Did you know...!

- Only five states require physical education in every grade K-12.
- Only one state aligns with the nationally recommended 150 minutes per week of PE in elementary.
- Forty-eight states (94%) have their own state standards for physical education, but only 34 states (67%) require local districts to comply or align with these standards.
- Fewer states (14 vs. 22 in 2006) require physical education grades to be included in students' grade point averages.
- In 2009, the New York City Health Department and Department of Education reported that physical fitness was associated with higher academic achievement among their public school students.
- A 2010 CDC report analyzed a large body of evidence linking physical education and school-based physical activity with academic performance, including cognitive skills and attitudes, academic behaviors and academic achievement.

What can schools do to improve physical education?

- Require daily quality physical education taught by a licensed physical education teacher.
- Ensure that lessons and teaching strategies are designed to engage students to be moderately to vigorously active for at least 50% of physical education class time.
- Implement a physical education program that is based on a written and sequential curriculum that is aligned to the national/state standards for physical education.
- Provide professional development opportunities on effective practices.
- Ensure all students are assessed in mastery of skills and content in physical education and include results on the report card every term that physical education is required.
- Maintain student/teacher ratio in physical education that is comparable with other classes at all grade levels.

What’s in the Newsletters?

What would you like to see in the Physical Education Newsletter? Remember some newsletters will have hidden surprises that you may win some cool prizes!

Classroom Management – Motivate your students!

A major problem for any learning system is keeping techniques from going stale. What worked wonderfully in September can put your students to sleep in December.

To address this substantial difficulty, the WBT classroom management system is
set up in levels like a video game. Every few weeks (or, if possible, months) you move your class up a level.

When you begin the Scoreboard, write “Level 1” on the board. Before long, your students will be asking, “What’s Level 2?” What has happened? You’ve created a classroom management system with built in suspense!

Stay at each of the following levels for as long as possible. Remember, it’s a long year.

Level 1: The Scoreboard
Level 2: Practice Cards
  -- White Cards
  -- Purple Cards
  -- Green Cards
Level 3: Guff Counter
Level 4: Independents
Level 5: Bull’s Eye Game
Level 6: The Agreement Bridge

Each level is briefly described in articles in this menu, “Levels.” Additional information can be found in the “Free Downloads” section of this website.

We’ve found that 80% of your classroom management problems can be solved by the first two levels, especially if you go very slowly (weeks at a time) through each of the three Practice Cards stages.

Several of you are using Power Teaching which is great, but some of you are missing the most important component: THE SCOREBOARD.

Now it is time to learn about The Motivator. How do you get cooperation from your class? The Motivator. A reward system that your students will buy into, and participate in. Here we come to the Scoreboard Game.

A motivating contest- Teacher vs. Student!

Draw a grid on your white board. The grid will be divided into two columns. In the top box of one the word TEACHER, in the top box of the other STUDENTS.

During class you will be rewarding a mark in the Student section for procedures performed well. When you reward them with a mark in the student section for their performance, you can involve the kids in a really fun way by having students yell “Oh, Yeah!”

However, if the students do not listen, and follow instructions you do not have to fuss at anyone! You just look at the non-compliant students and say “Thank you very much! That was a point for ME!”

You walk to the board and add a mark the Teacher column. Loudly proclaim, “Mighty Groan!” and point to the class. They must lift and then drop their shoulders and groan loudly! Since they are getting to make noise in class it is usually nearly as enthusiastic as the Mighty Oh, Yeah!
In this way you have a “game” in which student cannot rebel effectively. Rebellion only results in a point for the dreaded Teacher. You are either playing for the students and getting a reward, or not following instructions and playing for the dreaded Teacher's Team, and losing some reward. For secondary, I like to have their bay be the last to leave the locker room and if they win they get to make me work out. It really empowers them.

Note that there is no punishment. You do not assign extra homework, or take anything else away. They just lose a privilege they were working for.

One thing you must understand from the start is that you should not let the difference between the number of Student and Teacher points get greater than three. If you over reward they will stop working for it. If you let them get too far in the hole they will quit trying to win the reward. That is the reason for the +-3 rule.

Student and Teacher points will build quickly at first, but fall off as they get better at procedures.

There are a couple of things you need to keep in mind here.

First, the entire purpose of this is to reinforce positive behavior in a fun, upbeat positive environment. Second, while this method will work for most of your kids, there are always those few who will not buy into this.

For those that are not buying into the scoreboard try reading the information at http://www.powerteachers.net/Whole-Brain-Teaching/Levels/Level-3-The-Guff-Counter.html

Do we have Common Planning Time Yet?

No official news yet. There are some rumblings of things that might happen, but until we get the official word we all just have to attend what we can.

There will be professional development offered soon, but this will not go toward your CPT Time. However, it will make teaching EPEC much easier for the elementary level and assist secondary teachers with new ideas for your freshman and elective classes.

