

FIVE FOR LIFE

WELNET User Overview

Go to website: www.focusedfitness.org

For demo sites, please use the same password provided for BOTH the User Name and the Password fields to log in. The demo site is accessible for 30 days.

The password you are assigned is: _____

WELNET is a web-based system, accessible from any internet capable device and via free Apps for hand-held devices. Once WELNET is active at your district, you will always be on the current version since we host the software on our servers and any changes or enhancements made are automatically available to all users when activated.

Dashboard –

- Welcome – will have your name
- Edit Profile – Change password
- Quick Links – directly to your most used reports
- What's New – Announcements of new changes/enhancements
- Announcements--at Focused Fitness or in the field of PE

Help –

- A complete step by step direction for using WELNET

Support –

- Focused Fitness is the technical support for your district
- Contact Support
 - Quick link to e-mail with response within 24 hours
 - Phone number for emergency help
- What's New
 - A complete catalogue of what has changed in WELNET by date
 - Information about Focused Fitness

Management –

- Every main topic will have an overview of what each button will do
- Add/Remove Students – unnecessary at district because of auto updates from your district SIS
- Students – Create a new student - unnecessary function because of auto updates unless a district requires this
- View Class Rosters –
 - Will print each class on separate sheet/automatic page break
 - Uploaded from district's (SIS) student accounting system & automatic triggers to update changes
- Manage Student Languages
 - English default and up to 4 additional languages

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Fitness –

- Customized Measurements and Standards (these are random for demo)
 - Your District's customizable choices, you decide what to measure
 - Divided into grade groups; Basic, Intermediate and Advanced
 - Print and post around your gym
- Note multiple “Phases” – Pre, Goal, Mid1 and Post. Additional Phases may be added and be teacher-entered or student self-test
- View Recording Sheet –
 - Has students names (you can print if you like to write on hard copies)
- Blank Recording Sheet (no student names)
 - Has Basic , Intermediate and Advanced level
- Previous Scores Report
 - View previous scores of current students—even if they were in multiple locations previously
 - Print for use on your gym floor during testing
- Record Scores
 - Out-of-norm; The key is at the top (Red, Blue, N= not, M=Medical, A+# as A12 = Adapted)
 - Converts inches entry to feet/inches for parent understanding in one-field entry
 - “Tab” to enter info on one student or “return” to descend a column—teachers get an efficient rhythm
 - Save score button always at bottom—look for “SUCCESSFUL” message
 - Use “Back to the class list” – NOT the browser arrow or back space
- Summary Report
 - Data to improve your teaching skills
 - All new report sorting criteria
- Student /Parent Report
 - Customizable with District logo, letter and notes
 - English and multiple translations
 - Has a bar graph with 3 bars
 - Pre, Post & Goal
 - Shaded area represents Standards range
 - Monochromatic color scheme to print in black & white = \$+
 - History of previous fitness measurements with choices of what to show/ include for viewing

Assessments –

- Aligned with Five for Life© curriculum only, not customizable
- Create (create “access” to the existing quiz)
 - Blue “Assessments” button will indicate tests already created
 - Good directions on the side of buttons
- Edit (change dates that the quiz is available)
 - Can edit only beginning and ending date
 - **Can only be edited if there are no scores
- Delete (stop access)



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- **Can only be deleted if there are no scores
- Create Additional Assessments—
 - Create custom assessments from any current questions
 - Remove questions from an existing assessment
 - Available only to the teacher who created it
 - For all district to use, and administrator can create and make available
 - **Coming Soon:** New version Test Bank of Questions
- Modify Additional Assessments, modify custom assessments
- Grade/Record
 - Entire question shows in answer box
 - WELNET automatically grades & scores all multiple choice questions
- Report
 - Must have include item analysis and an option (by class or student)
- Rubrics
 - For the Five for Life Cumulative Assessments

Behavior Logs –

- Create (Create “access” to a particular log)
 - By pushing the assessment button will indicate tests already created
 - Good directions on the side of buttons
- Edit (Change availability dates, only)
 - Can edit only beginning and ending date
 - **Can only be edited if there are no scores
- Delete (Cancel “access”)
 - **Can only be deleted if there are no scores
- Behavior Log Report—Class totals
- Behavior Log Letter—Detail and Summary by Student
 - Combine multiple logs into one student letter

Survey Module –

- Many public surveys already available on the Focused Fitness website at <http://www.focusedfitness.org/index.php?id=73&title=welnet-surveys>
- Districts may add custom surveys at low or no charge depending on complexity
- Must be a WELNET administrator to access results within WELNET

Coming Soon:

Skills Rubric Module

Five for Life Program, Teacher’s Manual E-Version

Available Now: Student Portfolio 1, On-line course – Connect the learning from PE class to out-of-school time and identify other community opportunities and resources to support personal fitness and health.

- Teach as a “blended” course with in-class learning and out-of-class assignments
- Offer as a complete on-line independent study course

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Student/Parent Portal Access—

To log in as a “Student” and see what a student (or Parent) can view or to enter student goals (prior to a post phase fitness assessment), take assessments and surveys electronically or to fill out student behavioral logs:

A student would log into a “live” system using their student ID as their User Name and their complete last name as their Password.

For demo purposes, you will be logging in as a John Adams, but you will log in a little different than an actual student would;

Go to the website home page for www.focusedfitness.org

Use John’s student ID, # **101010** as the **User Name**

Use the specific demo password you were given as the **Password**. (demo_ _ _ _ ###)