

Wellness Report to the SCSD School Board

December 3, 2015

Mindy Hill

Focus on Fitness

TK

Elementary

**Middle
School**



**Motor Skill
Development**

**Cooperative Games
& Health Skills**

**Personalization and
Competition**



SCSD
Wellness
Goal
for Fitness

Increase both the ***amount*** and ***quality*** of physical activity every student experiences throughout the day.

Six Outcomes for Fitness

1. There will be an increase in the number of students walking, biking, skating and scootering to school.



International Walk to School Day SCSD 2015

*SCSD students saved
~ 1000 lbs
in GHG emissions in
just one morning!

 = burning
57 gallons
of gasoline

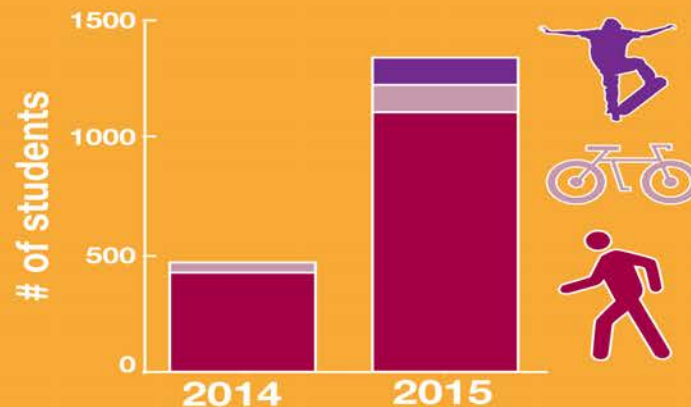
 = burning
541 lbs
of coal

 = the CO2 absorbed by
13 tree seedlings
grown for 10 years

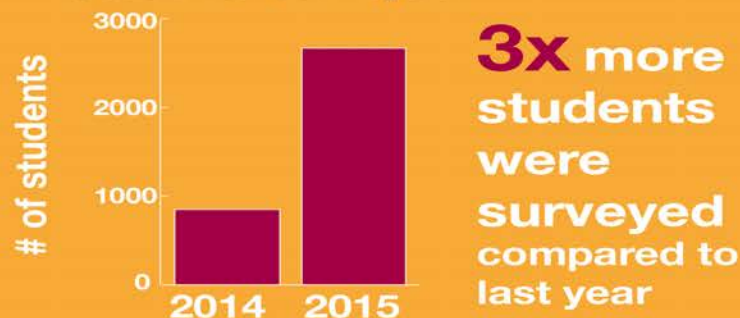
*Assuming that every student who
walked or rolled to school avoided
1 mile of driving

