



PE4Life Philosophy:

- Focuses on developing healthy lifestyle through lifetime sports and physical fitness vs. developing team sport skills.
- Assesses students based on their progress towards their goal.
- Uses technology (heart rate monitors/ pedometers) to customize fitness goals for each student
- Includes nutrition education
- Motivates children to embrace health & wellness for a lifetime.



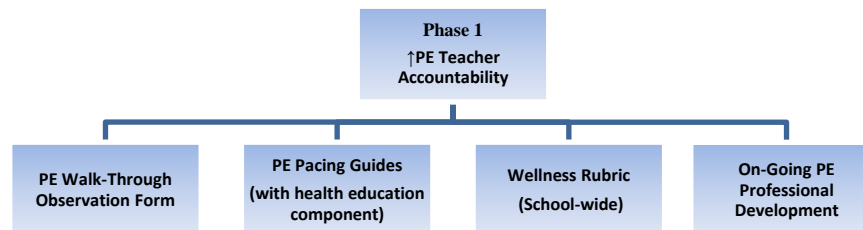
Spark : The Revolutionary New Science of Exercise and the Brain, John Ratey MD : Read 1st 2 chapters. Given to CSH office by PE teacher then forwarded to Director of Schools & Secondary Supervisor of Curriculum/Instruction

PE4life.org: PE4life is a national non-profit organization dubbed “the new PE,” with its Center for the Advancement of Physical Education (CAPE) and six PE4life™ Academies. Each academy is affiliated with a school system that has demonstrated exemplary results by implementing the curriculum.

CSH office partners with a non-profit agency to submit grant through local hospital endowment funds. Awarded \$30k. Includes \$7K for academy & local training, \$9k for Fitnessgram and Server, rest split among 3 pilot schools. 1 elementary, 1 middle, 1 High School. CSH office provided additional equipment \$.

2 Day PE4Life Academy in Indianapolis. 12 members max: 6 PE Teachers, 2 Principals, 1 Supervisor of Instruction, 1 Federal Projects Supervisor, 1 CSH Director, 1 Board member.

Team adopts PE4Life philosophy and vision for District. Create District Physical Education Mission and Vision statement.



Bradley County Schools



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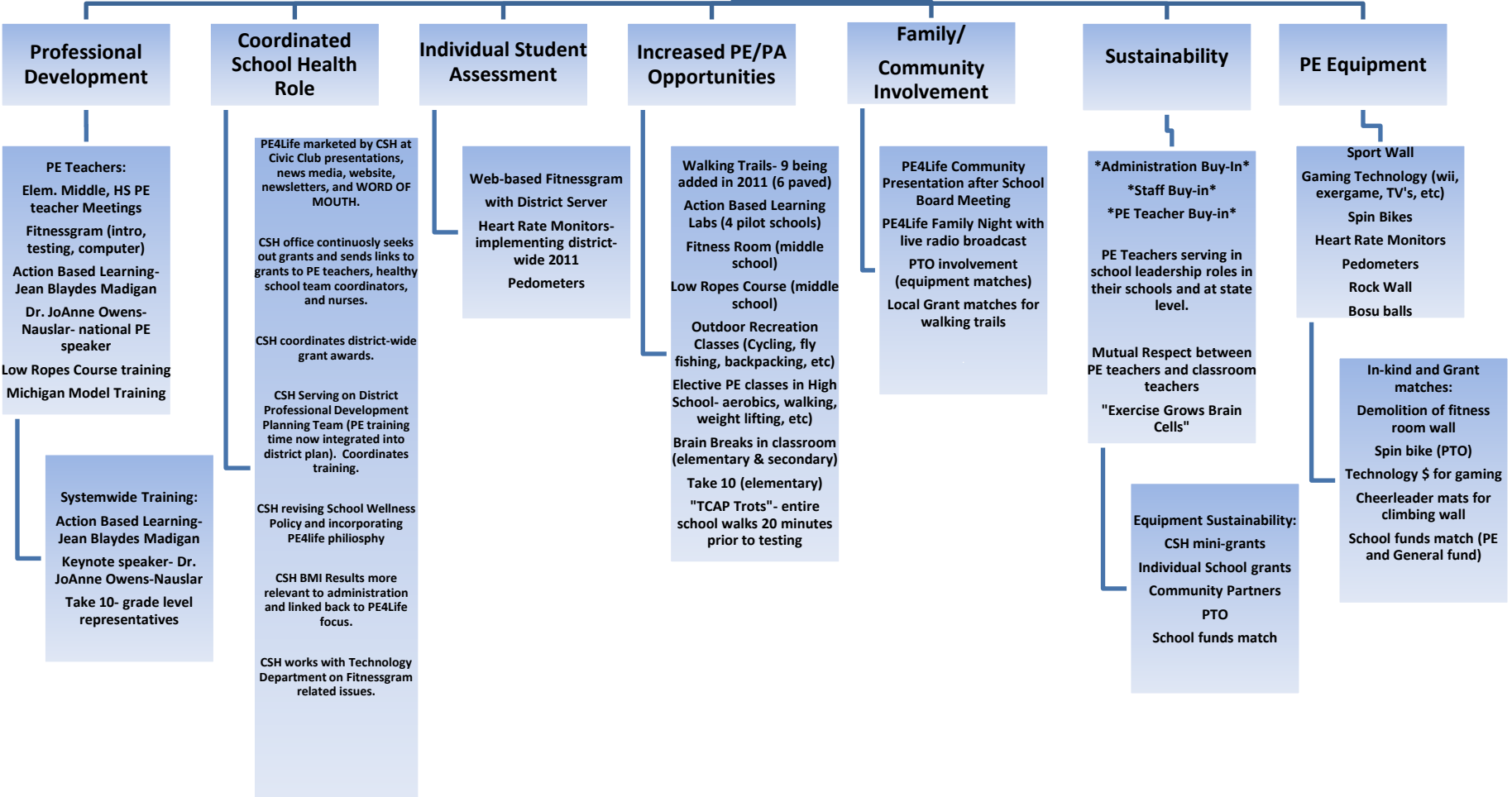
Bradley County Schools Physical Education Program

