




Mr. Bob DiPietro

- KV Open Weight Football Coach
- Sports Manager
 - Wellness Committee
 - Scheduling Committee
- Presenter at '09 and '10 PSAHPERD Convention

Mr. Angelo Lafratta

- 8th grade Boys Soccer Coach
- 7th/8th grade Boys Track Coach
- 8th grade Boys Basketball Coach
- KV Ski Club Advisor
- Presenter at '09 and '10 PSAHPERD Convention





Ms. Erika Lee

- High School Assistant Varsity Softball Coach
- KATS Team Member
- Restorative Practices Trainer
- Presenter at '09 PSAHPERD Convention



Mrs. Jaime Rodgers

- 7th/8th grade Girls Tennis Coach
- Presenter at '09 and '10 PSAHPERD Convention



Ms. Kelly Hogan
 • High School Varsity
 Cheerleading Coach
 Presenter at '09 and '10
 PSAHPERD Convention

Ms. Marie Schmucker
 •High School Varsity Field
 Hockey and Lacrosse Coach
 •Presenter at '09 PSAHPERD
 Convention



Ms. Ashley Kelly
 •9th grade Field Hockey Coach
 •KATS Team Member
 •KV K'NEX Committee Member
 •Presenter at '09 PSAHPERD Convention

Mr. Brian Thompson
 •KV Distance Track Coach
 •Health/PE Website
 Maintenance
 •Presenter at '09 and '10
 PSAHPERD Convention


**Bringing Student Fitness
 Scores To Life**

Today's topics

- Overview of KV Health/PE
- Communication
- Student Database
- Individual Fitness Project (IFP)
 - Graphing
 - Analysis/Recommendation


Keith Valley Middle School

- 1237 students (grades 6-8)
- Nine Health/PE teachers
- Students have Physical Education class every other day for the year
- 83 minute blocks (All PE 1st/4th m.p.)



Health Classes

- Instruction takes place during the 2nd and 3rd marking periods
- Split the 83 minute block
 - Approx. 35 minutes of Physical Education
 - Approx. 35 minutes of Health
- Piloting a 6th grade “Wellness” class that combines concepts of Health and P.E. -83 min.



Typical Class (83 min)

- Warm up
 - Cardiovascular
 - Stretching
 - Strength exercises
 - Locomotors/Agility
- Activity
 - Skill work
 - Partner practice
 - Group activity
 - Team sports , individual activities, cooperative games



Assessment

- Students are graded **TWICE** per class period...

1 Cardio/Fitness (20-30 minutes)

- Proper technique
- Pacing
- Exercise completion
- Improvement

2 Basic skills necessary to perform the activity, including

- Improvement
- Cooperation
- Preparation

[Visit our Health/PE website for more detailed information](#)

Fitness Assessments-2x/year

- Assessments are similar or adapted from FitnessGram

- **Mile** - one mile run/walk for best time
- **Push-ups** – adapted using 6" dome that must contact the sternum, establish a 90° angle at elbow
- **Sit-ups/Crunches** – adapted w/ arms crossed over chest, knees bent, fingertips on shoulders with elbows pointing up– elbows must touch mid-thigh
- **Sit & Reach** – two legged, two handed



*****Assessments are not graded*****

Questions We Considered

- Is our curriculum relevant to our student's lives?
- Are we doing our part as Health/PE teachers to help improve and/or maintain PSSA scores?
- Are we able to provide H/PE across the curriculum, incorporating what we teach with other subject areas (Lang Arts, Math, Science, Technology)?
- Are we promoting healthy, responsible decision making to members of the community?
- Do the parents see our program as valuable?
- Does the administration see H/PE as a valuable department?
- Are we effectively promoting our program?

We believe the answer is

YES!

What We Know

- KV Averages for Fitness Assessments exceed the Fitnessgram HFZ's (pre-2010) and Presidential (1994/1998)
- That our Fitness Data from the last 5-7 years is reliable historical source to formulate our own averages/fitness zones
- Using KV Fitness Data and Performance Tracker that 75% of our current 8th grade students scored Proficient or Advanced on PSSAs **AND** Fitness Assessments



COMMUNICATION

- With?
 - H/PE department colleagues
 - Parents/guardians/community
 - Individual students
 - Administrators and other teachers within our/other buildings
- Why?
 - Develops relationships
 - Increase credibility and validity of H/PE
 - Advocate for our program