50% of students
walked or rolled to school

Active Transportation



Students Surveyed



San Mateo County
SAFE ROUTES TO SCHOOL

Healthy Kids • Green Communities • Safe Journeys

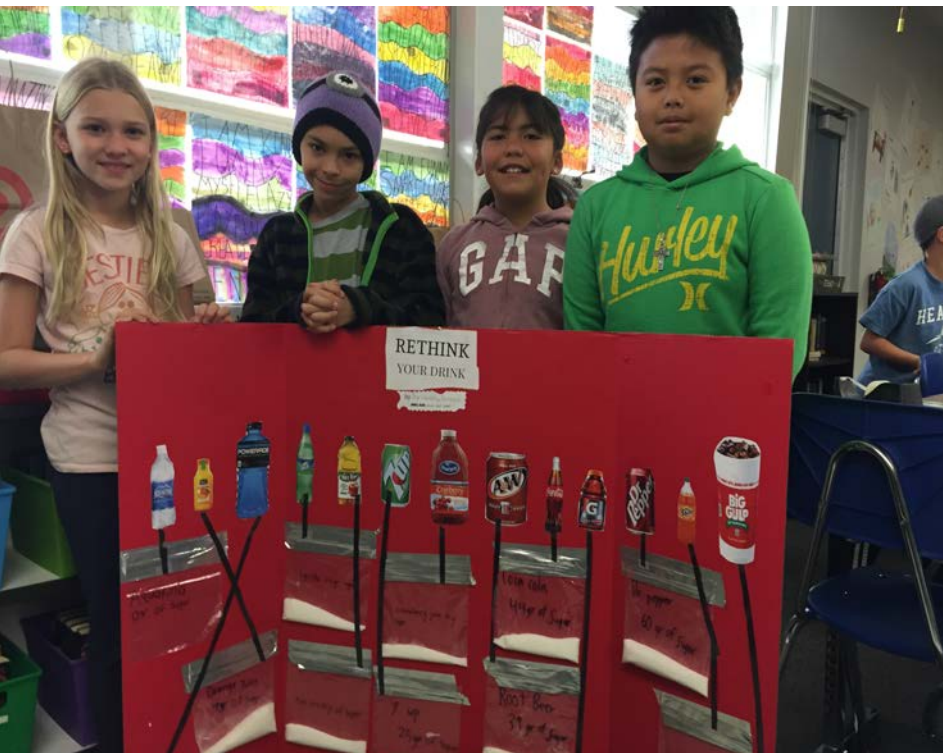
Six Outcomes for Fitness

2. There will be more developmental progression and differentiation in physical education instruction



Six Outcomes for Fitness

3. Students will demonstrate improved health skills especially for nutrition.





Six Outcomes for Fitness

4. Students will gain more thorough preparation and experience with the Physical Fitness Test (PFT) prior to 5th grade.

5. There will be an increase in the percentage of students meeting 6 of the 6 Healthy Fitness Zone (HFZ) measures for the PFT.

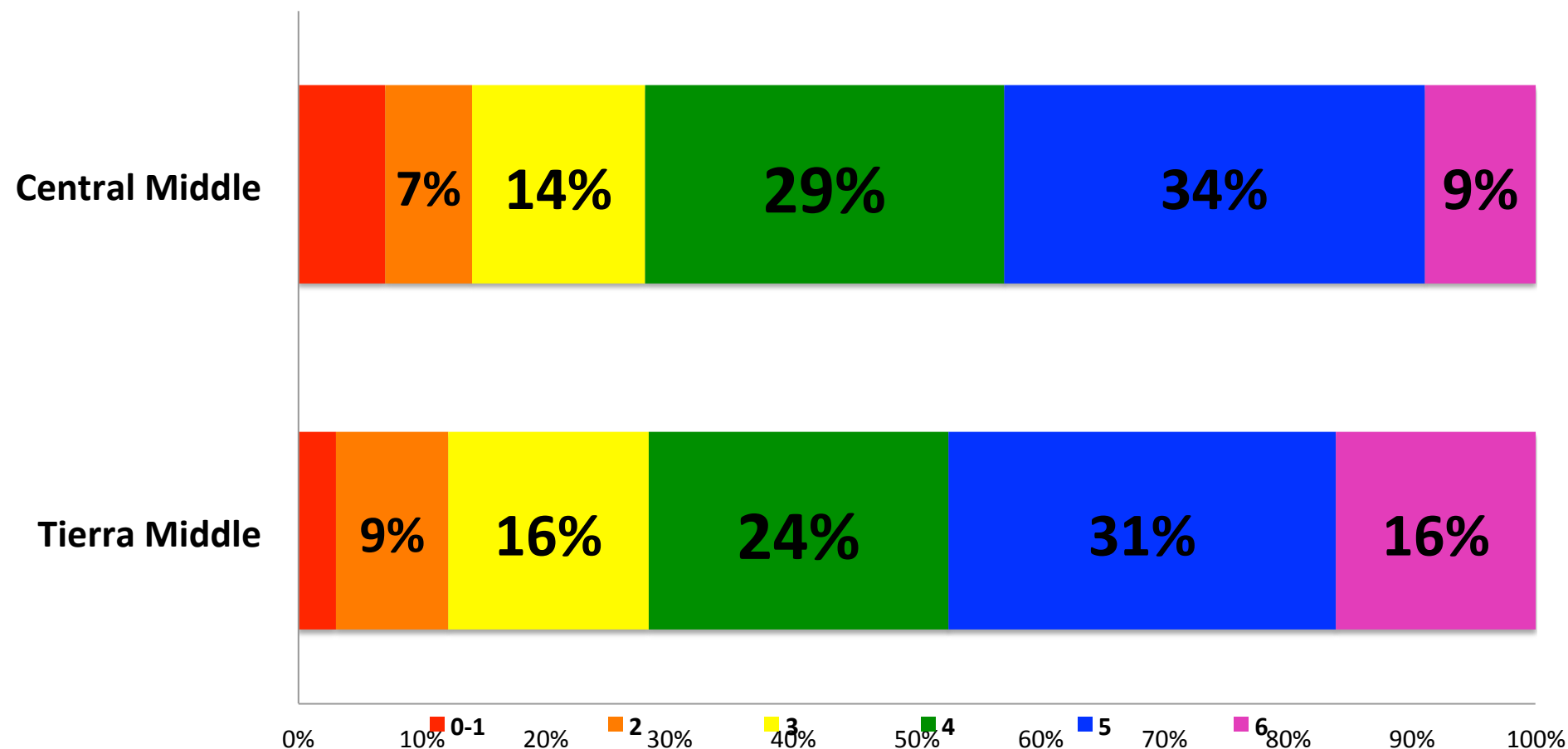
Physical Fitness Test (PFT)