17 Schools- 10,000 students

Mission: Bradley County Schools Physical Education Program will promote the total health of each student in order to maintain life-long wellness.

Vision: Bradley County Schools Physical Education Program will be data-driven enabling students to acquire the knowledge, skills, and attitudes needed to maintain an active healthy lifestyle.

**PE4Life
Phase 2**



Professional Development

PE Teachers:
Elem. Middle, HS PE teacher Meetings
Fitnessgram (intro, testing, computer)
Action Based Learning- Jean Blaydes Madigan
Dr. JoAnne Owens-Nauslar- national PE speaker
Low Ropes Course training
Michigan Model Training

Systemwide Training:
Action Based Learning- Jean Blaydes Madigan
Keynote speaker- Dr. JoAnne Owens-Nauslar
Take 10- grade level representatives

Coordinated School Health Role

PE4Life marketed by CSH at Civic Club presentations, news media, website, newsletters, and WORD OF MOUTH.
CSH office continuously seeks out grants and sends links to grants to PE teachers, healthy school team coordinators, and nurses.
CSH coordinates district-wide grant awards.
CSH Serving on District Professional Development Planning Team (PE training time now integrated into district plan). Coordinates training.
CSH revising School Wellness Policy and incorporating PE4life philosophy
CSH BMI Results more relevant to administration and linked back to PE4Life focus.
CSH works with Technology Department on Fitnessgram related issues.

Individual Student Assessment

Web-based Fitnessgram with District Server
Heart Rate Monitors- implementing district-wide 2011
Pedometers

Increased PE/PA Opportunities

Walking Trails- 9 being added in 2011 (6 paved)
Action Based Learning Labs (4 pilot schools)
Fitness Room (middle school)
Low Ropes Course (middle school)
Outdoor Recreation Classes (Cycling, fly fishing, backpacking, etc)
Elective PE classes in High School- aerobics, walking, weight lifting, etc)
Brain Breaks in classroom (elementary & secondary)
Take 10 (elementary)
"TCAP Trots"- entire school walks 20 minutes prior to testing

Family/Community Involvement

PE4Life Community Presentation after School Board Meeting
PE4Life Family Night with live radio broadcast
PTO involvement (equipment matches)
Local Grant matches for walking trails

Sustainability

Administration Buy-In
Staff Buy-in
PE Teacher Buy-in
PE Teachers serving in school leadership roles in their schools and at state level.
Mutual Respect between PE teachers and classroom teachers
"Exercise Grows Brain Cells"

Equipment Sustainability:
CSH mini-grants
Individual School grants
Community Partners
PTO
School funds match

PE Equipment

Sport Wall
Gaming Technology (wii, exergame, TV's, etc)
Spin Bikes
Heart Rate Monitors
Pedometers
Rock Wall
Bosu balls

In-kind and Grant matches:
Demolition of fitness room wall
Spin bike (PTO)
Technology \$ for gaming
Cheerleader mats for climbing wall
School funds match (PE and General fund)