PE TEACHERS

- 9 department members, over 1200 students, obvious need for organization and documentation
- Microsoft Access database to document and share information with each other
 - Locker numbers and lock combinations

No dresses/unprepared, doctor and parent notes

Fitness Scores

Fitness Reports and Recommendations

LOCKER INFO

ID	Locker	Combo	SN	Tchr	Day
10424	50I	20-26-00	19556174	Shea	6a
10267	54C	32-34-24	22381565	Shea	6a
10268	14f	01-27-13	12465734	Lafratta	6b
42481	25B	22-00-22	22381631	Lafratta	7a
15294	34I	04-26-12	19556154	Shea	6b
42436	54I	04-14-04	3209	Shea	6a
14067	45B	36-26-12	709308	Shea	7a

STUDENT INFORMATION

ID: Last Name: First Name: Tchr: Dr:

Completed Sheet		Completed Sheet		Completed Sheet		Completed Sheet	
Date	assignment	Date	assignment	Date	assignment	Date	assignment
Q1-1:	<input type="checkbox"/>	Q2-1:	<input type="checkbox"/>	Q3-1:	<input type="checkbox"/>	Q4-1:	<input type="checkbox"/>
Q1-2:	<input type="checkbox"/>	Q2-2:	<input type="checkbox"/>	Q3-2:	<input type="checkbox"/>	Q4-2:	<input type="checkbox"/>
Q1-3:	<input type="checkbox"/>	Q2-3:	<input type="checkbox"/>	Q3-3:	<input type="checkbox"/>	Q4-3:	<input type="checkbox"/>
Q1-4:	<input type="checkbox"/>	Q2-4:	<input type="checkbox"/>	Q3-4:	<input type="checkbox"/>	Q4-4:	<input type="checkbox"/>
Q1-5:	<input type="checkbox"/>	Q2-5:	<input type="checkbox"/>	Q3-5:	<input type="checkbox"/>	Q4-5:	<input type="checkbox"/>

Notes:


PN1: <input type="text"/>	DN1: <input type="text"/>	Return Date: <input type="text"/>
PN2: <input type="text"/>	DN2: <input type="text"/>	Return Date2: <input type="text"/>
PN3: <input type="text"/>	DN3: <input type="text"/>	Return Date3: <input type="text"/>
PN4: <input type="text"/>	DN4: <input type="text"/>	Return Date4: <input type="text"/>
PN5: <input type="text"/>	DN5: <input type="text"/>	Return Date5: <input type="text"/>
PN6: <input type="text"/>	DN6: <input type="text"/>	Return Date: <input type="text"/>

TEACHER-PARENT/GUARDIAN

- Quarterly newsletter including
 - Updates
 - Health & Fitness tips
 - “What’s New”
- Fitness assessment report (sent with newsletter)
 - Individual fitness scores
 - Recommendations for improving/maintaining scores
- E-mails and phone calls
- 24/7 access to updated grades on PowerSchool
- Updated team and individual teacher websites

Keith Valley Middle School
Health & Physical Ed. Newsletter
Hatsboro-Horsesham School District


Confidence News!
The Keith Valley Health and Physical Education department will be making a presentation at the upcoming CHA (C.A.S.E.) (Cherry, Kenton, Association for Health, Physical Education, Recreation and Fitness) convention on November 20 in Valley Forge. “Bringing Fitness Scores to Life” is the theme of the presentation that details our 8th grade fitness project. The project, which is completed in Health class, has the students analyze their individual fitness assessment results and create the design of a personal fitness plan. In addition, our presentation will highlight other aspects of our Healthy PE curriculum and programs to other Healthy PE educators from the Commonwealth.



Individual fitness plans
For additional exercise and activity ideas, please visit the district internet site www.hatsboro-horsesham.org/hspe.

Health Education
Health Education classes will get underway in the second quarter of the school year. The curriculum for 8th grade students covers personal health and fitness. In seventh grade health the focus will be on tobacco, disease and abuse along with peer pressure and related skills. The eighth grade Health class will study heart disease, cancer, and human reproduction.