Results 2010-2015

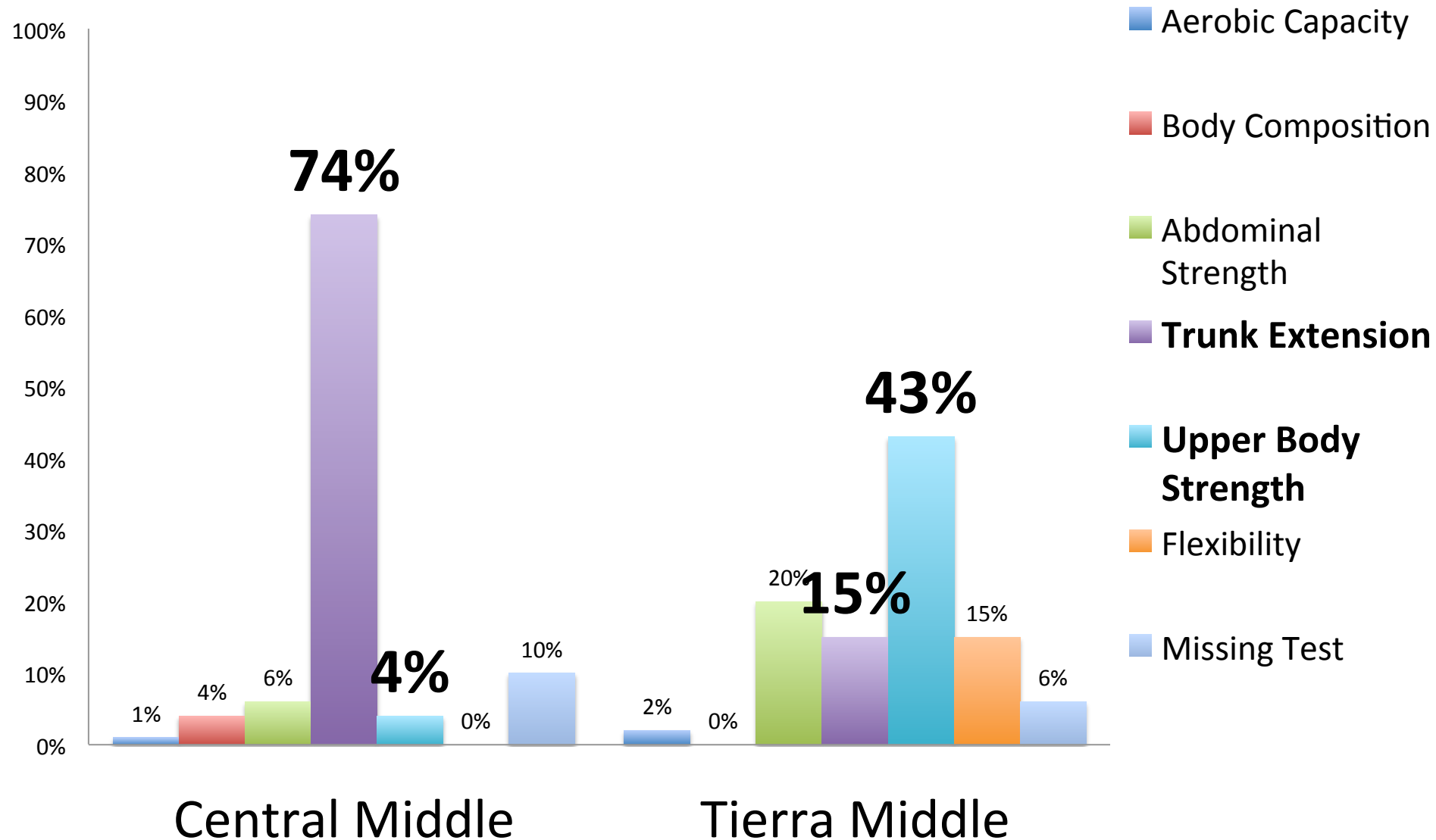
- San Carlos has seen a dramatic decline (from a district average of **30.5% to 12.3%**) in the number of 5th grade students achieving 6 of 6 Healthy Fitness Zone (HFZ) performance measures.
- 7th grade has declined slightly (from a district average of **31.4% to 26.7%**)

