

ANCHORAGE SCHOOL DISTRICT
ANCHORAGE, ALASKA

ASD MEMORANDUM #107 (2002-2003)

December 9, 2002

TO: SCHOOL BOARD

FROM: OFFICE OF THE SUPERINTENDENT

SUBJECT: ACCEPTANCE OF GRANT AWARD: PHYSICAL EDUCATION
FOR PROGRESS

RECOMMENDATION:

It is the Administration's recommendation that the School Board authorize the Superintendent to accept a grant from the U. S. Department of Education, Office of Elementary and Secondary Education, Physical Education for Progress Grant Program. This one-year project provides for mentoring of physical educators in specific areas of the adopted curriculum, purchase of fitness-related equipment, and data collection on the fitness levels of students at project sites.

PERTINENT FACTS:

The Anchorage School District (ASD) Health and Physical Education Program applied for and won a grant from the U.S. Department of Education's Physical Education for Progress Grant Program. This competition is intended to initiate, expand, and improve physical education programs in schools. One half of the funding must benefit children who attend high needs schools; and for all students, funding must be used to address standards in physical education.

The ASD project will enhance articulation of selected curricular strands across grade levels, and will emphasize the national benchmarks and proficiency assessments for participating students.

The project will:

- Address three essential strands of the Board-approved physical education framework – fitness, movement/dance, and adventure education – in the context of state and national standards and cross-curricular enhancement. Within these three strands, there will be a focus at elementary and middle school levels to better prepare students for the high school experience.
- Use experts on special assignment from the existing physical education

staff to design and provide in-depth training and mentoring to other teachers in small cluster groups. This professional development model includes classroom-based mentoring as well as out-of-school spring and summer workshops. At the elementary level, approximately twelve teacher mentors will work on a short-term basis with new-to-district teachers at twenty-four schools. At all middle schools, teachers will receive 12 days of mentoring to improve instruction in each of three curricular strands, from three teacher mentors--a single mentor for each strand. Moreover, five middle schools will receive monies to purchase fitness equipment to meet their specific needs. High school teachers will receive workshop training and mentoring in support of the required Lifetime Personal Fitness course. They also will receive fitness monitoring equipment. All instruction will be tailored to standards, with appropriate use of assessments and best practices as outlined by the National Association for Sport and Physical Education (NASPE).

- The grant provides funds for cardio-respiratory-enhancing activities during recess for elementary schools that choose this option.

Success will be measured by:

- The extent to which teaching practices are changed in the three curriculum strand areas;
- The creation and teaching of new cardio-day fitness activities;
- Incorporation of digiwalker methods into classroom delivery;
- Changes in baseline fitness data on Lifetime Personal Fitness;
- Changes in student skill levels as a factor of use of new equipment;
- Increases in students' muscular strength, endurance, and aerobics; and
- Positive changes in fitness among elementary students.

Evaluation methods and sources of data include mentor evaluations in mentee classrooms, principal observations, teacher self and student evaluations, classroom assessments, program records, student records and grades, nurses' records, and student surveys.

The grant award is \$388,966 for the single year of funding. Funds support assistance from a full-time coordinator and a part-time administrative assistant. The budget also includes contract addenda for training, travel for four to attend a national physical education conference, purchase of supporting equipment, external evaluator's contract, and design and development of program records and assessments. Forty-eight days of release time provide substitutes for elementary physical education mentor teachers who will operate in 24 elementary schools. Thirty-six days of release time at the middle schools provide three substitutes for the three mentor teachers. At the high school level, twenty-two and a half days of release time enable mentor teachers to work at all schools

on consistent implementation of the Lifetime Personal Fitness class. The grant program does not require a cash match from the Anchorage School District. Major in-kind contributions include regular salaries of mentor teachers and materials that already are part of the schools' programs.

Budget Summary:

Certificated Salaries	\$ 55,974
Added Day/Duty	32,799
Classified Salaries	12,760
Substitute Teachers	12,780
Employee Benefits	25,474
Staff Travel	4,211
Teaching Supplies	3,070
Equipment	222,883
Indirect Costs	<u>19,015</u>
TOTAL	\$388,966

CC/JC/DC/GO/PM/MH/SV/BT

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