Did you know?
• Hand hygiene is the most preventative action that can be taken to stop the spread of communicable disease.
• If all 600 muscles in your body pulled in one direction you could lift 25 tons.
• The human body has 40 miles of nerves.
• When we breathe, the air passes through our nose at about 4 miles per hour and we breathe roughly 200 gallons of air every hour.
• Blood and to end, the blood would fit your body about 1000 times around the equator.
• Consistent exercise teaches your body how to be efficient faster, rather than slower.
The following are informational websites that provide detailed information on health and fitness: www.kidhealth.org and www.americanheart.org



FITNESS DATABASE

Name: Student ID:

	Mile	Push-Ups	Sit-Ups	Sit and Reach
8th Grade				
Spring	<input style="width: 40px;" type="text"/>	<input style="width: 40px;" type="text"/>	<input style="width: 40px;" type="text"/>	<input style="width: 40px;" type="text"/>
Fall	<input style="width: 40px;" type="text"/>	<input style="width: 40px;" type="text"/>	<input style="width: 40px;" type="text"/>	<input style="width: 40px;" type="text"/>
7th Grade				
Spring	<input style="width: 40px;" type="text"/>	<input style="width: 40px;" type="text"/>	<input style="width: 40px;" type="text"/>	<input style="width: 40px;" type="text"/>
Fall	<input style="width: 40px;" type="text"/>	<input style="width: 40px;" type="text"/>	<input style="width: 40px;" type="text"/>	<input style="width: 40px;" type="text"/>
6th Grade				
Spring	<input style="width: 40px;" type="text"/>	<input style="width: 40px;" type="text"/>	<input style="width: 40px;" type="text"/>	<input style="width: 40px;" type="text"/>
Fall	<input style="width: 40px;" type="text"/>	<input style="width: 40px;" type="text"/>	<input style="width: 40px;" type="text"/>	<input style="width: 40px;" type="text"/>

6th Grade Fitness Project

Name: _____

GRADING RUBRIC		
Use of Bar <u>OR</u> Line Graph		5
Individual Fitness scores are clearly displayed		10
KV Averages and Fitnessgram Standards displayed		15
Evidence of two (2) related graphics		5
Title, Axis labels and values listed above each point		15
Total		50

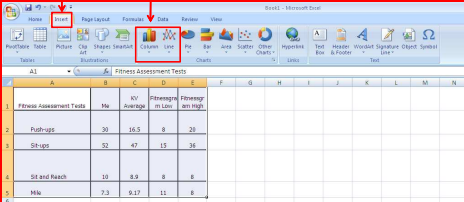
Excel Spreadsheet

Fitness Assessment Tests	Me	KV Average	Fitnessgram Low	Fitnessgram High
Push-ups	30	17	8	20
Sit-ups	52	47	15	36
Sit and Reach	10	9	8	8
Mile	7.3	9.17	11	8

Enter mile times with a decimal point to work properly with graph

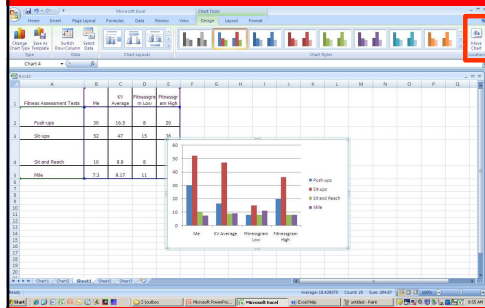
Create a spreadsheet like the one above. Fitness Assessments down the side. Student scores, school average, Fitnessgram high and low scores across the top.