5th Grade PFT Data (2015)

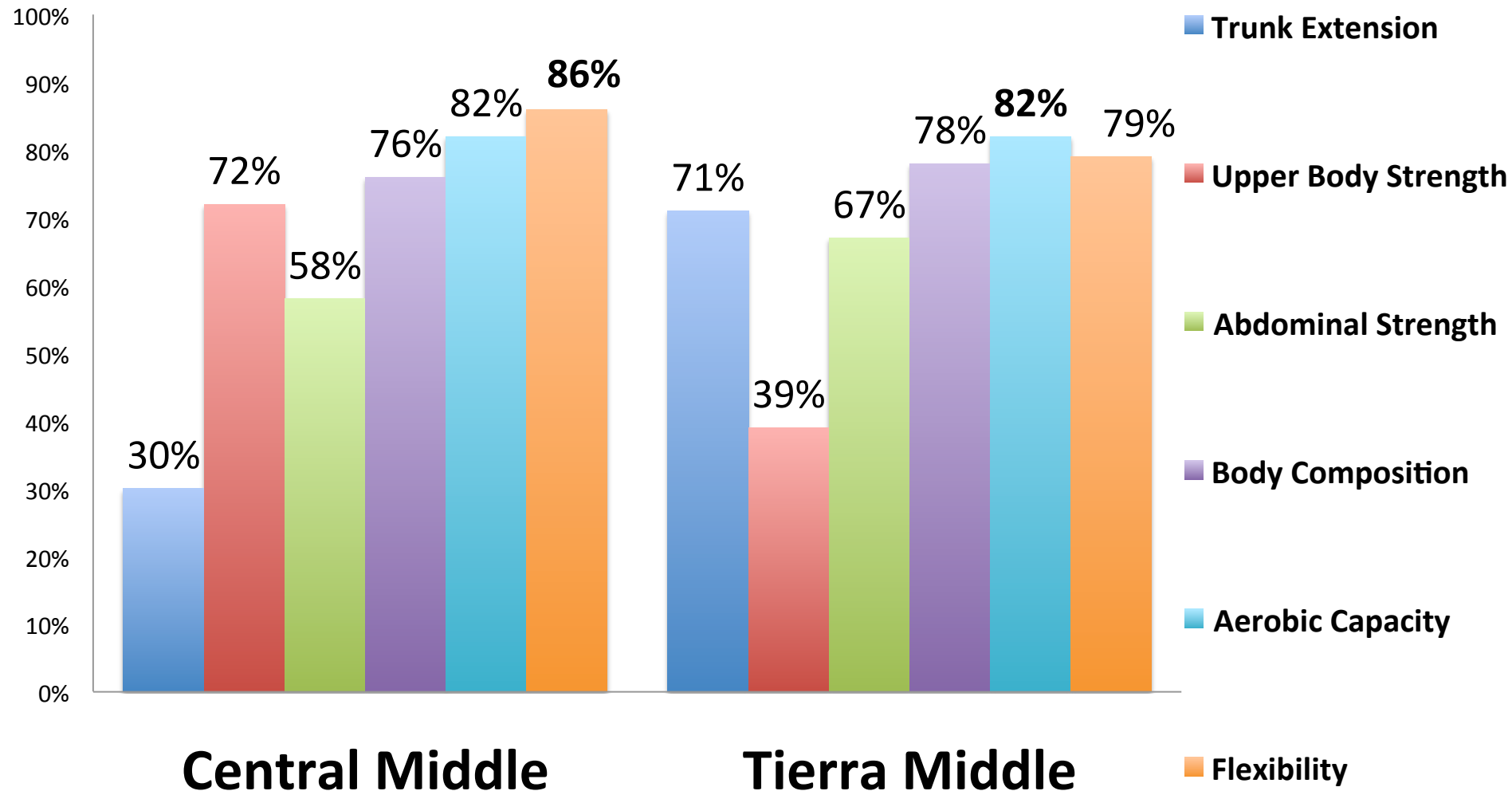
% of Students Meeting HFZ Standards



