

No. _____



UNITED INDEPENDENT SCHOOL DISTRICT INFORMATIONAL ITEM

TOPIC: Physical Fitness Assessment

SUBMITTED BY: Pamela R. Juarez **OF:** Associate Superintendent for Instruction

APPROVED FOR TRANSMITTAL TO SCHOOL BOARD: _____

DATE ASSIGNED FOR BOARD CONSIDERATION: March 26, 2008

INFORMATIONAL REPORT:

PHYSICIAN'S OFFICE

1234567890

FITNESSGRAM

SENATE BILL 530

- Grades K-5 requires moderate to vigorous physical education activity 30 minutes daily or 135 minutes weekly
- Grades 6-8 requires moderate to vigorous physical education activity 4 out of 6 semesters – effective 2008-2009 school year
- Annual physical fitness assessment of all students grades 3-12

ASSESSMENT ITEMS

- Aerobic Capacity (one only)
 - * PACER Test
 - * One Mile Run/Walk
- Body Mass Index
 - * Height/Weight
- Muscular Strength and Endurance
 - * Curl-ups
 - * Push-ups
 - * Trunk Lift
- Flexibility
 - * Shoulder Stretch

ANALYZING THE RESULTS

- Texas Education Agency
 - * correlation study
 - student academic achievement levels
 - student attendance levels
 - student obesity
 - student disciplinary problems
 - school meal programs
- District Level
 - * modify scope and sequence

CURRENT STATUS

- High Schools
- Middle Schools
- Elementary
- STEP Academy

FUTURE ACTIONS

District Report

* May 12, 2008

Parent Report

* May 19-27, 2008

Student Activitygram

* School year 2008-2009

ADDITIONAL INFORMATION

- District website
- Websites
 - * Fitnessgram – www.fitnessgram.com
 - * TAHPERD – www.tahperd.com
- Physical Education Coordinator
 - * Lisa Haberkorn
 - phone number: 473-7100
 - e-mail: lh@hillsdale.k12.nj.us