Creating Graph



1. Select (highlight) all cells with text/numbers
2. Click on insert tab
3. Select column or line graph

New Page



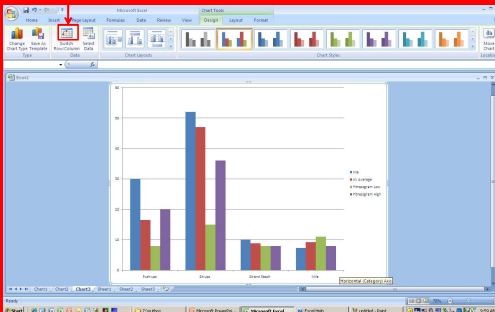
Step 1

- Click move chart location
- Select new sheet

Formatting

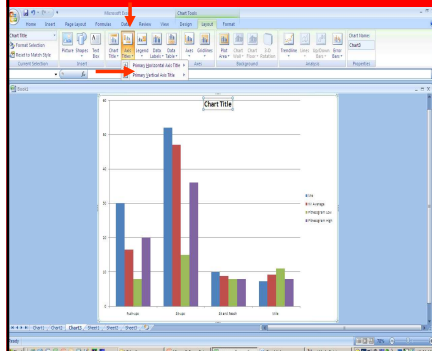
Step 2

Click switch row/column
The fitness assessments should be along the x axis



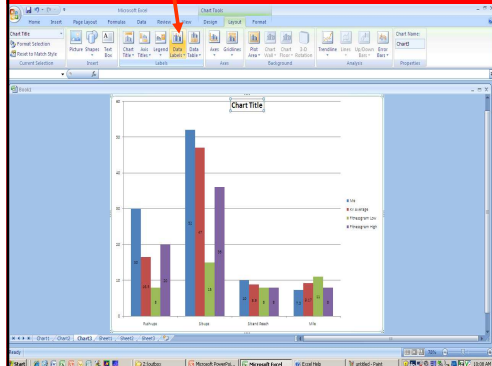
Inserting Chart Titles

Step 3



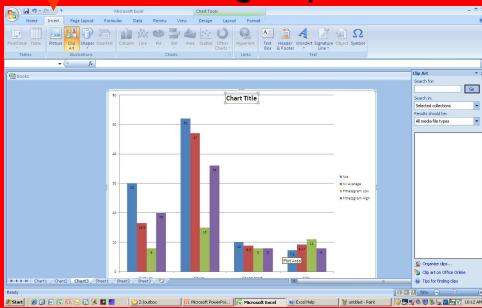
1. Select layout tab
2. Click chart title
 - 2a. Insert chart title
3. Click axis titles
 4. Select primary horizontal axis title
 - 4a. Enter horizontal title
 5. Select primary vertical axis title
 - 5a. Enter vertical title

Enter Data Labels



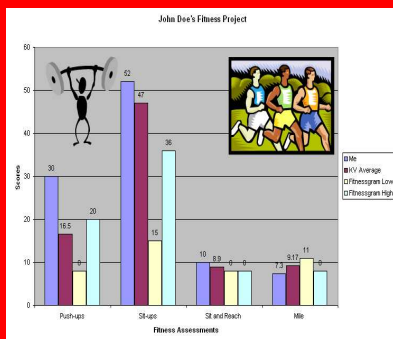
- Select data labels button
- Select layout

Adding Clipart

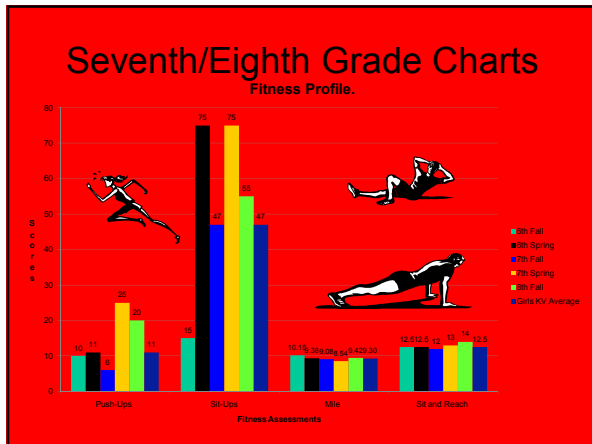


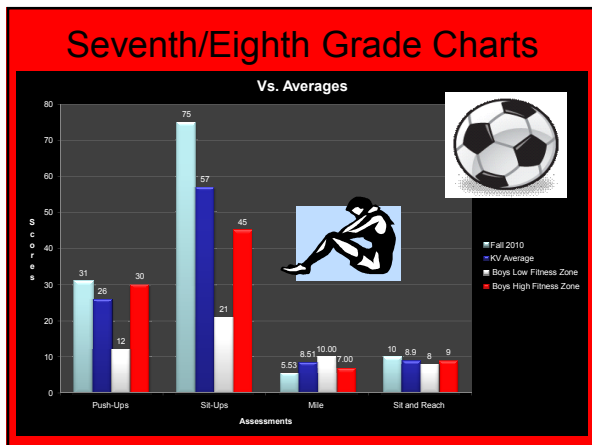
- Click insert tab -> clipart
- Clip art box appears (on right)
- Enter text in Search for box
- Find picture/ clipart and click and drag to chart (picture may need to be resized.)

