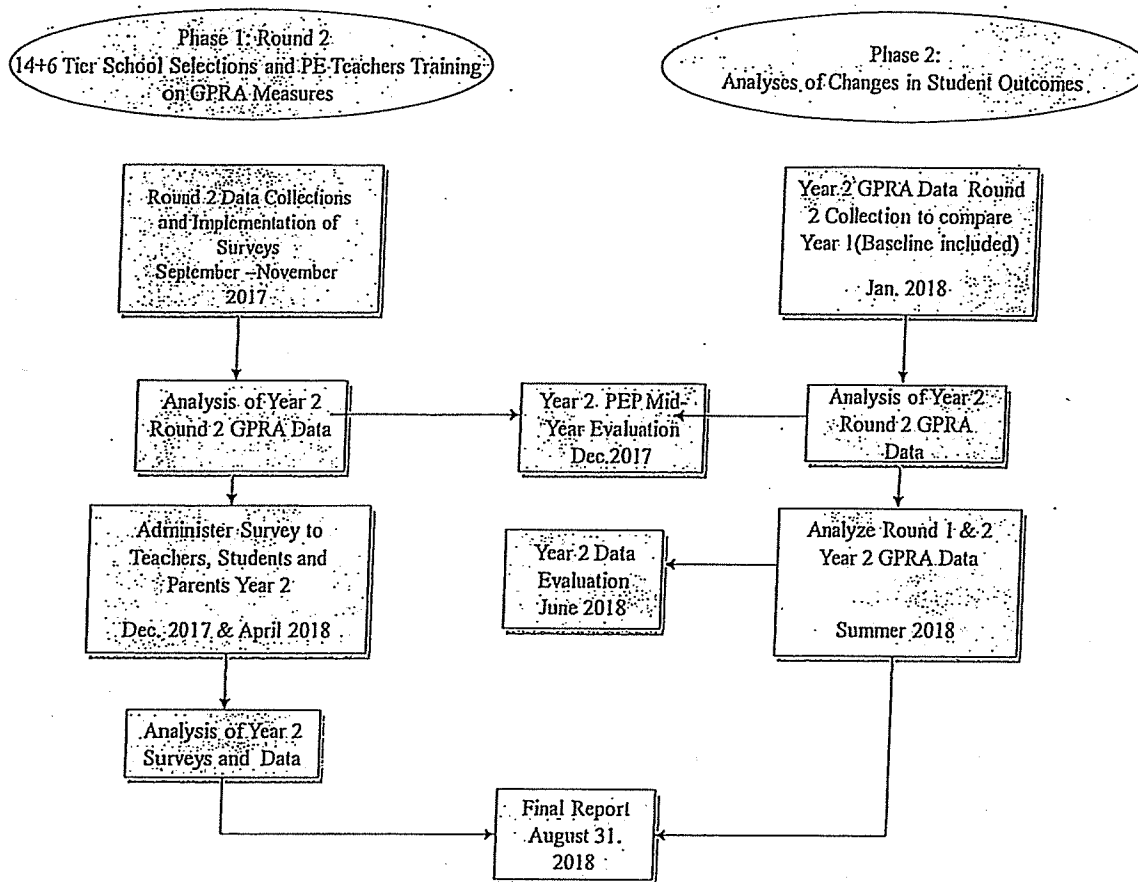


Schematic Representation of Lisa E. Burleson-Longino's Two-Phase Research Design for CMSD PEP Grant



GPRA Measures Required by the Mandate

Performance Measures	Indicators	Required assessment tools	Grade levels
Student Physical Activity Levels Report Aggregated Data	Percentage of students who engage in 60 minutes of daily physical activity	Pedometers/Heart Rate Monitors	K-12
		3-Day Physical Activity Recall (3DPAR)	5-12
Student Health-Related Fitness Levels Report Aggregated Data	Percentage of students who meet the standard of a healthy fitness zones as established by the assessments for the PYFP in at least five of the six areas of that assessment BMI included	PYFP	4-12
		PYFP ( Modified PACER)	K-3
Student Nutrition Report Aggregated Data	Percentage of students who consume fruit two or more times per day and vegetables three or more times per day	Questions from the Youth Risk Behavior Survey	5-12
		Questions from the Modified Youth Risk Behavior Survey Teachers will assist the younger students with an age-appropriate survey	K-4

SHI, HECAT, PECAT, teacher and student surveys completed in the Fall and again in the Spring by all PEP schools in Year 2

Year 1 and Year 2 surveys will address questions with regard to basic implementation, partnership, and data. Additionally data collected will be used to provide detailed information about the projects' planning, operations, activities, challenges, and perceived outcomes.

### **Health In Motion PEP Grant Year 2 Focus 2017-2018**

**Goal:** Development an infrastructure that supports systemic change to the physical education and nutrition education programs in order to ensure that all scholars learn the knowledge and skills necessary for making informed healthy lifestyle choices for a lifetime.

