Welcome Back!

Hopefully you had a restful summer! SCUSD is kicking off their “Creating systemic change in Physical Education initiative”. We started with a PE initiative Conference which Joanie Verderber from the LA County Office of Education, President of the California Association for Health, Physical Education, Recreation and Dance (CAHPERD), and the past Chair of the State Council for Adapted Physical Education was our guest speaker. In attendance were several PE teachers, the CA Endowment, City Park and Recreation, Boys and Girls Club, and Alliance for Healthier Generation. At the conference information was given regarding the importance of physical education, studies showing how increasing physical educational minutes can decrease absenteeism and increase scores on the state test and action plans were started. This information can be seen on CAHPERD’s website: www.cahperd.org. Scroll down to the bottom left side and click on CAHPERD Physical Education Advocacy Toolkit. Two of the PowerPoint’s used during the presentation were Physical Education/PA Advocacy and Understanding FITNESSGRAM & New Healthy Fitness Zone Tables for 2011.

In case you have not heard yet, I am full-time at the district office as your Physical Education Coordinator. I am here as a resource for you, your principal, staff, etc... to help make SCUSD the leading school district in the state with regards to Physical Education. My contact information will always be on the bottom left side of each newsletter.

Newsletters

Every month you can expect a Physical Education Newsletter to be emailed to you. In the newsletter it will have pertinent information for your teaching and our profession. Some newsletters will have hidden surprises that you may win some cool prizes! For easier navigation click on the heading below that interest you for more information:

Classroom Management

Common Planning Time

EPEC

Fitnessgram

Governor’s Fitness Challenge

Major Goal

Monkey Survey

Physical Education Carts/ Featured PE Teacher of the Month

Upcoming Events

Website
Classroom Management
If challenging students are driving you batty, watch this YouTube Video of Power Teaching (PT) [http://www.youtube.com/watch?v=eBeWegyGm2Y](http://www.youtube.com/watch?v=eBeWegyGm2Y). PT is one of the fastest growing education reform movements in the United States.

Over 6,000 teachers representing over a quarter of a million students have attended free Power Teaching conferences. YouTube and Teacher Tube PT videos have been viewed by over 500,000 educators. PT websites receive over 2,000 hits per day. Amazingly enough, all their materials and videos are available as free downloads at [www.powerteachers.net](http://www.powerteachers.net).

In the last 10 years, PT employing some of the latest advances in brain research, has developed a remarkable suite of classroom management tools for engaging and building the test scores of the most (and least!) challenging kids.

Chris Biffle, Co-Founder of Power Teachers of America is a nationally recognized authority on teaching challenging students, is the author of seven books (McGraw-Hill, HarperCollins) on critical thinking, reading and writing. He has received grants from the U.S Department of Education, the National Endowment for the Humanities and served on the Harvard based Perseus Project. Since 1999, Chris has served as educational consultant to over 20 K-12 schools and been lead presenter at over 75 Power Teaching Conferences.

Now we are bringing Power Teaching to Physical Education. I encourage you all to watch the video and start using Power Teaching in your classes today! It worked at the elementary school and it worked at Hiram Johnson HS and it can work for you too! [http://www.youtube.com/watch?v=eBeWegyGm2Y](http://www.youtube.com/watch?v=eBeWegyGm2Y) (Power Teaching)

Common Planning Time
What is Common Planning Time? CPT is time spent in professional development activities that focus on site’s school development/ improvement plans and/or the District Strategic Plan. This may be done in department/grade level teams or as whole-staff activities. Typically, team meetings will focus on examination of student work, analyzing student/school data, sharing methodologies, and developing curriculum and assessments.

All CPT should address the following questions:
**CPT Guiding Questions Utilizing the Data Inquiry Process**

1. What do we expect students to know and be able to do by grade level, by course, and by unit of instruction? (Are we clear and consistent in what we are teaching? Is our curriculum aligned to key standards?)
2. What results are we getting? (What is the learner-centered problem? Who does the data say is/isn’t learning it?)
3. What, in our practices, might be causing our students to have these problems? (What is our problem of practice?)
4. How can we change what we are doing to improve our results? (What will we do for those who are still struggling? What will we do for those who are showing proficiency?)

When and Where Does CPT Occur?
CPT occurs outside the regular school day as a CPT Team Meeting, or Third Thursday Curriculum Meeting. CPT typically occurs at the school site. Regular staff meetings and the various school based council and committee meetings do not qualify as CPT. Activities for which participants are paid to attend cannot be counted as CPT.

I am currently working with other district personnel to resolve the issue of PE teachers not being allowed to meet together for CPT. I will keep you updated on this issue as things progress.

