

Health, Physical Education &  
Driver Education



# ANNUAL REPORT

2015-2016



# PROGRAM PROFILE



The Health, Physical Education and Driver Education programs are committed to educating students to become lifelong learners of wellness. This includes encouraging participation in activities to develop behaviors that encourage good health, build appropriate social skills and promote physical fitness within and outside of the educational setting.

During the 2015-16 school year, 118 health and physical education teachers delivered instruction to all students in Pre-K to grade 10. The health and physical education program is proud to partner with APS aquatics to deliver swim instruction to over 4,000 third and fourth graders and a little less than 3,200 high school students. Additionally, Wakefield teaches driver education and delivers the classroom component in the HPE II course. Students can then complete the behind the wheel instruction during off-school hours.

## **The major services provided by the Health, Physical Education, and Driver Education programs are:**

- Develop and implement high quality health, physical education and driver education teaching and learning experiences
- Assess program effectiveness through data collection and analysis
- Plan, implement and provide sustained and meaningful professional development for health, physical education and driver education teachers
- Act as a liaison to a variety of school and county groups
- Integrate walk and bike education into the school curriculum
- Create and promote district-wide walk and bike encouragement programs and resources for schools
- Review materials for curricular programs, including supplementary resources, software and online resources

- Collaborate with APS facilities to design buildings and spaces for HPE instruction and athletics
- Collect data for the annual Student Travel Tally

## **Bright Spots**

- **Elementary Bike Program:** Starting in the fall of 2016, the elementary bike program was implemented as a pilot in the second grade physical education program. Second grade students in eight schools are learning proper bike and helmet fitting, basic bike maintenance, safe riding skills, understanding traffic signs and signals, hazard avoidance and communicating with other vehicles, cyclists and pedestrians while bike riding.
- **APSFIT Recognition 2015-16:** Last year, the Health and Physical Education Advisory Committee wanted to recognize student wellness. Staff used the Virginia Wellness tests to award points for school totals in the wellness zone. Based the point totals, schools could earn gold, silver or bronze recognitions. The chart "2015-16 APS Fit Recognition" on the next page shows the results.
- **Swim Assessment:** HPE staff collaborated with aquatics to develop a rubric checklist to assess students' aquatic skills. Elementary and high school physical education teachers are able to complete pre- and post-assessments and track students' swim skill progression online as part of the student's fitness portfolio.
- **Dating & Relationship Presentations:** During the 2015-16 school year, HPE classes hosted presentations on relationships and dating violence. Ninth and tenth graders participated in interactive programs delivered by staff from Promoting Awareness Victim Empowerment (PAVE).

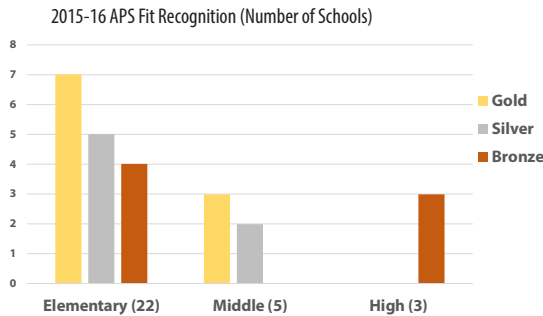




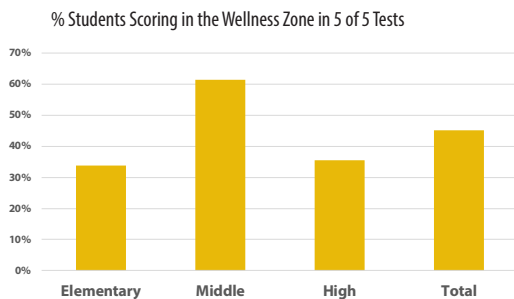
### Data that Provides Insight

The health and physical education office uses a variety of data sources, both local and national. Staff uses data from Arlington's Youth Risk Behavior surveys, as well as national research from the Centers for Disease Control and Prevention (CDC), National Institutes of Health (NIH), and Drug Enforcement Administration (DEA) to guide and plan instruction.

**APS Fit:** Staff used the Virginia Wellness tests to award points for school totals in the wellness zone. Based on the 2015-16 wellness data, there were a total of 24 APS Fit Awards. The chart below displays the number of schools with gold, silver or bronze recognition.



**APS Wellness:** Graph presents the number of students who scored in the Wellness Zone in all five fitness tests in 2015-16. The tests include aerobic, abdominal and upper body strength, flexibility, and trunk lift. In total, over 13,000 APS students were assessed for wellness last year.



**Wakefield's Driver Education:** During last year's second semester, 125 students participated in the pilot that delivers the driver education classroom as part of HPE II (30 of these students took the behind-the-wheel instruction).

### What We Learned

Staff is developing online learning opportunities. Currently all online courses are in health education. APS purchased online learning for grade nine physical education and staff is combining this content to create a blended course. Staff is also exploring effective use of virtual instruction and what units should be delivered face-to-face rather than online.

The 2015 Virginia Standards of Learning for health and physical education are based on science and research, therefore providing opportunities for staff to create competencies and project-based learning. Using power standards, teachers are creating benchmark assessments to track student learning and achievement.

### Moving Forward

At the secondary level, teachers are collaborating with APS Substance Abuse Prevention counselors to enhance instruction on drugs and alcohol. In December 2016, all health and physical education teachers attended a professional learning workshop in which counselors shared the services they provide students as well as current trends in substance abuse. At the middle school level, informational documents were created for teachers to recognize student use of alcohol or drugs. In grades six and eight, health and physical education teachers will deliver the APS health curriculum infused with activities from the Second Step Substance Abuse program. In seventh grade, substance abuse counselors will present lessons on substance abuse. At the high school level, health and physical education teachers will be reaching out to the counselors to enhance instruction on drugs and alcohol.

Physical education teachers are using the physical education power standards to create competencies to measure student learning and skills from elementary to high school. Staff is looking to use an online software program to track student progress.

Staff is in the data gathering year for the health and physical education program evaluation. The final report is expected in the Spring of 2018.

