

Policy Strategies to Improve Physical Activity and Education in Schools

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People on the Move in Baldwin Park, CA ***Building Partnerships That Work***



Baldwin Park Unified
School District



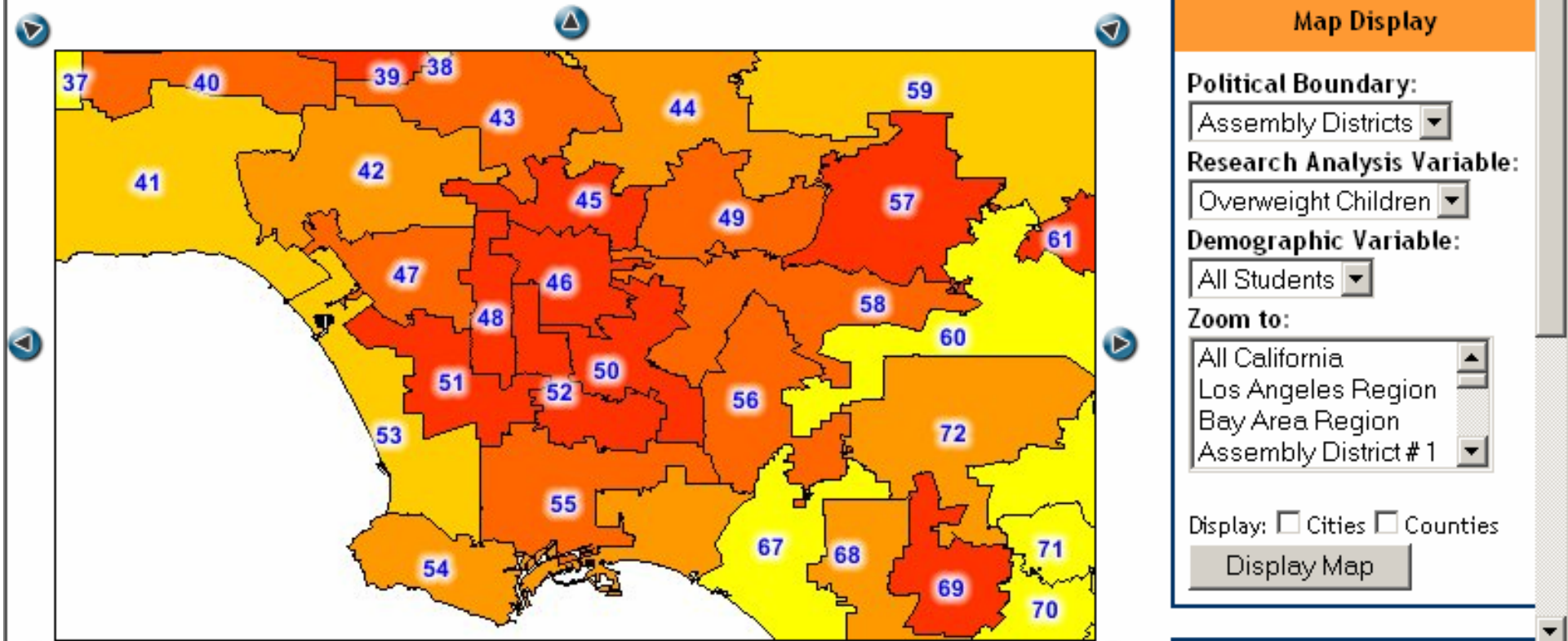
KAISER PERMANENTE®

THE GROWING EPIDEMIC: Child Overweight Rates on the Rise in California Assembly Districts

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OVERWEIGHT STUDENTS BY ASSEMBLY DISTRICTS



Map Display

Political Boundary: Assembly Districts

Research Analysis Variable: Overweight Children

Demographic Variable: All Students

Zoom to: All California, Los Angeles Region, Bay Area Region, Assembly District # 1

