

PHYSICAL EDUCATION

PRIMARY GOAL - To develop and encourage physical fitness and to provide students with basic skills in sports in which they can continue to participate in adult life.

<u>Staff</u>	<u>Students</u>	<u>Budget</u>	<u>Cost Per Student</u>
24.0	5,659	\$2,288,135	\$404

Level K-6 - Grades 1-3 are scheduled for 90 minutes per week and grades 4-6 are scheduled for 120 minutes. Playground periods and intramural activities complete the physical education time requirements. Kindergarten classes are scheduled for 60 minutes per week.

Presidential Physical Fitness Challenge Test

Performance standard: 82% of all student tests score at or above the 50th %ile on individual subtests.

	2005-06			2004-05			2003-04		
Test	Number Tested	Perf. Standard	82%	Number Tested	Perf. Standard	82%	Number Tested	Perf. Standard	83%
Pull-ups	1218	83%	+1	1241	77%	-5	1245	81%	+2
Mile Run	1227	79%	-3	1207	79%	-3	1237	76%	-7
Sit & Reach	1234	87%	+5	1219	84%	+2	1229	80%	+3
Curlups	1233	88%	+6	1221	85%	+3	1244	83%	-
Shuttle Run	1223	90%	+8	1219	87%	+5	1237	84%	+1
	6135	85%	+3	6107	83%	+1	6192	81%	-2

Performance standard = 67% of all students score at or above the national 50th %ile on all of the five subtests.

	Ages 9/10	Age 11	Age 12
Percent Above National 50 th %ile	64	70	56
Difference	-3	+3	-11
Number Tested	613	442	169

This fitness test is administered to students in fourth, fifth and sixth grade.

PHYSICAL EDUCATION (cont.)

Safety Record

	2005-06	2004-05	2003-04	2002-03	2001-02
Accidents	12	14	25	36	25

This year was another relatively “accident safe” year.

Our students participate in physical education classes with a great deal of enthusiasm and energy. Students enjoy our district-wide events such as (1) Fall Cross-Country Meet, (2) Spring Track and Field Meets, (3) Basketball Turkey Shoot Contests, (4) Budget Vote Night Gym Activities and (5) Fitness Weekend Fund Raisers for PTA’s. Before and After-School Intramurals continue to be popular at all six elementary schools.

Our fitness scores showed a mixed result – test scores were above our test standard at 85% (standard is 82% and lower in the individual standard at 65% (standard is 67%). Instructors need to set objectives and work on the details to obtain those results.

Intramurals

Students enjoy our district-wide events such as (1) Fall Cross-Country Meet, (2) Spring Track and Field Meets, (3) Basketball Turkey Shoot Contests, (4) Budget Vote Night Gym Activities and (5) Fitness Weekend Fund Raisers for PTAs. Before and After-school Intramurals continue to be popular at all six elementary schools.

Level 7 - 8 - Physical Education classes meet on alternate days for the full year.

Presidential Physical Fitness Challenge Test

Performance Standard - 80% of all student tests will score at or above the 50th %ile.

Test	2005-06			2004-05			2003-04		
	Number Tested	Perf. Standard	80%	Number Tested	Perf. Standard	80%	Number Tested	Perf. Standard	81%
Pull-ups	856	72%	-8	885	70%	-10	892	75%	-6
Mile Run	854	60%	-20	888	64%	-16	860	63%	-18
Sit & Reach	865	80%	-	887	85%	+5	894	85%	+4
Curlups	856	79%	-1	897	87%	+7	901	84%	+3
Shuttle Run	868	80%	-	883	85%	+5	897	82%	+1
Total	4299	74%	-6	4440	78%	-2	4444	78%	-2

PHYSICAL EDUCATION (cont.)

Performance standard = 51% of all students score at or above the national 50th %ile on all of the five subtests.

	Age 12	Age 13	Age 14/15
Percent Above National 50 th %ile	56	51	51
Difference	+5	0	0
Number Tested	198	426	212

Safety Record

	2005-06	2004-05	2003-04	2002-03	2001-02
Accidents	16	21	19	21	16

Intramural/Extramural Sports Participation

Sport	Boys	Girls
Cross-Country	9	21
Field Hockey	-	28
Soccer	17	24
Fall Total	26	73
Basketball	90	52
Volleyball	16	60
Gymnastics	6	-
Wrestling	8	-
Winter Total	120	112
Lacrosse	-	7
Track & Field	25	78
Spring Total	25	85
Grand Total	171	270

Sixty-three percent (63%) of the students in grades 7 and 8 were involved in at least one intramural/extramural activity in 2005-2006. A larger number of junior high girls continue to participate than boys in intramurals. Some of the eighth grade boys and girls participated on interscholastic teams.

A good interest in intra/extramural and interscholastic sports continues to exist.

PHYSICAL EDUCATION (cont.)

Instructors take the time to emphasize sportsmanship, good behavior and following procedures. As a result, class management is solidly in place. Students appreciate the variety of physical education and intra/extramural activities.

Our fitness scores were good with the individual standard of 51% being met with a score of 52%, and the test standard of 78% missed by a score of 74%.

The Character Education program was successful and the second Student Leadership Awards program was held.

Level 9 - 12 - Physical Education classes are scheduled on alternating day basis and meet for an average of 2-1/2 times per week. The senior high school program consists of prescribed units for grades 9 and an elective program for grades 10-12. The emphasis in the elective program is upon sports activities which the students can pursue in adult life. Student participation is generally enthusiastic and very high. We do not have many "non-participants." Our emphasis on fitness is demonstrated by average fitness test results. Students were very enthusiastic about our Project Adventure Course, Bowling and Lifeguarding Course.

Presidential Physical Fitness Challenge Test

Performance Standard - 75% of all student tests score at or above the 50%ile on the individual subtests.

Test	2005-06			2004-05			2003-04		
	Number Tested	Perf. Standard	75%	Number Tested	75%	Perf. Standard	Number Tested	Perf. Standard	76%
Pull-ups	1814	77%	+2	1714	76%	+1	1665	76%	-
Mile Run	1797	61%	-14	1696	61%	-14	1650	61%	-15
Sit & Reach	1818	74%	-1	1703	75%	-	1670	75%	-1
Curlups	1818	83%	+8	1710	85%	+10	1670	84%	+8
Shuttle Run	1809	76%	+1	1709	77%	+2	1662	79%	+3
Total	9052	74%	-1	8532	75%	0	8317	75%	-1

PHYSICAL EDUCATION (cont.)

Performance standard = 48% of all students score at or above the national 50th %ile on each of the five subtests

	Age 14	Age 15	Age 16	Age 17
Percent Above National 50 th %ile	49	50	44	43
Difference	+1	+2	-4	-5
Number Tested	335	484	434	540

Safety Record

	2005-06	2004-05	2003-04	2002-03	2001-02
Accidents	31	38	18	27	37

There was a decrease from last year.

Additional Information

Fitness test scores were slightly lower than our standard, and work still needs to be done to regain our previous strong performance on the fitness test.

Our failures and no credits were relatively the same as last year. The semester grading system reflects on the way in which physical education is taught at the high school level. This makes students more accountable and gives them feedback as to whether they will pass the semester, instead of the whole year.

The Character Education program culminated with the Student Leadership Awards Program.