



U.S. Department of Education
Grant Performance Report (ED 524B)
Project Status Chart

OMB No. 1894-0003

PR/Award # (11 characters): Q215F110144

SECTION A - Performance Objectives Information and Related Performance Measures Data (See Instructions. Use as many pages as necessary.)

1. Project Objective ☐ Check if this is a status update for the previous budget period.

2.a. Performance Measure	Measure Type	Quantitative Data					
The percentage of students served by the grant who achieve age-appropriate cardiovascular fitness levels-baseline data	GPRA	Target			Actual Performance Data		
		Raw Number	Ratio	%	Raw Number	Ratio	%
			/			642/1334	48%

1.a. Performance Measure	Measure Type	Quantitative Data					
The percentage of students served by the grant who achieve age-appropriate cardiovascular fitness levels - (Project Total)	GPRA	Target			Actual Performance Data		
		Raw Number	Ratio	%	Raw Number	Ratio	%
			/			460/789	58%

Explanation of Progress (Include Qualitative Data and Data Collection Information)

The NKCES Wellness Alliance Fit 4 Life Team has increased the number of students who have reached age appropriate cardiovascular levels by 10% from the baseline data obtained during year 1 to the end of the PEP grant program. The NKCES Wellness Alliance conducted the PACER test to measure cardiovascular fitness levels while participants were in PE class with the exception of Site 1 who participated in testing during set times during the school day during the testing windows. Please refer to the testing windows stated in GPRA measure 1. The Progressive Aerobic Cardiovascular Endurance Run (PACER) test was administered for 3 reasons: it was recommended in the PEP grant instructions, it provides a time efficient method to gather age appropriate cardiovascular benchmarks, and it is part of the Presidential Fitness Test with all of the Fitnessgram battery of assessments. It is a maximal aerobic fitness test with cones marking off distances of either 15 or 20 meters apart. The 15 meter distance was used for participants in K-4th grades while the 20 meter distance was used for all participants from 4th grade through 12th. The test has runners going continuously between 2 marked off lines in time to recorded prompts played on a CD in the gymnasium. The time between prompts decreases with each minute of the test, requiring an increase in running pace. The runners continue until they

are unable to keep pace with the prompts. There are levels of age appropriate cardio-capacity that correspond to a chart based on gender and age to determine if each participant has attained the goal. The PACER test is easily reproducible to keep testing consistent during every testing window. The testing was conducted during the school day and the response rate to this GPRA measure was always above 80% with only absent or injured students unable to participate. The response rates are in the chart below. The physical education teachers at each site and the Fit 4 Life site coordinators collaborated to conduct the testing and ensure reliability. During the “baseline” data collection there were 1334 students measured by the Fit 4 Life team. During the entire project data-collection windows, an average of 789 students participated in each data collection window throughout the 3 years. The use of the average over the course of the PEP grant was used per PEP grant GPRA instructions.

The 10% improvement was a result of Wellness Alliance programming to increase cardiovascular health. After school programs that focused on aerobic activities such as running programs, swimming, skating, gymnastics, hiking etc. helped participants get into better health during the school year. Each district also had a summer program focused on physical activity for elementary participants while the high schools utilized the PEP provided Wellness Centers which house cardio machines such as elliptical machines, treadmills, and stationary bikes. Family Fun nights that focused on physical activity (Zumba, aerobics, martial arts) and quarterly newsletters with activity guides provided opportunities for participants and their families and communities to improve cardiovascular health as well as site PE teachers having access to the Fitnessgram PACER. Collaborative partners such as the Boys and Girls club would routinely use the PACER as a scheduled activity created practice opportunities and build endurance in our students. The PEP grant provided curriculum provided a research based and standards aligned lessons for the site PE teachers and after school workers to get participants moving during PE class and after school sessions which also increased their cardiovascular capacity.

Site and Window #	Number of Students who met age appropriate cardiovascular fitness levels	Number of participating in the program during that window	Number of students who participated in PACER run	The windows response rate based on site
Site 1 Southgate Baseline	110	197	181	92%
Site 1 Southgate 1st measure	129	168	159	95%
Site 1 Southgate 2nd measure	133	173	154	89%
Site 1 Southgate 3rd measure	119	164	148	90%
Site 1 Southgate 4th measure	108	158	144	91%
Site 2 Grandview Baseline	265	381	352	92%
Site 2 Grandview 1st measure	265	370	348	94%
Site 2 Grandview 2nd measure	265	370	348	94%
Site 2 Grandview 3rd measure	261	367	327	89%
Site 2 Grandview 4th measure	271	366	328	90%

Site 3 Lincoln Baseline	245	514	450	88%
Site 3 Lincoln 1st Measure	356	505	457	90%
Site 3 Lincoln 2nd Measure	329	501	447	89%
Site 3 Lincoln 3rd Measure	343	496	444	89%
Site 3 Lincoln 4th Measure	397	495	423	85%
Site 4 Bellevue HS Baseline	12	129	118	91%
Site 4 Bellevue HS 1st Measure	3	83	80	96%
Site 4 Bellevue HS 2nd Measure	2	86	78	91%
Site 4 Bellevue HS 3rd Measure	5	86	74	86%
Site 4 Bellevue HS 4th Measure	2	83	71	85%
Site 5 Dayton HS Baseline	10	113	96	85%
Site 5 Dayton HS 1st Measure	3	74	66	89%
Site 5 Dayton HS 2nd Measure	4	74	57	77%
Site 5 Dayton HS 3rd Measure	5	69	56	81%
Site 5 Dayton HS 4th Measure	4	73	60	82%
Total excluding Baseline data	3004	4761		
			158/251	62.9
Divide by # of Windows times	158.1	250.5		63%
# of sites (4 x 5=20) (19)	158	251		
80% return times the # of program sites				

GPRA Measure #2	# Who met Age Appropriate Cardio Levels	# of Participants during Window	Ratio	%
Baseline	642	1334	642/1334	48%
Year 1	149	278	149/278	54%

Year 2	153	260	153/260	59%
Year 3	158	251	158/251	63%
Total	460	789	460/789	58%