#### **Sustainable Infrastructure**

Apply for Grants- 2 each year (Fall and Spring)

Wellness in CMSD with the Wellness Policy Implementation Plan

CMSD Policies and regulations to be reflective of current practices and future goals

#### **Transparency and Accountability**

Reports, goals, etc. posted to website

Project reports shared with community and with School Board

#### **Community Support and Additional Physical Activity Opportunities**

Continue partnership with the YMCA We Run The City, Cleveland Clinic, Nestle, Alliance for Healthier Generations, St. Luke's Foundation, Mt. Sinai, American Dairy Association Midwest, Cleveland State University Health/Physical Education and Recreation, General Mills, Buckeye Health , Ohio State Extension SNAP-ED, CASE, CMSD Food Service, CMSD Transportation, American Heart Association, Boys and Girls Club of Cleveland, City of Cleveland Parks and Recreation, City of Cleveland Health Department Promote additional avenues for student's parents and community to increase physical activities

#### **Professional Development**

Alliance for Healthier Generation, Marathon Kids and Nestle professional development planned with the purpose of preparing 100% of physical education teachers to teach revised and newly developed curricula. SHAPE (Nashville) memberships for 25 K-12 Physical Education Teachers- 10 people sent to SHAPE in Year 1, 25 in Year 2.

Health In Motion Library for administrators and physical education teachers to utilize to increase knowledge of best researched practices.

#### **Activity and Nutrition Tracking**

Purchase and develop a system to track and archive, for easy accessibility, student information data on FitnessGram, Physical Activity, Nutrition- 100% of participant CMSD students will utilize an online program that will allow them to track their diet and physical activity levels. 100% of participant CMSD students will utilize a variety of tools in order to learn how to self-assess their fitness and nutrition levels.

#### **Curriculum Development and Alignment**

K-12 physical education curriculum aligned with Health In Motion

Equipment to support such as heart rate monitors, GEO Motion TV, Xbox systems

Fitness/Wellness/Exercise Science Labs for High School

Innovative Courses developed for State Elective Credit in Physical Education

**CMSD PEP GRANT TIMELINE Year 2 – 2017-2018- Yearlong**

Begin Date: September 1, 2017 - End Date: April 30, 2018

<u>Projected Dates for Completion</u>	<u>Item</u>	<u>Notes</u>
<p><u>K-8</u> Oct 13-19</p> <p><u>9-12</u> Oct 27-Nov 2</p>	<p>Data Collection Window #1</p> <p>Pedometer/Activity/Nutrition Survey /Pacer /Push-ups/Sit-ups/Height/Weight/Back Saver Sit and Reach, trunk lift, Parent and Teacher Surveys</p> <p>SHI,HECAT andPECAT</p>	<p>K-4: Pedometer log, Nutrition student survey, Pacer, push-ups, sit-ups, height, weight, back saver sit and reach, trunk lift, Parent and Teacher Surveys</p> <p>5-8: Pedometer log, 3DPAR Activity log, Nutrition Survey, Pacer, push-ups, sit-ups, height, weight, back saver sit and reach, Trunk Lift, Parent and Teacher Surveys</p> <p>9-12: Pedometer log, 3DPAR Activity log, Nutrition Survey, Pacer, push-ups, sit-ups, height, weight, back saver sit and reach, trunk lift</p> <p>*** Send logs w class roster to PEP Grant Manager</p>
<p><u>9-12</u> Dec. 12-15</p>	<p>Data Collection Window #2 for High School Only Semester Classes</p> <p>Pedometer/Activity/Nutrition Survey /Pacer /Push-ups/Sit-ups/Height/Weight/Back Saver Sit and Reach, trunk lift, Parent and Teacher Surveys</p>	<p>9-12: Pedometer log, 3DPAR Activity log, Nutrition Survey, Pacer, push-ups, sit-ups, height, weight, back saver sit and reach, trunk lift, Parent and Teacher Surveys</p> <p>*** Send logs w class roster to PEP Grant Manager</p>
<p><u>9-12</u> Jan. 16-20</p>	<p>Data Collection Window #3 for High School Only Due to Semester Classes</p> <p>Pedometer/Activity/Nutrition Survey /Pacer /Push-ups/Sit-ups/Height/Weight/Back Saver Sit and Reach, trunk lift, Parent and Teacher Surveys</p>	<p>9-12: Pedometer log, 3DPAR Activity log, Nutrition Survey, Pacer, push-ups, sit-ups, height, weight, back saver sit and reach, trunk lift, Parent and Teacher Surveys</p> <p>*** Send logs w class roster to PEP Grant Manager</p>
<p><u>K-8</u> March 9-15</p> <p><u>9-12</u> April 23-29</p>	<p>Data Collection Window #2 for K-8</p> <p>Data Collection Window #4 for High School Due to Semester Classes</p> <p>Pedometer/Activity/Nutrition Survey /Pacer /Push-ups/Sit-ups/Height/Weight/Back Saver Sit and Reach, trunk lift, Parent and Teacher Surveys</p> <p>SHI,HECAT,PECAT</p>	<p>K-4: Pedometer log, Nutrition student survey, Pacer, push-ups, sit-ups, height, weight, back saver sit and reach, trunk lift, Parent and Teacher Surveys</p> <p>5-8: Pedometer log, 3DPAR Activity log, Nutrition Survey, Pacer, push-ups, sit-ups, height, weight, back saver sit and reach, trunk lift, Parent and Teacher Surveys</p> <p>9-12: Pedometer log, 3DPAR Activity log, Nutrition Survey, Pacer, push-ups, sit-ups, height, weight, back saver sit and reach, trunk lift, Parent and Teacher Surveys</p> <p>*** Send logs w class roster to PEP Grant Manager</p>