

## **Carol M. White Physical Education Program FY 2014 Cohort – Year 1 Report**

- ***Grant Performance Report Project Status Chart – Section A, Performance Objectives and Related Performance Measures Data:*** The three GPRA measures are:
  - The number of students served by the grant who engage in 60 minutes of daily physical activity measured by using pedometers for students in grades K-12 and an additional 3-Day Physical Activity Recall (3DPAR) instrument to collect data on students in grades 5-12.
  - The number of students served by the grant who meet the standard of a healthy fitness zone as established by the assessment for the Presidential Youth Fitness Program (PYFP) in at least five of the six fitness areas of that assessment.
  - The number of students served by the grant who consume fruit two or more times per day and vegetables three or more times per day as measured in programs serving high school students using the nutrition-related questions from the Youth Risk Behavior Survey and in programs serving elementary and middle school students using an appropriate assessment tool for their populations.
- *Grant Performance Report* provides additional information on our project’s progress toward meeting program-specific goals and objectives identified in our approved application. For these program-specific measures, the Section A box labeled “**Measure Type**” is completed with the word “**Program,**” to distinguish this data from GPRA data.

### **General:**

Our overall project objectives were and continue to be: a) increasing the proportion of students who “achieve age-appropriate cardiovascular fitness levels”, b) increase the yearly proportion of students achieving the Healthy Fitness Zone for all five fitness indicators of the FitnessGram, c) increase the percent of students eating two fruits and three vegetables a day, and d) increasing the district-wide provided options for healthy eating. This first year of our grant project was used primarily to become familiar with the data collection procedures (and all other grant procedures), complete our SPARK After School Training and 3-6 Elementary professional development, increase professional development of teachers through attendance at conferences, and to complete the equipment order and bid process to be able to order new equipment.

With respect to our overarching goals, this year’s baseline data collection has provided very useful information to guide our improvements in the second and third year of this grant. We successfully completed baseline data collection for the GRPA measures. This was due to the high effort put forth by our physical education staff across the District. The results were overall consistent and representative of what we expected to see based upon our previous years’ FitnessGram results. Given that the baseline measures were completed in early December for our randomly selected students and that this year’s SPARK 3-6 Elementary professional development could not occur until the 17th of April, we were not surprised that most values did not change much. In fact, given the students’ reaction to the baseline data collection completed without professional development in this short time period, we were satisfied with these results. Additionally, a higher percentage of the students achieved their 20-m cardiovascular fitness standard critical value than in past years (50.82%). That is a positive sign that the increased awareness and emphasis on Physical Education with the awarding of the grant this year and the increased number of 20-m shuttle assessments may have increased the student’s awareness of their fitness levels.

The nutrition GRPA measures confirmed that our students' nutritional habits can be dramatically improved and that the need for a District-wide Health Education curriculum is necessary. This is a primary objective we plan to start addressing with Health Education professional development training for our staff during Year 2. It is clear from the nutrition results that our concern over students' healthy eating habits was highly warranted. These results will also be shared with our staff at the pre-Fall semester professional development sessions to increase their awareness to the critical state of our students' eating habits. The Kansas Board of Education implemented a nutrition policy for all Kansas schools, which automatically improves the student eating options available throughout the school day.

The baseline measures were all completed between December 1<sup>st</sup> thru December 8<sup>th</sup> with our 3<sup>rd</sup> and 4<sup>th</sup> graders collecting four days and seven days for the 5<sup>th</sup> through 12<sup>th</sup> graders. The Year 1 first data collection will be completed January 7<sup>th</sup> thru January 16<sup>th</sup> in the 2015 spring semester. The year one final data collection will start March 2<sup>nd</sup> thru March 9<sup>th</sup>.