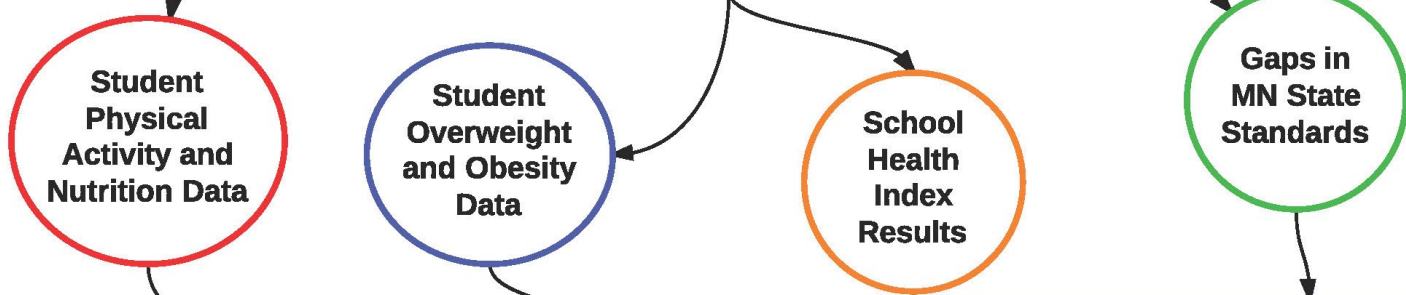


NEED FOR PROJECT



High Inactivity Levels	Only 17% of students are meeting the CDC recommendation to be active at least 60 mins daily
High TV Viewing	About 66% of students view two or more hours of TV daily (27% watch 3 or more)
Low Preference for Activity	Only 34% of students indicated that they choose habits that are active (i.e., playing outside) over inactive ones such as playing video games
Low Affinity for PE	53% of students <u>did not</u> "wish they had more PE" based on the program currently in place
High Sugar Consumption	Only 21% of students report <u>not</u> consuming sugar-added beverages as a personal healthy lifestyle choice

24% of Kindergarten students are overweight or obese
36% of youth are overweight or obese
51% of adults are overweight or obese

1. Lack of "Sequential PE and Health Curriculum"
2. Need to address "Students active 50% of class"
3. Need to address "Essential topics on physical activity and nutrition"
4. Promote "Community activities"

State Standards	Identified Weaknesses and Gaps Within Physical Education
(1) Motor and Movement Skills	<ul style="list-style-type: none"> • NO systematic way (ex: pacing guides, grading rubric) for measuring or assessing this state standard. • Need to re-structure, re-focus physical education classes to be skill-based with age-appropriate equipment.
(2) Movement Concepts	<ul style="list-style-type: none"> • NO systematic way for measuring or assessing this standard. • Need to move from traditional athletic-focused model to a more personal, individual wellness approach.
(3) Physical Activity	<ul style="list-style-type: none"> • NO systematic means for evaluating the achievement and maintenance of acceptable student fitness scores.
(4) Health-Related Fitness	<ul style="list-style-type: none"> • Lack of an on-going way to measure associated health behaviors associated with obesity prevention and health-related fitness (ex: reducing the consumption of sugar-added beverages). • NO nutrition and physical activity focus. • NO curriculum or lessons to meet this standard. • Lack of fitness supplies and equipment (ex: pedometers, heart rate monitors, cardiovascular fitness) at all grade levels.
(5) Responsible Behaviors	<ul style="list-style-type: none"> • Need to develop strategies/methods for addressing students with disabilities in meeting this standard.
(6) Social-Emotional	<ul style="list-style-type: none"> • Need for additional non-traditional PE activities. • Lack of success in developing a climate of student success and a structured focus on sportsmanship.

Healthy *MOVES*

Meaningful Opportunities for Vigorous Exercise Success

GOALS