Finished Chart with Pictures



- Insert 2 fitness related clipart
- Print chart using color printer
- Use chart to answer Recommendation / Analysis Questions





Analysis of Fitness Scores

- Developed with Language Arts Curriculum Coordinator
- Students analyze past and current fitness scores
- Compare scores for each assessment to KV averages and FitnessGram Healthy Fitness Zones (low-high)
- Can be done in paragraph form or adapted to question format

Recommendations for Improvement

- Students use F.I.T.T Principle to explain how they will improve or maintain their respective scores
 - F.I.T.T to improve cardiovascular endurance
 - F.I.T.T to improve upper body strength/endurance
 - F.I.T.T to improve core strength/endurance
 - F.I.T.T to improve flexibility

6th GRADE HEALTH - I.F.P. Writing Rubric		
GRADING RUBRIC	Your score	Total score
Introduction- one paragraph; include the following a. F.I.T.T. principle b. Types of training according to F.I.T.T. principle c. YOUR fitness levels		10
Body. Three paragraphs; including the following a. Description of your IFP (requirements & goals) b. How does your IFP benefit your health triangle c. How will you measure your progress- i.e.- THR, Max HR, Wt. used, speed, time, distance, rest.....		30
Conclusion- One paragraph; include the following a. Future goals b. Personal reflection		10
Spelling, punctuation, editing		10
TOTAL GRADE		60

QUESTIONS FOR ANALYSIS/REFLECTION AND RECOMMENDATIONS

1. Do you feel that your 8th grade fitness scores show that you did the best you can do for each of the tests?
 A: For most of my tests it shows that I did my best. I always try my best and I never slack off. Many people know me and they would say the same but there was on assessment I did not do the best on. This assessment is my scores for push-ups in the spring of seventh grade and fall of eighth grade. I have not been trying my best on those because I feel it is my weakest so I do not worry about it.
2. How do your 8th grade scores for each test compare to the average scores for Keith Valley?
 A: Not to brag, but my scores, all of them, are WAY above the average. I have nine more push-ups than the girl's average, 28 more sit-ups than the average, 2.5 better than the average for sit and reach, and my mile is better by about 2 minutes and thirty seconds. So the scores are higher. ☺
3. Do your 8th grade scores for each test fall between the low and high scores for the Fitness gram standards? Explain.
 A: No, my tests do not fall between the high and low. Every one of my scores are better than the high and low so my push-ups, sit-ups, mile and sit and reach is higher than normal.
4. Are there any of your scores on your fitness assessment that you would like to improve? Which ones?
 A: Yes there are two that I would like to improve on the most. Obviously I want to improve in every assessment but my top two to work on are push-ups and my mile. I really need to work on my mile time because I play many sports and need to improve my speed and cardiovascular endurance.

- **Recommendations**
- I would improve my mile time by doing a mix of cardiovascular exercises such as swimming, jogging, and walking. I will do this four times a week and make each exercise intense by doing each exercise until I cannot do it anymore (overload principle). So there will be no specific time, but I will make myself do each exercise for at least an hour, possibly taking 5-20 second rests in order to make this possible. The type will vary, but I will make sure it works my entire lower body such as swimming in order to make the most progress.
- I would improve my push-ups by weight training 3-4 times a week, aiming to do 10-15 reps per set, and 3-4 sets each time I am done my 1-5 minute break. I will also apply the overload principle to increase my strength as best as I can. I will choose to start at 8 pound weights, and add at least 2 pounds every two weeks. Generally I will do triceps- curls and actual push-ups to work on my form, and also my ability to adapt to the way to do push-ups, and being able to lift my weight.
- I would improve my sit- ups by doing an overload principle for sit- ups and crunches, and aiming to do 100 each time before breaking for about 2-5 minutes. I would increase this by 10 each week, and also swim once every 4 days to improve my sit- ups. I would do this workout plan 4 times a week, each week with this work out.
- I would improve my sit-and-reach by stretching 10-20 minutes each day, for 3-4 days each week. I would also do yoga for 30-60 minutes a day in order to increase my flexibility. I would work on increasing how far down I go to touch my toes each week until I can see a major improvement in my flexibility in order to increase and improve my sit-and-reach score.

- Words of Encouragement!!**
- *"Great work Eric. I am really impressed with all the work your team has done with the Fitness Database. I think this is a really great project."*
SarahStout – KV Asst. Principal
 - *"The fitness report is exceptionally well done! Also, kudos on the presentation."***Jean DiSabatino- Dir. Of Curr./Supervision**
 - *"I wanted to thank you for the wonderful presentation that you and your staff gave at the conference. I was much moved."***Benjamin Greer-Physical Education Mariana Bracetti Academy Charter School**
 - *"Nicely done...I am not surprised even for a minute about the recognition and respect your department receives. I have said it once, and I will say it again. I believe our KV Health and Physical Education department is the best middle school department I have ever worked with. Congratulations!"*
William Lessa-Retired HH Superintendent