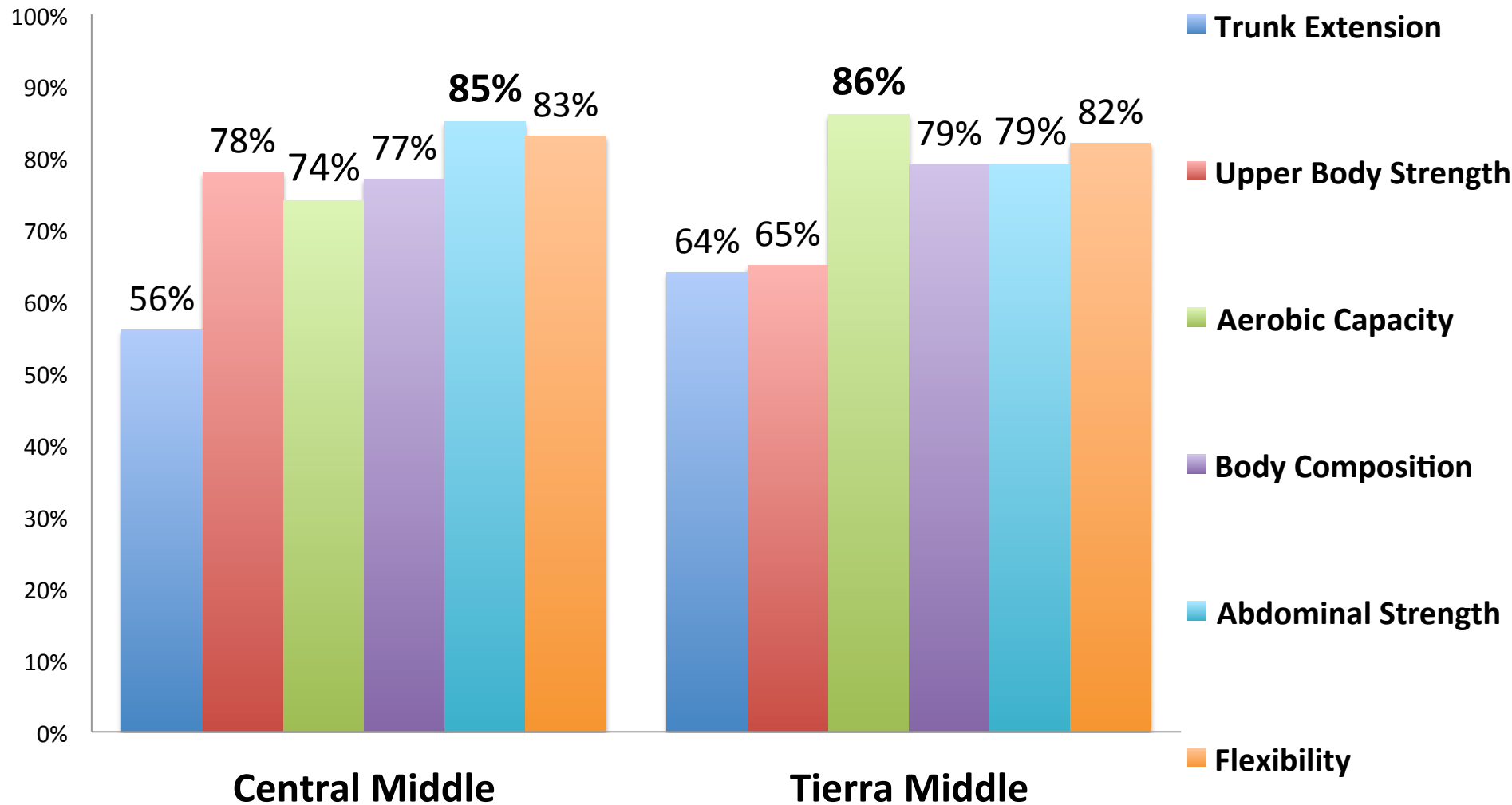
Performance Area most responsible for NOT achieving 6 of 6 standards



