-08</b>	20	25	33
<b>2006-07</b>	21	16	27

#### **Number of student failures (Grades 9-12)**

	<b>2008-2009</b>		<b>2007-2008</b>	
	1 <sup>st</sup> Semester	2 <sup>nd</sup> Semester	1 <sup>st</sup> Semester	2 <sup>nd</sup> Semester
Number of Failures	20	31	50	27
Percent of Student Body	1%	1.5%	2.5%	1.3%

### **HIGHLIGHTS K-12**

- In our annual District Physical Fitness test, 51% of our grade 4-12 student body achieved at the above average to outstanding level. Sixteen percent of our 4-12 student body achieved the outstanding level on all five components of the fitness test.

### **PHYSICAL EDUCATION** ( cont.)

- 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. All seven of our elementary schools were represented.
- In our annual spring District Track Meets, all of our 5<sup>th</sup> and 6<sup>th</sup> graders competed in 25 different events on June 3 and 4. We have 70 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 57<sup>th</sup> 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 5<sup>th</sup> annual Student Leadership Awards Program was held, honoring 52 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 386 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 reviewed and revised elective offerings.
- 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.
- The Shaker High School Physical Education electives were revised. Each offering now consists of a fitness component.

## **OBJECTIVES**

- Improve student interest and enthusiasm by exposing students to a wide variety of activities.

Evaluation: Were instructional units short in duration (2-4 weeks)? Was the number of instructional units increased? What new activities were implemented?

## **PHYSICAL EDUCATION** ( cont.)

SHS Units have been restructured to allow for shorter units, increase in activities and or repeat of popular activities.

Our students responded with increased energy and excitement to the shorter units. This philosophy provided for improved participation. Some new activities include: Tchoukball, Color Wars, Wall Soccer, Plyometrics Course, Medicine Balls, Agility Ladders, Speedball and Pickelball.

- Review, revise, and strengthen all instructional areas related to the importance of physical fitness.

Evaluation: What activities and lessons were added to strengthen instruction in the area of fitness? Review and revise the President's Challenge" fitness test as the district's assessment of student fitness. Was a tracking system put in place to provide students with better feedback related to their personal fitness levels?

We have added "fitness" as a component to all of our course offerings. The upgrading of our Fitness Center will serve as a motivating factor for our students.

Our Fitness Testing Committee, along with our K-12 Department, on the March Workshop Day have developed a new Fitness Testing Assessment. While much of the work is done we will finalize this assessment with some additional summer work. The plan for implementation of the new assessment is spring 2010.

We continue to work with our Instructional Technology Department to develop a school-based Data and Tracking system.

- Perform revisions to curriculum guide for K-12 Physical Education program.

Evaluation: Did a review of the district PE plan take place? Did a review of District Curriculum Guide take place? What key revisions were made in Curriculum Guide? Did the process of curriculum mapping in Physical Education get started?

The District PE plan was reviewed, revised, and approved by the Board of Education.

A review of the district curriculum guide has not taken place, although revisions in terms of course offerings, especially at the SHS level have taken place and discussions continue at department meetings on all levels.

A brief and initial attempt at curriculum mapping has taken place. We have two staff members along with the Director serving on the District Curriculum Mapping/UBD Committee.

## **PHYSICAL EDUCATION** ( cont.)

- Improve supervision and instruction as a means to improve safety.

Evaluation: Was the number of reportable accidents reduced?

Improved supervision and instruction are a very high priority. The number of reportable accidents in Physical Education classes was reduced to a three-year low.