

Basic Skill Area: Health & Physical Education

State/BISD Goal:

The students in the public education system will be provided with educational opportunities that address safety, health, nutrition, substance abuse, and violence prevention

BISD Annual Performance Objective:

Improve in the overall wellness of the students, staff as well as community members by promoting healthy lifestyles and awareness.

Action Steps	Activities	Population	Resources Source/ \$ Amount	Person(s) Responsible	Timeline	Evaluation
5.1	Provide students in grades Pre K-8 with moderate to vigorous physical activity each day in Physical Education for at least 30 minutes a day or 135 minutes a week. (Middle school students for at least 4 total semesters) (SB 530- Effective 9/01/2007)	Students Grades Pre K-8 - Bi-lingual students - GT Students -Pre-AP Students -Dyslexia Students - Special Needs Students - Migrant Students - At-Risk Students - ESL Students	-Local funding for additional PE teachers as needed. -Cost - Commensurate with BISD Board Approved Teacher pay scales.	-Area Superintendents -Campus Administrators -Deans/Facilitators -Physical Ed. Teachers	-Ongoing	F-Classroom Observations F-PE student attendance records F-Updated District Policy S-School Health Index S-Physical Fitness Assessment
5.2	Assess student fitness annually in grades 3-12. (SB 530-Effective 9/01/2007)	Students Grades 3-12 - Bi-lingual students - GT Students -Pre-AP Students - AP Students -Dyslexia Students - Special Needs Students - Migrant Students - At-Risk Students - ESL Students	-Cost-Local funding for supplies needed	-Area Superintendents -Assessment Research & Evaluation Administrator -Curriculum & Instruction Administrators -Health Services Administrator -Physical Ed. Specialist -Campus Administrators -Physical Ed. Teachers -School Nurse -CATCH Team Members -ARD & 504 Teachers	-Annually	F-Updated District Policy S-TEA required report for Fitness Assessment Results & Student Follow-up

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Action Steps	Activities	Population	Resources Source/ \$ Amount	Person(s) Responsible	Timeline	Evaluation
5.3	Develop curriculum objectives in Health and Physical Education which provide students the knowledge and skills necessary to develop and maintain optimal lifetime health and fitness levels. Curriculum must be sequential, developmentally appropriate, and designed and implemented and evaluated to enable students to develop the motor, self management, and other skills, attitudes and confidence necessary to participate in physical activity throughout life. (SB 891 – Effective 9/1/09)	Health Teachers Physical Education Teachers Pre K-12	-TEKS objectives -TAKS objectives -Health Ed/PE curriculum materials -Cost-Other resources up to \$70,000 in approved budget requests	-Health Ed. Lead Teacher -PE Specialist -Health Teachers -PE Teachers Pre K-12	-Annually	F-Updated Curriculum Frameworks S-Student classroom Assessment S-Physical Fitness Assessment
5.4	Update scope and sequence bi-annually for Health and Physical Education and monitor for implementation.	Health Teachers Physical Education Teachers Pre K-12	-TEKS objectives -TAKS objectives -Health/Physical Ed Materials -Other Resources -Cost-\$8,000	-C & I Administrators -Campus Principals -Deans/Facilitators -PE Specialist -Health Ed. Lead Teacher -Health/PE Teachers Pre K-12	-Ongoing	F-Updated Curriculum Frameworks S-Campus visitation documentation

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5.5	Provide in-service training on updated scope & sequence materials for all Health and Physical Education Teachers.	Health Teachers Physical Education Teachers Pre K-12	-Adopted materials -Cost-Teacher Stipends for Trainer of Trainers \$100.00 per trainer per day.	-C & I Administrators -PE Specialist -Health Ed. Lead Teacher -Curriculum Writers	-District Development Days	F-Sign in Sheets S-Campus visitation documentation
5.6	Implement an on-going in-service training with strategies that motivate students to participate in a physically active and healthy lifestyle.	Health Teachers Physical Education Teachers Pre K-12	-Health & PE Curriculum -CATCH Curriculum -Quest Curriculum -Wellness Policy - Cost- Consultant may vary dependent on the individual costs of consultant fees. \$8,000	-Physical Ed. Specialist -Safety Coordinator -Health Teachers -Physical Ed. Teachers -Nurses -Counselors -Food Service Manager -Parent Liaison -CATCH Champions -Health Ed. Lead Teacher	-Ongoing	F- Sign in Sheets -Evaluation S-Classroom observation & documentation

