**Annual District Physical Activity Report  
Spencer County Public Schools**

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The purpose of this report is to inform the Board of Education of various activities schools are doing which encourage and promote physical fitness. The following are extractions from each school’s Wellness Plan and are meant as starting points for building physical activity opportunities inside and outside the regular school day.

**District Guidance  
  
1. Physical Education**

*The physical education curriculum shall teach students the importance of physical fitness and expose students to a wide variety of physical activities so students develop the concepts and skills necessary to be active for life. The physical education curriculum shall meet or exceed state standards, including emphasis on health-related physical fitness and lifetime activities. Student involvement in other activities involving physical activity shall not be a substitute for meeting the physical education requirement.*

**2. Physical Activities**

*All elementary schools shall schedule daily recess for students and encourage students in active play. All district schools shall offer a range of activities for all students, including students with disabilities and students with special health care needs, as additional ways to be physically active.*

**TES**

**1. Physical Education**

Activities and Evidence

1. TES will follow the Kentucky Core Standards for Primary/Intermediate Physical Education by having each student participate in physical education class a minimum of once per week.
2. Lessons plans to reflect activities.
3. Assessing student’s level of activity in grades 3-5 at least four times a year by using the Fitnessgram Pacer Test.
4. Clubs- running, gardening, cheer, Health/Wellness

**2. Physical Activities**

Activities and Evidence

1. Each student shall engage in 15 minutes of planned moderate to vigorous activity, preferably outdoors, on days they do not attend Physical Education class. The school shall provide space and equipment to make the activity possible and appealing to the students. The arrangements must fit within the limits of our building and staff.
2. Teachers shall make all reasonable efforts to avoid periods of more than 40 minutes when students are physically inactive. When possible, physical activity should be integrated into learning activities, such as Take 10, Brain Breaks, Gonoodle.com, Just Dance, “The Gulps”, Kidz Bop, math songs with movement, yoga, exercise balls, etc.

**SCES**

**1. Physical Education**

Activities and Evidence

1. Activities follow Kentucky Core Academic Standards for Primary/Intermediate Physical Education (aligned to National Physical Education standards)
2. Lesson plans
3. Basic large and small loco-motor skills are taught through various games and activities
4. Clubs: Running, Zumba, Cup Stacking, Gardening

**2. Physical Activities**

Activities and Evidence

* Playground activities on outside equipment
* Rainy Day Recess:  ​Dance, aerobics, & exercise
* Brain Breaks:  Stretching
* We do several stretching and jogging breaks
* “Just Dance” videos for indoor recess
* Wiggle dance with Wulfe Bros to get the wiggles out
* Stretches between assessments questions like make your left elbow touch your right knee, jumping jacks
* Musical Topic Journals
* Math Vocabulary Movements--Geometry
* A quick birthday dance on students' birthdays to one of the Wulfe Bros. songs.
* The chairs in my room do not stack on the desks, so students are responsible for stacking them up each afternoon and getting them out every morning.  This doesn't sound like much, but it can be a workout.
* Adventure to Fitness for brain breaks or indoor recess
* Continental drift for a brain break
* ​Brain breaks with song and dance
* Milling to Music (movement around the room and stopping to chat about content with a partner, then moving some more)
* Indoor recess sometimes includes charades
* Hokey Pokey, Walking Song, Gummy Bear Dance, Monkey Dance, Robot Song.
* run while counting to 100, elbow to knee cross while saying letters/sounds, 5 Minds in Motion activities, dancing brain breaks, march in place while waiting
* Greg and Steve music with movements, other cd's with music and movements, ABC exercise DVD
* Mix and Match for review (music on walk/off high five/tell your partner (whatever we are learning or reviewing).
* Brain Breaks, acting out concepts when possible--being a seed and growing into a plant, changing locations from carpet to seats to group work on the floor--giving a chance to move whenever possible, having work spots around the room that are not so confining to a chair, motions to songs and plays, wiggle time/recess
* We perform a lot of skits in our lessons, 4 corners for recess
* Every morning after we complete our Word Work we have a routine that we do.  I tell them to put their checked papers in their cubbies, give me 10-10-10, get a drink and then meet me on the floor for Shared Reading.  They know that they have to do 10 jumping jacks, 10 toe touches, and 10 crunches. It's a great Brain Break - quick and simple.
* We have brain breaks, dance, sing, and move to content songs, use some elements of whole brain instruction (which includes movement), and cheer content vocab.

