

Carol M White Physical Education Program Grant

Watkins Glen Central Schools

2013 - 2016

And Beyond

Goals

- * Students will increase their Physical activity, fitness, and knowledge to meet or exceed the NYS Learning Standards for Physical Education
- * Students will be empowered to achieve and to maintain greater fitness levels.
- * Program partners, students and parents will expand opportunities and align policies that positively affect child, family and community health



Yearly Focus

Year 1:

Establish baseline data through pre and post assessment of student wellness including fitness levels.

Year 2:

Implementation of specific assessment tools to collect data and evidence allowing students to track their own physical fitness performance

Use this data to inform staff of program effectiveness and changes necessary to the District's curriculum and wellness policy.

Year 3:

Full implementation of all curriculum and program changes and monitor the effectiveness of these changes on student wellness moving forward.

Funding of the initiative

❖ Total 3 Year Award
\$1,083,993

- * 75% Program development (Including Salaries and benefits)
- * 16% Contractual (Trainings, Vendors, Transportation)
- * 9% Equipment (Bicycles, Kayaks, Canoes, pedometers, Heart Rate monitors)

Assessment Tools used to monitor student performance

- * Fitness Gram
- * Heart Rate Monitors
- * Pedometers
- * Fitness Logs
- * Attendance records
- * HECAT (Health Education Curriculum Assessment Tool)
- * Youth Risk Behavior Survey
- * (PECAT) Physical Education Curriculum Assessment Tool

Program Results

Physical Activity is Vital to Our Tomorrow

- ❖ Revision of the District wellness plan is currently under development including many community partners such as Public Health, CSB, CCE, the Regional Science Center, Parents, Students and BOE
- ❖ Health Education curriculum work is in progress with collaboration with the New York State WISE initiative supported by Genesee Valley BOCES

Program Results

Physical Activity is Vital to Our Tomorrow

- * The Health and Physical Education curriculums have been designed as working documents meant to be modified and adapted with ongoing review of data.
- * The acquisition of equipment such as Bicycles, sports walls, Dance Dance revolution all have led to increased participation and interest in physical activity.
- * Changes to more Healthy offerings in School meals and at various events afterschool

Student Results

Physical Activity Is Vital to Our Tomorrow

- * Increased student understanding of their own personal fitness
- * Data indicates
 - * Increase in the number of students engaging in at least 60 minutes of physical activity daily.
 - * Increase in the number of students eating at least two fruits and three vegetables per day.
 - * Increase in the number of students participating in extended day fitness opportunities (Outside of Organized sports)
 - * Increase in the number of students participating in Summer recreational activities established in collaboration with the Village.

Some Anecdotal Evidence

“Activity level continues to climb! Kids beg for more afterschool programs other than competitive sports...”

“It is amazing to see kids leave the concession stand with veggies and sandwiches over Nachos and Pizza...”

“Students have more of a want to be active outside the walls of the traditional classroom. They gravitate towards activities that are not only healthy but utilize all of the natural resources in the region (Kayaking, trail riding, x-country skiing , snowshoeing)

Sustainability

- * Wellness Committee must be supported and remain active.
- * Curriculum development must be ongoing and focused on student interests.
- * Partnerships with community resources must be cultivated to address efficient use of community resources.
- * Summer programming must be a collaborative effort between the School District and the Region (County, Village and Towns)