PEP Background

There is little evidence of the current FUSD physical education program’s effectiveness in contributing to students’ attainment of the Arizona physical education standards. The objectives of this program are to:
1. implement state standards based curricula in all Flagstaff schools,
2. train teachers in currently recognized best practices of teaching, and
3. assess student progress toward attainment of the state physical education standards.

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Kathy is an associate professor in the Department of Health Promotion at NAU. Her areas of interest include teacher education, physical fitness & physical activity promotion, and assessment & curriculum.

Steve Palmer, PhD
Steve is an assistant professor in the Department of Health Promotion at NAU. His areas of interest include teacher education, children’s physical activity and the use of technology in education and health promotion.

Participants
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FUSD Middle Schools:
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  Mark Sorensen
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FUSD Elementary Schools:
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  Jana Fix
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  Julie Elliott
  Kerry Kriesel
  Lori Sandaker
  Maureen Landrith
  Susan Alvin

Payson Schools:
  Rich Ormand

Preservice Teachers (NAU):
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Self-Selected physical education teachers from FUSD K-12 schools participated in a two day workshop funded through the Carol M. White Physical Education for Progress Grant (PEP). Topics covered include:

- Effective teaching concepts and the “New PE”
- Physical fitness assessment and reporting
- Specific grade level curricula based on AZ state PE standards
- Applied technology
- Appropriate assessment practices

General Workshop Objectives

- Increase participants’ knowledge of PEP grant program guidelines and procedures
- Increase participants’ understanding of Arizona Physical Education Standard implementation
- Increase participants’ understanding of the “New PE” and its implementation
- Increase participants’ ability to meet fitness testing and reporting challenges
- Increase participants’ ability to administer appropriate Fitnessgram testing protocols
- Increase participants’ ability to use Fitnessgram computer applications for recordkeeping and reporting
- Increase participants’ ability to use Mail Merge computer applications for student reporting
- Increase participants’ knowledge of the PEP program assessment component

Elementary Workshop Objectives

- Increase participants’ knowledge of skill themes and generic levels of skill proficiency and how these meet Arizona Physical Education Standards
- Increase participants’ ability to design developmentally appropriate tasks using skill themes and GLSP (EMM Model)
- Increase participants’ ability to implement tasks based on skill themes and GLSP
- Increase participants’ ability to assess students’ GLSP in various skills and other areas of the Arizona Physical Education Standards
- Use the elementary physical education curriculum to design standardized scope and specific Arizona Physical Education Standards sequence, sample tasks, and assessments that target specific Arizona Physical Education Standards.

Middle School Workshop Objectives

- Increase participants’ knowledge of approaches for teaching responsibility through physical activity.
- Increase participants’ ability to construct meaningful objectives and developmentally appropriate assessments accommodating young adolescents following the AZ State PE Standards.
- Explore methods of improving classroom community in physical education through team building, cooperative learning and problem solving activities supporting teacher advisory middle school concept.
- Design standardized scope and sequence, sample tasks, and assessments that target specific Arizona Physical Education Standards.

High School Workshop Objectives

- Increase participants’ ability to use heart rate monitors for student learning and program assessment
- Increase participants’ knowledge of components of a personal fitness curriculum and how these meet Arizona Physical Education Standards
- Increase participants’ ability to implement a personal fitness curriculum
- Develop a pilot semester long integrated personal fitness/health curriculum that targets specific Arizona Physical Education Standards.