DPS Physical Education Presentation

Board of Education November 17, 2016
DPS PE Framework

Standards-based, quality instruction, allows all students to advance:

- PHYSICALLY
- COGNITIVELY
- EMOTIONALLY

And make connections to lifelong HEALTH and WELLNESS.
Scientific research has shown that access to consistent moderate to vigorous physical activity (MVPA) within quality Physical Education:

- Enhances academic achievement
- Helps students to achieve higher fitness levels
- Reduces health risks associated with obesity
- Contributes to mental wellness
% of DPS students who took a PE class* in 2015-2016

- All Grade Levels: 80.0%
- Elementary: 97.7%
- K-8: 89.9%
- Middle: 71.8%
- High School: 40.0%

* Data includes courses that may be waived or short in duration.
## Physical Education Access in DPS

<table>
<thead>
<tr>
<th>Level</th>
<th>National Recommendations (Shape America)</th>
<th>DPS: Year 15-16</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elem.</td>
<td>150 minutes</td>
<td>61 minutes</td>
</tr>
<tr>
<td>M.S.</td>
<td>225 minutes</td>
<td>85 minutes</td>
</tr>
<tr>
<td>H.S.</td>
<td>225 minutes</td>
<td>120 minutes</td>
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</tbody>
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PE Instructional Time

Snapshot example of PE instructional time: Middle School

School A
- 20% FRL
- 38% non-white
- Year-long calendar
- 105 days/year
- 80 minutes/class

School B
- 83% FRL
- 87% non-white
- Quarter calendar
- 45 days/year
- 59 minutes/class

School C
- 95% FRL
- 93% non-white
- Trimester calendar
- 60 days/year
- 65 minutes/class
PE English Language Data

By % of ELL students at schools, the average minutes/week of Physical Education

- Lowest ELL Schools: 72.9
- Lower ELL Schools: 72.3
- Higher ELL Schools: 74.7
- Highest ELL Schools: 50.3
PE Pilot Program

PE 2020 Goal 1: Pilot Program

- Identify 5 schools YR16/17
  - Best Practice Guide used to analyze programming and set short and long term goals
  - Fitness Technology, FitnessGram equipment, and PD
- Grow to 10 schools YR17/18.
- Pilot schools will provide data and school perspectives for PE programming
Next Steps

• Analyze data from pilot schools

• Share Best Practices Guide with larger PE teacher community - encourage communication with building administration

• Create communication plan to inform schools, parents and community about PE Pilot work, state of access and importance of regular Physical Education

• Meet with stakeholders to discuss ways to better support schools with high rates of low income and English Language Learners
Appendix
Current State of Instructional Support

- Standards-based instructional resources
  - Learning trajectories, Pathways, SLOs, PBTs
- Professional learning opportunities
  - Blue Green Days - 150/180 in attendance
  - Professional Dev. workshops - 28 hours
  - Professional Dev. Unit - 45 hours
  - DPS PE and Dance Summer Institute - 96 teachers in attendance
- Observation/Feedback cycles
Partnership with PE for All

PE 2020 Initial Plan timeline: Goals met Fall 2016
- Data Task Force
- Pilot School Task Force
- PE Best Practice Guide
- Adapted PE Specialist
- PD – CDE standards aligned

Pilot school selection
- Quality of PE instructional program
- FRL variety
- Administrator support
- Geographic and demographics
Additional Stats Year 2015-16

- 94% of PE teachers are endorsed in PE through CDE
- FTE’s Physical Education 153

High School Physical Education Courses Offered

Unified Sports
Intro to PE
Advanced Fitness
Fitness for Life
Strength/Conditioning
Condit/Weight Training

Team and Life
Body Works
Lifetime Activities
Swimming
Exercise Physiology
Physical Activity Coordinator will support Whole School Movement programs in 5 pilot schools.

Hiring process should be completed by Dec. 2016.

There are 165 Community Partner Programs that offer some sort of physical activity, i.e. Boys and Girls Club, YMCA Fit for Success, BOKS.
Whole Child, Healthy Child Agenda 2020

• As part of achieving the Denver Plan Goal of Support for the Whole Child, we aim to achieve a sustainable foundation in supporting the whole child by creating an environment where health and wellness is a priority.

• Physical education is an important part of health and wellness and a focus area within the Whole Child, Healthy Child Agenda 2020.

• We aim to provide high quality, standards-based Physical Education for every student in Denver Public Schools and increase students’ participation in quality PE by 20% by 2020 by ensuring:
  • 85% of Physical Education teachers will ensure students are moderate to vigorously active at least 50% of every physical education class period.
  • 100% of Physical Education teachers will have a Physical Education endorsement.
  • 10 schools will pilot the implementation of the national recommendation of physical education minutes. This pilot will establish proof points across the district of schools modeling practices outlined in the district’s PE Best Practices Guide.