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5.7	Update campus improvement plan to include necessary improvements indicated by the School Health Index Assessment Tool and comply with legislative updates as they pertain to physical education and health education. (SB 892 – Effective 9/1/09)	All campuses CATCH Teams Pre K-12	-School Health Index -Cost-\$0	-Campus Facilitator -Campus Deans -Campus CATCH Team Members	-Annually	S -SHI Documentation S -Campus Improvement Plan F-CIP Review
5.8	Recommend to the BISD Board of Trustees changes needed concerning the District’s Health & Physical Education Programs as an outcome of the School Health Advisory Council meetings which will take place four or more times annually. (SB 283 – Effective 9/1/09)	Parents, Community Members as well as School Personnel.	- Materials for Meetings -Cost - \$500.00	-Parent Chair -Parent Co-Chair -Curriculum Administrators -Physical Ed. Specialist -Health Ed. Lead Teacher	-Annually	F-Sign in Sheets F- Evaluations S -Board Recommendations
5.9	Monitor and emphasize the integrated math, reading, and writing academic concepts inherent in the Health and Physical Education curriculum programs.	Pre K-12 Students - Bi-lingual students - GT Students -Pre-AP Students - AP Students -Dyslexia Students - Special Needs Students - Migrant Students - At-Risk Students - ESL Students	-TAHPERD Activity Resource Guides -TAKS Objectives -TEKS Objectives -Content area Scope & Sequence -Cost-\$6,000	-Physical Ed. Specialist -Health Ed. Lead Teacher -Curriculum Writers -Health Ed. Teachers -Physical Ed. Teachers -Math, Reading & Writing Department Chairs -Staff Development (district & campus personnel)	-Ongoing	F-Curriculum Frameworks F-Staff Development Agendas F-Lesson Plans S -Campus Visitation Documentation

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5.10	Maintain and improve Coordinated Approach to Child Health (CATCH) Teams that implement the Coordinated School Health Program K-12 by developing goals and objectives based on fitness assessment data, academic performance, attendance rates, academic disadvantages and the use of success of any method to ensure students are reaching required moderate to vigorous physical activity (MVPA), and any other indicator recommended by SHAC (SB 892 – Effective 9/1/09)	All Campuses -Safety Coordinator -Health Education Teachers - PE Teachers -School Nurse - Counselor -Food Service Manager -Parent Liaison -Wellness Coordinator -CATCH Champions	-CATCH Curriculum Materials -Cost-Consultants Fees \$5,000.00 per training -Stipends or CPE hrs. \$50.00 per CATCH Champion Stipend	-SHAC -BISD District CATCH Team -CATCH Champions -CATCH Campus Teams	-Ongoing	S -SHAC Recommendation F -Implementation Documentation F - Lesson Plans S -CATCH Activities S -CATCH Visitation Reports S -School Health Index Improvement Plan
5.11	Establish teams of parents that will participate in physical activity and nutrition education throughout the year which will be known as Families In Training (FIT).	All volunteer parents wishing to participate	-American Heart Association Conozca Su Corazon -Cost \$0	-Parental Involvement Coordinator -Health Education Lead Teacher -Parent Liaison -Parent Health Ambassadors -Wellness Coordinator	-Ongoing	F -Sign in Sheets S -Participant Screening Reports S -Participant Evaluations

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5.12	Evaluate and recommend necessary upgrades for instructional facilities and equipment to ensure appropriate educational instruction and student safety.	-CATCH staff and Administrators at all campuses	As needed -Equipment -Materials -Tests -Facility Upgrades -Cost-Local Funding	-Principals -Safety Coordinators -District CATCH Team -Campus CATCH Team -Maintenance	-Ongoing	F -Safety Evaluation F -Campus Visitation Documentation S -SHAC Recommendations
5.13	Meet at the District level as needed with: -Coordinated Approach to Child Health (CATCH) Champions -Physical Education Department Chairs -Health Department Chairs	-CATCH Champions -Health Ed. Chairs -Physical Ed. Chairs	-Information Updates -Curriculum -Legislative -LEA/TEA -Cost-\$0	-Curriculum & Instruction Administrators -Physical Ed. Specialist -Health Ed. Lead Teacher	Monthly and Every other month	F -Sign-in sheets F -Agenda F -Evaluations
5.14	Implement a Parenting and Paternity Awareness (PAPA) program at all middle schools/high schools. (HB 3076 – Effective 9/1/09)	-6-12 grade students - Bi-lingual students - GT Students - AP Students -Dyslexia Students - Special Needs Students - Migrant Students - At-Risk Students - ESL Students	-PAPA Curriculum -Cost-\$0	-Curriculum Administrators -Health Ed. Lead Teacher - Middle/High School Campus Administrators -Middle/High School Health Ed.	-Annually as indicated by scope & sequence	F - Lesson Plans S - Assessments S - Classroom Observation Documentation