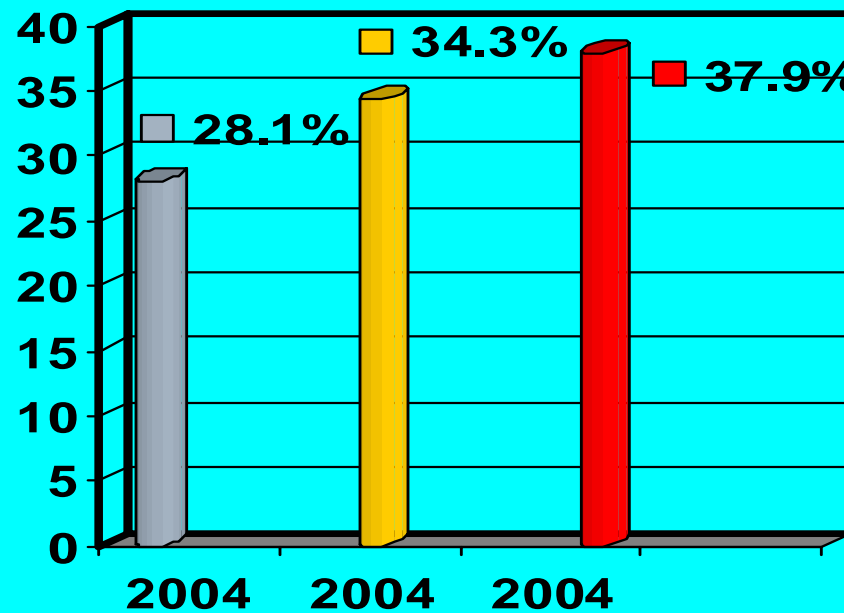
Display: Cities Counties

Display Map

Rate of Childhood Overweight California Assembly District 57 v. Baldwin Park

* Statewide, District and Community averages
of all students tested.

Percentage of Overweight Children



■ CA Average ■ AD 57 ■ Baldwin Park

The 57th Assembly District, where Baldwin Park is located, has one of the youngest in the County, with 80% of residents under age 35.



Life Before

P.E. Standards and Accountability

- ❑ There was no structured or consistent P.E. program in the school district in grades 1-6. The focus was on language arts and math instruction.
 - ❑ Secondary P.E. programs were outdated and ineffective.
 - ❑ There was a lack of equipment at all grade levels.
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Life Before

P.E. Standards and Accountability

- ❑ The state-required Physical Fitness Test at grades 5, 7, and 9 was not taken seriously.
- ❑ Due to a lack of focus on physical education and training for P.E. teachers, the majority of our students were not passing the state test.

Standards and Accountability

- ❑ In 2005, Grades K-12 California Physical Education Content Standards were adopted. (www.cde.ca.gov)
- ❑ The physical education model content standards represent the essential skills and knowledge that all students need to maintain a physically active, healthy lifestyle.

Standards and Accountability

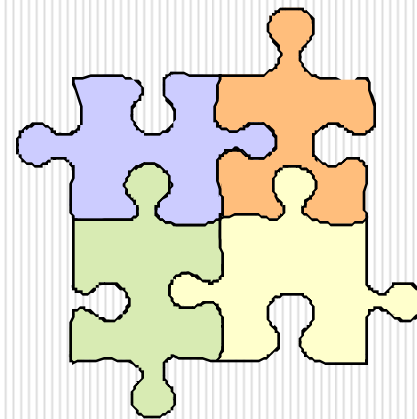
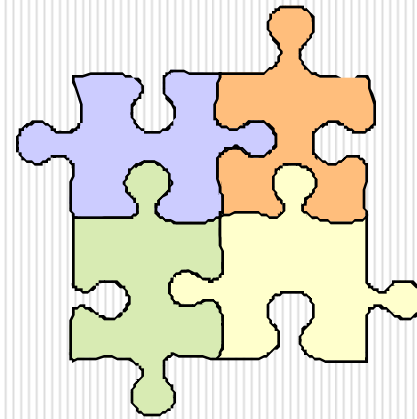
- ❑ Education Code 51210 requires 200 minutes of physical education every 10 school days for students in grades 1-6.
 - ❑ Education Code 51222 requires 400 minutes of physical education every 10 school days for students in grades 7-12.
 - ❑ The model content standards provide guidance for developing physical education programs by identifying what each student in California should know and be able to do at each grade level.
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Healthy Eating Active Communities Initiative