**SCMS**

**1. Physical Education**

Activities and Evidence

1. P.E. Curriculum throughout the year: 2 week units divided up into 4 areas, Individual sports, team sports 1 and 2, and Fitness. Lifetime activities are incorporated into each different area. Examples: Archery, Tennis, Badminton, Volleyball, Ultimate Frisbee, Basketball, Wiffleball/Softball, Team Handball, and several others. These lifetime activities are geared so students can learn and do these throughout their life. Rules and regulations are part of what is learned along with how to participate in the game. Manipulative skills are used to assist the learning of each activity. Each activity has fitness and wellness embedded into them so the students sees the benefits of the activity. The Fitness unit assesses the students’ fitness at the beginning of the semester. The students then does different fitness activities and test again at the end of the unit.

**2. Physical Activities**

Activities and Evidence

1. GRIZZLIES BEYOND THE BELL OFFERS 30 MINUTES DAILY OF LARGE MOTOR SKILL ACTIVITY. STUDENTS PARTICIPATE IN GROUP GAMES AND ACTIVITIES. WE OFFER OUTSIDE RECESS, SPORTS AND RECREATION. WE HAVE A VARIETY OF SPORTS EQUIPMENT AVAILABLE THAT IS USED ON A REGULAR BASIS. BASKETBALLS, SOCCER BALLS, VOLLEYBALLS, PLAYGROUND BALLS, FOOTBALLS, HULA HOOPS, JUMP ROPES ETC.
2. WE ALSO OFFER A VARIETY OF CLUBS THAT HAVE A PHYSICAL ACTIVITY ASPECT.
3. THE ULTIMATE FRISBEE CLUB PLAYS VARIOUS GAMES OF ULTIMATE FRISBEE EACH WEEK FOR AN HOUR.
4. THE GRIZZLY GUARD CLUB HAS PHYSICAL ACTIVITY COMPONENTS, AS STUDENTS MARCH, LEARN DRILLS & WORK OUT IN A MILITARY STYLE.
5. THE RUNNING CLUB PARTICIPATES IN LONG DISTANCE RUNNING AS WELL AS SHORT SPRINTS & RELAY RACES.
6. TAE KWON DOE WILL BE OFFERED AFTER CHRISTMAS TO STUDENTS. STUDENTS WILL LEARN PROPER STRECHING AS WELL AS TAE KWON DOE TACTICS.
7. FMD students participate in PE all year long.

**SCHS**

**1. Physical Education**

Activities and Evidence

1. All students are required to take a physical education course during their high school years. Several courses are offered for advanced PE for the upper classmen. Health class is offered as well with an emphasis on healthy lifestyle living, substance abuse, and physical activity as a daily activity.

**2. Physical Activities**

Activities and Evidence

1. Several physical activities are offered at the high school level especially in the extracurricular area. Spencer County High School offers the following sports to encourage students to continue a physical activity: Football, basketball (girls/boys), soccer (girls/boys), tennis (girls/boys), archery (co-ed), Cheerleading (co-ed), dance team (girls), softball, baseball, track/field (co-ed), volleyball (girls), wrestling, cross country (girls/boys), swim team, and golf team.

**Summary**

Overall each school responded positively to the Wellness Plan mandate and were asked to include activities they are currently doing that promotes physical fitness. New goals will be discussed when school starts and the Wellness Team meets again. Each school will determine their level of increasing physical activity and the results will be reported next year.