Percentage of 5th Grade Students in HFZ for each Performance Measure



Percentage of 7th Grade Students in HFZ for each Performance Measure



Middle School: *Personalization* and opportunities for *competition*

- Professional Development to ensure uniformity in administration PFT test
- Presentation to students and parents about how to use the PFT results to set personal health goals and seek additional information (especially regarding the measure of body composition)
- Additional support for students regarding body image, the media, and resources for supporting one another

Six Outcomes for Fitness

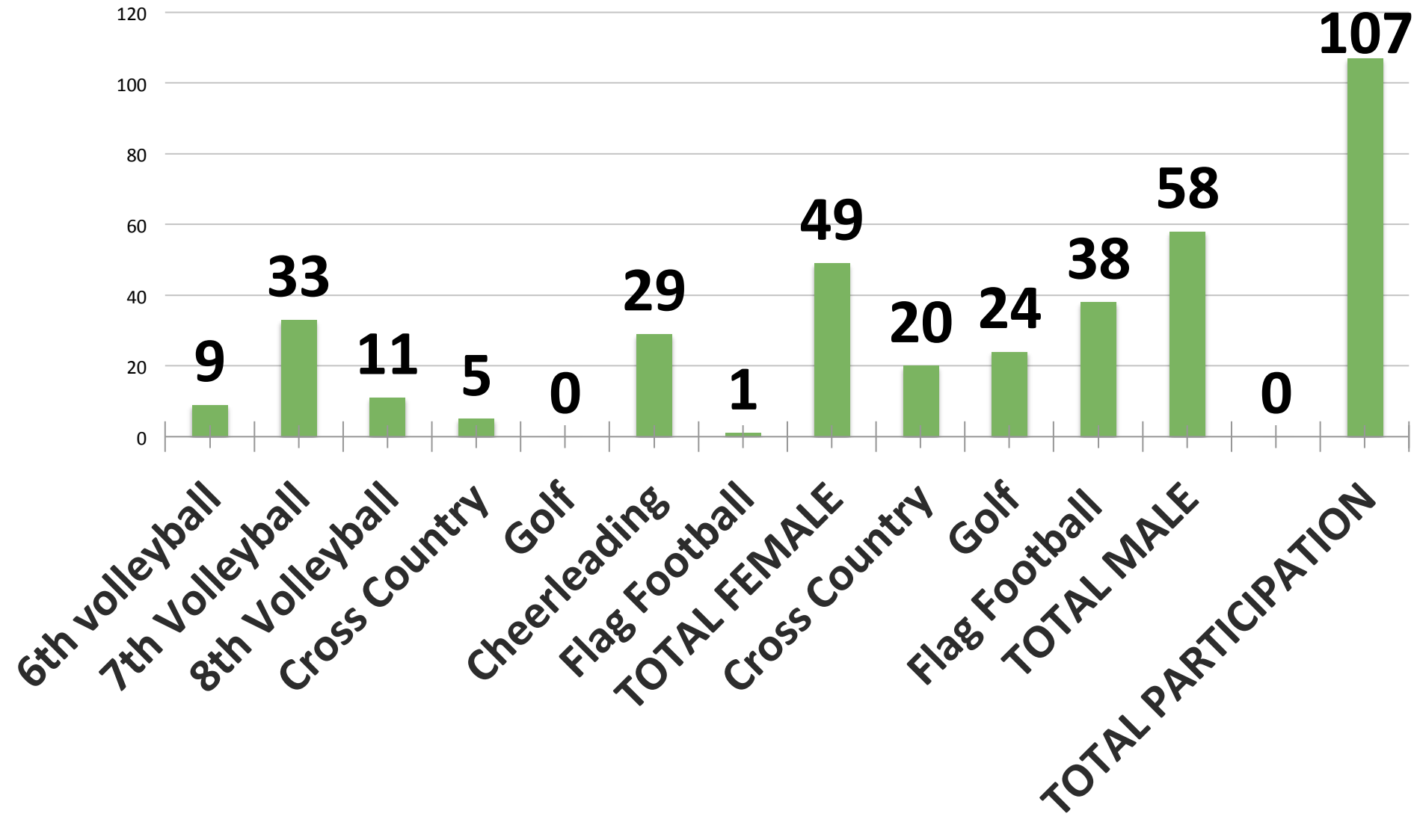
6. There will be an increase in participation in Middle School Sports and all school Movement Clubs.



