



Highlights for Higher Education from KSDE

Rationale for This Presentation

- The “Silo” effect
- Concerted effort to break out of silos
- Benefits of collaboration for KSDE
- Benefits of collaboration for universities



University-Relevant Programs/Initiatives

- Kansas Fitness Information Tracking – K-FIT
- Let's Move! Active Kansas Schools – LMAKS
- Physical Education and Health Education Model Curricular Standards
- Kansas School Wellness Policy Model Guidelines
- Kansas Student Growth Measures



K-FIT

- Kansas Fitness Information Tracking
 - Fitnessgram
 - Pacer, Sit & Reach, Curl-Up, Push-Up, Trunk Lift
- Positive link between academics and physical activity based on Year 1 & 2 data analyses



Why K-FIT?

- Provide support for physical education
- Help emphasize that physical education is a critical component of the academic mission of schools
 - PE is NOT a “specials” class
 - PE is an asset to schools and other school staff
- Provide physical education in Kansas with a free assessment tool
 - Teachers incorporate it into normal curriculum
 - Generate reports for students, parents, staff, etc.



How do Schools Participate?

- Get permission
- Get trained
- Register
- Submit STCO records
- Form classes, create test events, enter data
- Generate reports, share results
- Receive \$200 per school for first time data is entered
- Funding from the Kansas Health Foundation



Role of Higher Education in Kansas

- Have attempted to provide site licenses for teacher preparation programs to use (hang-up with agreements)
- Plan to work with university faculty on teaching training protocols to pre-service teachers
- ...and to familiarize pre-service teachers on the use of Fitnessgram



Let's Move! Active Kansas Schools

- Training Physical Activity Leaders (PALs)
- Offering school and district-wide in-services
- Offering team training workshops
- Goal is to increase student physical activity
- Funded by the Kansas Health Foundation



Why LMAKS?

- Many students don't get suggested 60 minutes of physical activity per day
- Many Kansas students don't participate in sufficient physical education
- LMAKS focuses on increasing physical activity for students throughout the school day



LMAKS Opportunities

- **Summer Physical Activity Leader One Day Training**
 - FREE one day workshop with a team of passionate trainers
 - WHEN & WHERE: July 28, 2015 in Salina and July 30, 2015 in Emporia
- **In-Services for Schools or Districts**
 - FREE opportunity to learn from trainers who are implementing physical activity strategies in their schools, designed for all school staff
 - Reinforces the importance of 60 minutes of daily physical activity for students
- **Team Training Workshops**
 - Designed for PALs to attend with team of fellow teacher and building administrator
 - Focus on the team developing an action plan to implement
- **Funded by Kansas Health Foundation**



Role of Higher Education in Kansas

- Assist with recruiting teachers to participate in PALs trainings
- Incorporate Comprehensive School Physical Activity Program components into pre-service teacher preparation
- Support efforts to advocate for increasing physical education requirements in Kansas schools
- Support efforts to encourage schools to implement Let's Move aspects built into Kansas School Wellness Policy Model Guidelines



HPE Model Curricular Standards

- Kansas Physical Education (2005) and Health Education (2007) Model Curriculum Standards are due for revision and approval by the Kansas State Board of Education
- Committees are being formed to complete the revisions
- Emphasis will be placed on having state-level standards reflect national standards



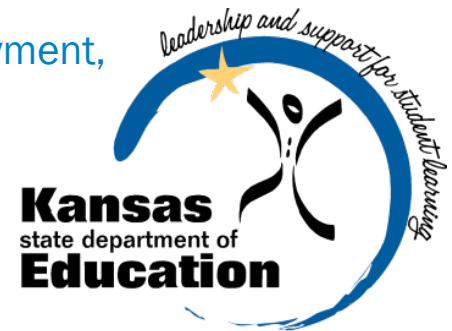
The Goal

- The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.
- To pursue a lifetime of healthful physical activity, a physically literate individual:
 - Has learned skills necessary to participate in a variety of physical activities
 - Knows the implications and benefits of involvement in various types of physical activities
 - Participates regularly in physical activity
 - Is physically fit
 - Values physical activity and its contributions to a healthful lifestyle



Role of Higher Education in Kansas

- **Emphasize the new national standards with pre-service teachers:**
“The physically literate individual...”
 - **Standard 1** - ...demonstrates competency in a variety of motor skills and movement patterns.
 - **Standard 2** - ...applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
 - **Standard 3** - ...demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
 - **Standard 4** - ...exhibits responsible personal and social behavior that respects self and others.
 - **Standard 5** - ...recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.



KS Wellness Policy Guidelines

- Revised and approved by the Kansas State Board of Education, Spring 2014
- Stems from Healthy Hunger-Free Kids Act of 2010
- Guidance provided by US Department of Agriculture
- Includes four components:
 - Nutrition
 - Nutrition Promotion and Education
 - Physical Activity
 - Integrated School Wellness



Physical Activity Elements

- General guidelines
- Physical Education
- Physical Activity Throughout the Day
- Physical Activity Before and After School
- Family & Community Involvement



Factors to Keep in Mind

- Wellness policies are only “model” policy suggestions
 - Schools are not “required” to implement wellness policies
- Fitness testing and elements of Let’s Move have been incorporated into physical activity component of Kansas guidelines
- Guidelines are based on best-practices and are designed with long-term health of students in mind



Student Growth Measures

- From the KSDE website:
 - **Student academic growth measures** will be part of all Kansas educators' evaluations as a significant factor in 2014-2015. "Significant" is defined as showing student growth in multiple ways. It is not expected that student growth as part of the evaluation will be used to "inform personnel decisions" until 2017-2018.



SGMs for Physical Education

- SGMs for physical education include the following, among others:
 - Performance based assessment
 - Locally developed
 - K-FIT
 - PACER
 - Fitnessgram
 - BEEP



Implications for Higher Education in Kansas

- Need for collaboration with KSDE on development and utilization of student growth measures
- Higher education programs will want to emphasize the most common student growth measures when preparing pre-service teachers
- Student growth measure will continue to evolve



Discussion & Questions

- Discussion
- Questions?

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