Physical Education for Progress Grant

Program Objectives
1. Implement physical education curricula that are based on the Arizona state physical education standards in Flagstaff schools.
2. Provide professional development opportunities for teachers to stay abreast of the latest research and trends in physical education.
3. Assess student progress toward attainment of the state physical education standards.

Program Methods/Components
- **Professional development** in latest research and trends and state standard-related curricula implementation.
- **Teacher support**: Consultants who lead professional development support teachers in curricula implementation and student assessment.
- **Program evaluation**: Process and outcome evaluations will be conducted. The program will be evaluated by:
  - The degree to which students attain, surpass, or make improvements in the targeted Arizona physical education standards,
  - The degree to which Flagstaff physical education teachers are able to implement the state standards based curricula, and
  - Teacher satisfaction with the program.

Curriculum

<table>
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<tr>
<th><strong>Elementary School:</strong></th>
<th><strong>Middle School:</strong></th>
<th><strong>High School:</strong></th>
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<td>Center on children’s attainment and application of a variety of basic movement skills. Locomotor, non-locomotor, and manipulative skills will be applied in educational games, dance, and gymnastic situations. Attainment and maintenance of a health-related level of physical fitness, and personal and social responsibility will also be addressed.</td>
<td>Center on student’s development of social and personal responsibility through applying game strategies as targeted in team sports, modified games, and project adventure activities. Attainment and maintenance of a health-related level of physical fitness will also be emphasized.</td>
<td>A personal fitness concepts approach will be emphasized. The focus of this approach is components of physical fitness and principles of training, and how to apply these to team, individual and dual sports, outdoor pursuits, self-defense, gymnastics, and/or dance. This curriculum results in students’ attainment of skills to develop and implement their own personal fitness program.</td>
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Evaluation Methods

**Students’ progress and achievement**
- FITNESSGRAM physical fitness testing (standard #4)
- Teacher observation using rubrics with clearly defined behaviors (standards #1, 2, 5, 6)
- Student observation using rubrics with clearly defined behaviors (standards #1, 4)
- Written tests (standards #1, 2, 4, 5, 6)
- Student projects following rubrics with clearly defined components (standards #3, 4, 5, 6, 7)
- Student portfolios (standards #1, 2, 3, 4, 7)
- Activity logs (standards #3, 4, 7)

**Program Implementation**
- Teacher input and qualitative formative assessments.
- Teachers’ attainment of individually established teaching goals.
- Ability for teachers to establish and progress toward goals after the funding period.

Next Steps
1. ID Participating Teachers
2. ID & order equipment
3. Planning & ID training dates
4. Get to work!