Lancaster Fitness Committee

February 17th, 2012

1. Opening Activity – PE profile assessment video on skill assessment with rubric
   * 1. Observed PE profile videos and used rubric – discussed discrepancies in grading and the need for specific skills on a checklist perhaps attached to the rubric. Need for all to be on the same page.
2. Review of Fitness Assessment – honest discussion about what worked, what did not, what modifications need to be made?
   1. Beginning notes (warm and cold feedback)
      * 1. K-3 – need a reference citation (for each test) and directions on how to administer it. All need to be on the same page for administering assessments. NOT all on the same page K-3. **Long jump – look at rubrics (normative)**
        2. 4-6 – tried Cooper 12 minute test/preferred mile run (Presidential and National); modify 4-1 rubric for sit-ups; push-ups – specific on administering. **Long jump – look at rubrics (normative).** Start testing vertical jumps to get norms for Lancaster – no national data.
        3. 7-8 – Standing long jump --Need references on charts. Flex arm, or push-ups (do one or the other). Set standard for sit-ups.
        4. 9-10 – Want to test vertical jump (continue to do long jump until district gets data).
        5. 11-12 – variables in upper arm strength – flex, pull-up and push-up. Decided on push-ups.

**NOTES:**

**Topic 1 -- Cardio – Pacer, Cooper, Mile**

**k-3 Pacer – (unofficial practice with a variation) and test and get 1 score.**

**4-6 – Mile run (unofficial practice with a variation) and test**

**7-8 – Mile run (1/2 mile practice) and test**

**9-12 – Mile – if there needs to be 3 data points; they will need to do pacer.**

**\*\*Cooper can be used as practice\*\***

**Topic 2 – Upper Body**

90 degree elbow bend

**Official Test is push-ups:**

**K-6 – Fitness Gram – with Cadence**

**7-12 – Cooper – without cadence**

**(Try this May and discuss in August)**

* **Discuss the number of formation breaks**

**Topic 3 – Lower Body**

**Long jumps – 3 attempts (put on references that at K-3 it was a backward scaffold of selection classification data). Use Lancaster norms (e-mail Michelle)**

**Topic 4 – Sit-ups**

**President’s Challenge**

**Topic 5 – Flexibility (reference Donna’s book) --**

**Revisit rubric -- (2 seconds)**

**Needs: Need to make sure all doing them correctly K-12 (like flexibility) – explicit directions. Choose 1 assessment for next year from Presidential, Fitness Gram, Modeling together by level.**

1. State updates and Testing procedures – how are we using these assessments? How will assessment procedures be aligned to State protocols? – 60% -- one will be a formal evaluation (an an unannounced); 40% -- local (measurable, rigorous, and show growth over time). HEDI scores.
2. Collecting the data in eDoctrina - Chris Dickson

1. Aligning the fitness test with national standards – How did you align to NYS standards? Where are we with NYS and national alignment? What support is needed?
2. Work time to modify rubrics and make sure this work is TIGHTLY aligned K-12

**Next Steps – training (K-6 AM) afternoon (7-12)**

**K-3: Modified rubric numbers, modified tests – curl up and pacer. STILL need to scan tests and wording to be hyperlinked.**

**4-6: Modified numbers on google doc.**

**7-8: updated e-doctrine, Google doc updated**

**9-12: NYS and national alignment, finishing e-Doc, Google doc completed.**

**Next Steps:**

**Need doc- K-12: Manual, rubric, to give to all staff. Kathy and Julie.**

**Look at K-12 numbers in the Google doc and re-order**

**Next meeting: March 15th:**

**7-12 (8-10:30) with secondary. Show errors/proper form, how to, and have them score**

Sue will give a schedule of who is leading each session!

**K-6 (12-2:30) with elementary. Show errors/proper form, how to, and have them score**