- ❑ In 2004, the California Endowment funded six sites in California to address children's food and physical activity environments.
 - ❑ The school district became a funded partner along with the Department of Public Health and a community-based organization.
 - ❑ This initiative provided the district with resources, funding, and support to make P.E. a priority.
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BPUSD AND HEAC MOVE INTO ACTION

Personnel
Professional
Development
Curriculum &
Resources
Program
Articulation
Ongoing Monitoring



Personnel

- Director of Student Achievement (Curriculum and Instruction)
- HEAC Teacher on Special Assignment
To assist in the development of P.E. curriculum and provide professional development to teachers.

Professional Development

- All teachers and administrators were trained in the California Physical Education Content Standards.
 - All 5th, 7th and 9th grade P.E. teachers received in-depth training on the California Physical Fitness Test.
 - The HEAC newsletter is sent to all district staff and parents to emphasize the importance of physical activity and healthy eating.
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Curriculum & Resources

- ❑ Standards-based Curriculum Guides were developed by a committee of teachers for grades K-6, including:
 - ❑ California State Standards
 - ❑ Sample daily schedules
 - ❑ Class management and organization ideas
 - ❑ Warm-up and cool down ideas
 - ❑ Sample lessons
 - ❑ Indoor activities for inclement weather
 - ❑ Physical Fitness Test Guidelines
 - ❑ Glossary of P.E. Terms

 - ❑ All K-6 teachers received a guide and training.
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Curriculum & Resources

- ❑ Standards-based course outlines were developed by a committee of secondary P.E. teachers for grades 7-12, including
 - ❑ State standards
 - ❑ Course content
 - ❑ Assessment
 - ❑ Course methodology
 - ❑ Universal access strategies
 - ❑ Physical Fitness Test preparation
 - ❑ Personal Fitness Goal chart for students
 - ❑ Vocabulary
 - ❑ All secondary P.E. teachers received a course outline and training.
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Curriculum & Resources

- ❑ California Block Grant for Music, Art, and P.E. provided funding for the purchase of P.E. equipment and materials.
- ❑ Each secondary site received a portion of these funds and was able to submit a “Wish List” of desired items. To be approved, items had to align to the standards, the state Physical Fitness Test, and meet a site identified need.
- ❑ The elementary funds are currently being held until an appropriate P.E. program can be identified for grades K-6 district-wide.

Program Articulation

- ❑ A Physical Fitness Curriculum Articulation Team (CAT) was formed with representatives from each school spanning grades K-12.
- ❑ The purpose of the P.E. CAT is to provide teachers with the opportunity to collaborate and articulate about our P.E. programs.
- ❑ The P.E. CAT encourages open communication between district personnel and teachers.
- ❑ The team helps to maintain the focus on ~~physical education district-wide.~~

Program Monitoring

- ❑ Teachers are required by their principals to meet the mandated P.E. minutes (lesson plans and observation)
 - ❑ Physical Fitness Test Data Analysis
 - ❑ Site visitation during P.E. by district administrators
 - ❑ Development of a High School P.E. Task Force (Department Chairs, Site and District Administrators)
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In Baldwin Park Unified School District...

**HEALTHY STUDENTS
ACHIEVE MORE!!!!!!!**

For more information contact . . .

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On behalf of BPUSD:

Thank you for your time.

Questions?????