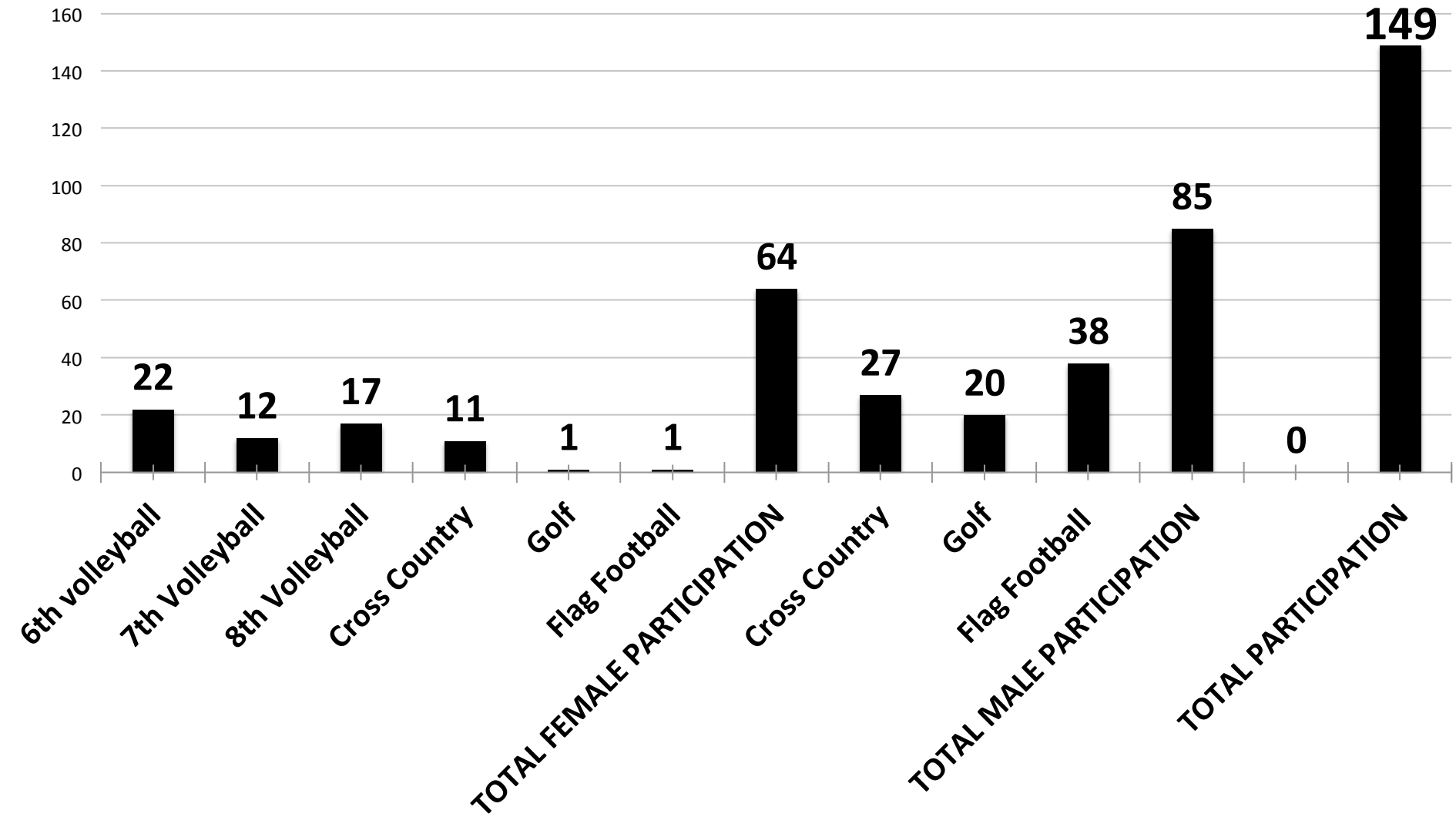
Challenges with Middle School Sports

- SPACE
- STAFF
- Communication

21% of CMS Students Participated in a Fall Sport



29% of TL Students Participated in a Fall Sport



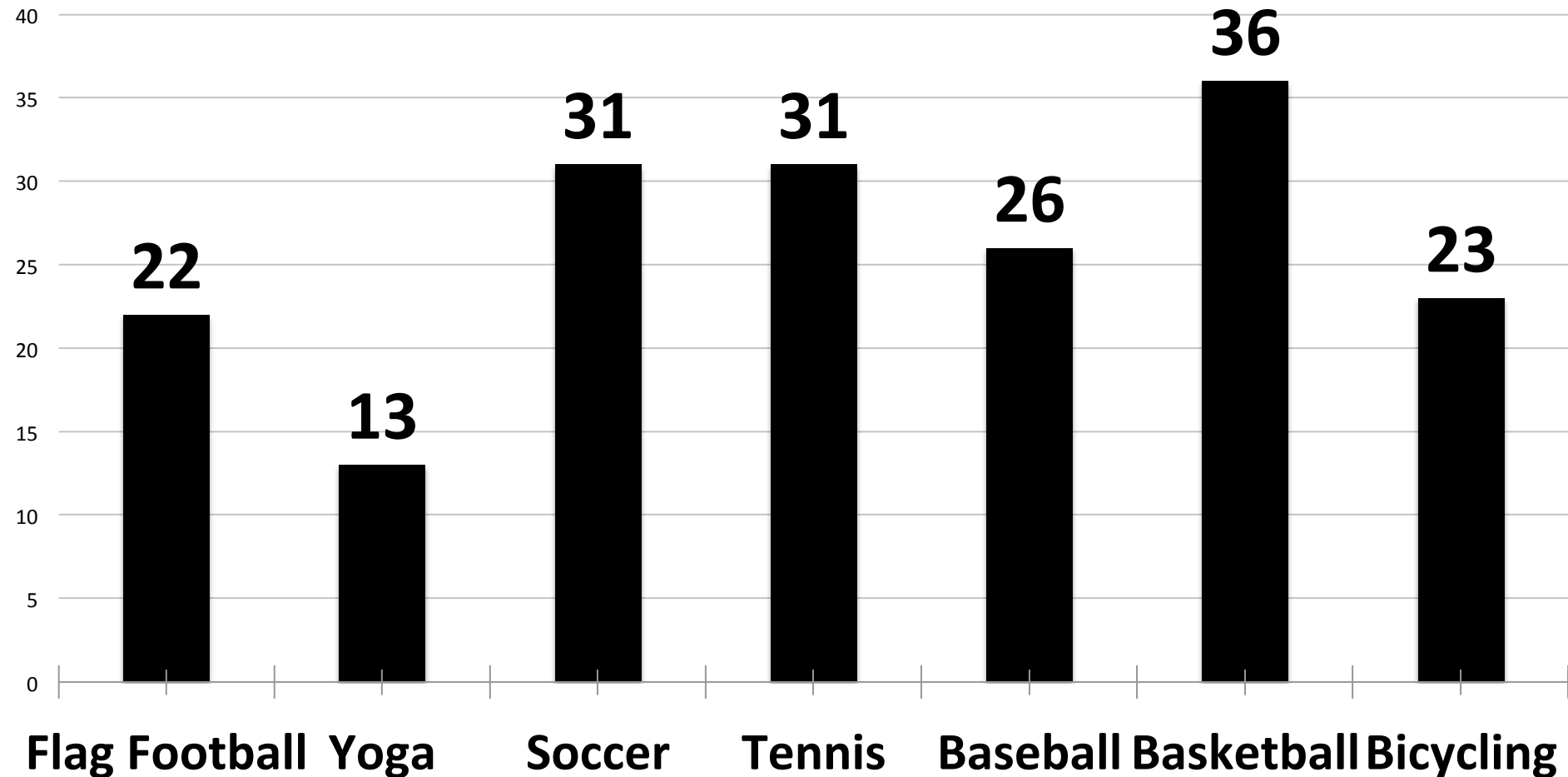
Current 7th and 8th Grade Basketball Enrollment

- Tierra Linda 75 student athletes = **23%**
- Central Middle School 84 student athletes= **25%**



5th Grade Interest in School Sports

Rated “Very Likely” to Participate



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Partners Supporting Ongoing Alignment & Enhancement for Fitness

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