District Bulletin Board

In the hallway that Superintendent, Cabinet and all their important guests walk through we have been given a bulletin board for Physical Education.

Please send me pictures of things you are doing in your physical education classes and events to promote physical activity and wellness for students, staff and the community.

This month Tracy Morris (Sloat Elementary) sent in pictures from her PE classes. Paul Bowling (CB Wire Elementary) sent in pictures from his back to school night, PE classes and his annual Zombie Zoom Family Fun Run.

Elementary- Meeting Mandated Minutes

One of the major goals this year is having every elementary school meet their 200 minutes every 10 days state mandate. Jam School Program is one resource we are asking classroom teachers to use to help reach the 200 min. every 10 days.

JAM (Just-a-Minute) School Program is a free resource tool teachers are using to bring
health education and physical activity into the classroom. They just need to sign-up at www.healthetips.com. Every Thursday teachers will receive “Jammin Minutes, Jam Blast and Healthy E-Newletter”. They must document in their weekly plans when they will be doing these Jammin Minutes and actually follow through with it.

I recommend you sign-up yourself as well! All afterschool coordinators are being advised to sign-up for this as well.

**EPEC Curriculum**

**Elementary:** Follow the steps below to find the information that might make teaching EPEC easier for you.

1. On your computer click **My Computer**
2. Click **(U:) UNIVERSAL**
   a. Referred to as the U-drive
3. Click the **Physical Education** folder
   a. (Please do not add anything to this folder!)
4. Click **Elementary EPEC curriculum**
5. Click on the Grade level, month, day you are currently working on.

The folder has a block plan for every month broken down by weeks. Each lesson with all its parts are labeled for you on the folder, so you do not have to search for it in your box.

I am currently revamping these lessons to make it even easier for you. This is coming from a meeting with a great PE teacher in our district that helped me to find a better way to present this information to you.

**Secondary:** I am currently working on creating a unit plan for each of the books you were given. You will soon be able to find this on the (U:) drive as well.

**Featured Physical Education**

Each month I will feature one of you in this area! 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 Paul Hein**

Paul has instituted a WALKING WEDNESDAY this year. At 7:30am students, parents and staff begin to walk around the area Paul has coned off. If students arrive early to get 20-30 minutes of walking in they receive a little foot charm. The students, staff and parents are really enjoying this program. I was able to speak to several different people and they really appreciate this time on Wednesday.

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**Paul Hein**

**Family:** Married to a wonderful wife, Holly (1st grade teacher at Theodore Judah and we have four kids, Harrison (8 yrs. old), Twins – Haley & Hayden (6 yrs. old) and Hudson (3 yrs. old).

**Teaching:** I have taught in this district for 13 yrs.
Obviously at 7:30am there are only a few people walking, but it didn’t take too long before the whole school was out there walking. School starts at 8am! It was a sight to be seen! Thank you Paul for helping everyone to get a little more Physical Activity into their lives!

Paul does encourage students to eat breakfast when the cafeteria opens. To see more pictures copy and paste this address into your browser:
http://share.shutterfly.com/action/welcome?sid=0AbNmjRm5aNmLCNg

For more information on how Paul started this program please email him through outlook.

**Fitnessgram**

We are very close to having the Fitnessgram software up and running. Thank you for your patience. We will be using your baseline test data to guide us in providing schools with some intervention programs to help students become healthier. This will happen through several different ways which will be outlined soon. You all of course will have input in everything we do.

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

Please follow these steps!!!! This will save AR &E and myself lots of time fixing issues!

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**

Who is conducting the Governor’s Fitness Challenge? Please let me know so I can recognize you. 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!
Guinness World Record
Oct. 11 @ 12 pm – Oct. 12 @ 12 pm several schools participated in breaking the record for the most people doing jumping jacks. Earl Warren Elementary and staff at Serna Center joined the First Lady Michelle Obama in completing 1 min. of jumping jacks. We officially broke the record of 20,000. In fact in California alone on Oct. 11 we had 26,000 participants. Way to GO! Those that participated please send in your paperwork immediately so it goes in the record books. I would also like to get some preliminary numbers.

Schools that heard participated:
Earl Warren Elementary
Susan B. Anthony Elementary
Ethel I. Baker
Serna Center Staff
Fern Bacon Middle School

Surveys
In order to get everyone’s input I will be send out surveys through Zoomerang.com. It does not tell me who answered the survey and who said what. It just gives me the data and complies it into an easy to read report. This information is then used to create a plan to make change for the betterment of our students, schools and us the teachers.

If you are reading this then you have found the special place to receive a prize. Be the first to email me what our classroom management focus is this month and you WIN a prize!

Up Coming Events
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 you’re interested please email me your request.

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