"Will the PE, Music and Art Teachers be allowed to have their own CPT? No, all these teachers should be integrated into the site CPT."
**EPEC Curriculum**

Everyone is expected to fully implement the EPEC curriculum. If you are not sure how to teach a lesson please call or email me and I would be happy to go over it with you or come out to your site and teach it to your class while you observe.

Elementary: I am currently creating a CD for you that might make teaching EPEC easier for you. The CD has a block plan for every month broken down by weeks. Each lesson with all its parts are labeled for you on the CD, so you do not have to search for it in your box.

Secondary: I am currently working on creating a unit plan for each of the books you were given. I have sent the ones HJHS created last year. Please keep in mind that it was our first time using the Secondary EPEC curriculum as well, so their may need to be some tweaking done on the lessons, but all the content came from EPEC.

Remember that 75% of your teaching is from EPEC and 25% is from things you have learned over the years. I will be looking and asking your principals to catch you doing good things. When this happens your name will be submitted for recognition and a special surprise! Good Luck Everyone!

**Fitnessgram**

Remember to test your students on the Fitnessgram during the month of September and mid-October to ensure you have a baseline to help your students achieve their healthy fitness zone goals.

The Fitnessgram software will be up and running by October 1st if not earlier. We need to change some formatting on it to ensure submitting the data to the state is done correctly.

**Entering the data: Please follow these simple rules!**

1. **ONLY USE pre-test or post-test** in the subject line of your test. Do not put “pre-test Deckard” or “post-test HJHS”. ONLY THE WORDS “pre-test” and “post-test”.
   
   a. If you test more than two times through the year then you can label those test what ever you want, but the pre-test and post-test MUST be EXACTLY as you see them here!

2. **ONLY use one test for all 6 items.**

   Example of what not to do: pre-test curl-ups (only the curl-up test scores are in this test) then pre-test push-ups (now only the push-up test scores are in this test).

   Example of what to do: pre-test (All scores are entered in this test!!)

**Governor’s Fitness Challenge**

You can conduct this challenge every month if you want to. For those that conduct the challenge **every month** starting in October to May I am working on a BIG prize for you. Make sure to involve the afterschool coordinators on your campuses!
**Major Goal**

One of the major goals this year is having every elementary school meet their 200 minutes every 10 days state mandate. Breath! Stop laughing! I know that sounds impossible, but I assure you its not. We just have not had the resources to do it until now. More details will be coming your way soon.

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**Monkey Survey**

Be sure to watch your emails as you will see more Monkey Surveys being used to gather information.

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**Physical Education Carts!**

Each month I will feature one of you and your Physical Education Carts! I will ask for your permission first and then request you send in a picture you would like to share with the rest of your colleagues. This month’s feature is myself since I have not gotten anyone else’s permission yet and I was the first in the district to make a Physical Education cart.

On the left front side I have a milk crate holding up my speaker, on the sides there us to be holders for pencils, white board markers and a water bottle holder, but time has taken its toll on the cart. On the opposite side is a little garbage can, pencil sharpener, and hook for my jacket. On the back I use to have 3 file boxes to hold homework, handouts, etc... you now see them just laying in the cart. The hooks on the top were for Hula-hoops, jump ropes, etc... The wheels are industrial casters with brakes.

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**Website for Physical Education**

We are working on having a link for just physical education on the district website. It will be under departments and as a link under the Family and Community Engagement site. Please send in your request for things you would like to see on our website to heather-deckard@scusd.edu

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**Heather Deckard**

**Family:** Married to a wonderful husband, Uriah and we have two kids, Christian (17 yrs. old) and Ayden (3 yrs. old).

**Teaching:** Currently I am the district office as the Physical Education Coordinator. I have taught for 11 yrs. and dabbled in coaching.
Up Coming Events

September 24, 2011 8am – 4pm: “Move It Together” Conference in Lake Tahoe!
This one day conference only cost $25 for CAHPERD members and $35 for non-CAHPERD members. We have transportation from Sacramento- Tahoe if you needed it. This year we are partnering with Nevada’s annual state conference, so it is going to be an awesome conference.
For more information go to: http://www.cahperd.org/ncba.html

Oct. 11, 2011 @ 12 pm: Help National Geographic kids break a GUINNESS WORLD RECORD! 
Join the First Lady Michelle Obama to break the record for the most people doing jumping jacks. SCUSD is partnering with CAHPERD to have 100,000 Californians break this record. In 2010, SCSUD led the entire state of California in breaking the world record for the most people skipping rope. We have been asked to lead the state again.

Sign-up in two places: Email me (Heather Deckard) and go to http://kidsblogs.nationalgeographic.com/lets-jump-community/guinness-world-record/ to sign-up with the national geographic for the official Guinness world record.

Looking for a site to be the main media HUB. If your interested please email me your request.

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