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5.15	Adopt and educate students/parents on the District Dating Violence Policy that provides content specificity.	-6-12 grade students - Bi-lingual students - GT Students -Pre-AP Students -Dyslexia Students - Special Needs Students - Migrant Students - At-Risk Students - ESL Students -Teachers -Counselors -Parents	-Health Education Books -Healthy Teen Dating Curriculum- -Cost-\$1,500.00	-Curriculum Administrators - Guidance & Counseling Administrator -Health Ed. Lead Teacher -Campus Administrators -Counselors -Health Education Teachers	-Annually as indicated by scope & sequence	F-Curriculum Frameworks F-Lesson Plans F-Updated District Policy F-Updated Code of Conduct F-Updated Safety Plan S-Classroom Observation Documentation
5.16	Provide information on the Wellness/Nutrition Policy & Guidelines to parents, teachers & students through parent meetings, teacher staff development, CATCH Teams, and classroom instruction to ensure compliance with respective policies and guidelines .	-PK-12 grade students -teachers -parents	-Wellness Policy Reference Manual -Square Meals.org (Texas Dept. of Agriculture) -Cost \$0	-Food & Nutrition Services Administrator -Curriculum Administrator -Area Superintendents	-Annually to provide legislative updates	S-Campus Observation

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5.17	All schools must identify the manner in which the safety of students in physical education classes is maintained by developing a safety plan of action when the teacher student ratio is greater than 45-1. (SB 891 – Effective 9/1/09)	-PK-12 grade students	-Cost \$0	-PE Teachers -Campus Safety Coordinator -District Safety Coordinator -PE Specialist -Health Lead Teacher -Campus Administration	-Annually	S-Reviews of Campus Developed Safety Action Plan
5.18	Educate students and parents on the District’s sexual abuse of children policies/guidelines through awareness and information, including but not limited to, knowledge of likely warning signs indicating that a child may be a victim of sexual abuse, using resources developed by the TEC under Section 38.004, to conduct classroom presentations and distribute information via the BISD Parent/Student Handbook. HB 1041 (Jenna’s Law)– Effective 9/1/09	-PreK-12 students -Teachers -Counselor -Campus Administrators -Parents -Child Protective Services -Campus/District Staff	-Distribution of the BISD Parent/Student Handbook -Cost \$ 1500.00 – for large scale necessary information/pamphlet printing from Media Center	-Counseling Dept. & Administration -Campus Counselors -SAFE Counselors -At-risk Administrator/Supervisor/ Counselors -Parental Involvement -Campus Personnel -Campus Administration -Health Science Technical teachers -Campus Health Teachers -Area Asst. Superintendents	-September 2009—May 2010 -Annual Awareness -Counselor Meetings -Parental Involvement Meetings - Annual Distribution of the BISD Parent/Student Handbook -KBSD	-Counselor Classroom Presentations - Classroom Presentation Agendas - Classroom Presentation Sign-In Sheets - Verification of Information Distribution via Signed BISD Parent/Student Handbook receipt form

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5.19	Implement informational sessions to faculty, staff, and parents on specific guidelines on reporting child abuse as well as informing all students through counselor classroom presentations, informational documents, and KBSD on actions they should take to obtain assistance and intervention, if they have been sexually abused. HB 1041 (Jenna's Law) – Effective 9/1/09	-PreK-12 students -Parents -Teachers -Counselor -Campus Administrators -Parents -Child Protective Services -Campus/District Staff	- Policy: Exhibit (FFG)	-Counseling Dept. & Administration -Counselors -At-risk Administrator/Coordinator -Parental Involvement -Campus Personnel -Campus Administration -Health Science Technical -Health Teachers -Area Asst. Superintendents	-September 2009—May 2010 -Annual Awareness -Counselor Meetings -Parental Involvement Meetings -Campus Faculty and Staff Meetings	- Counselor Classroom Presentations - Classroom Presentation Agendas - Classroom Presentation Sign-In Sheets - Parental Involvement Agendas and Sign-In Sheets
5.20	The District will provide available counseling options for students affected by sexual abuse. HB 1041 (Jenna's Law) – Effective 9/1/09	-Parents -PreK-12 Students - Counselors -At-Risk Coordinator & Counselors -SAFE Counselors -Guidance & Counseling Administration	-Parental Centers -Campus Counselors -District's Family Centers -Parent Seminars/Bilingual -KBSD Highlights/ Infomercials	-Counseling Dept. & Administration -Campus Counselors -SAFE Counselors -Parental Involvement -Campus Personnel -Health Science Technical Teachers -Health Teachers -Campus Administration -Area Asst. Superintendents	-September 2009—May 2010 -Annual Awareness -Presentations -Parental Involvement --Campus counselors -Family Counseling Services	- Follow-up on child's progress in school during and after counseling sessions -Presentation/ Documentation -Counselor/Teacher verification of class presentation(s) -Agendas -Sign-in Sheets