



Pleasant Grove Public School

Avedis Foundation Grant Proposal

Goals and Objectives

Goal 1: To change the current wellness trends of students.
Objective 1.1: Increase to >50% the proportion of children who engage regularly, preferably daily, in moderate physical activity for >60 minutes per day as measured by student journals, PE attendance and participation, and observations. (GPRA)
Objective 1.2: Increase to >75% the proportion of children and adolescents aged 6-14 years who engage in vigorous physical activity that promotes the development and maintenance of cardio respiratory fitness >3 days per week for >20 minutes per occasion as measured by student journals and TriFit records. (GPRA)
Objective 1.3: Reduce to <15% the proportion of students who engage in no leisure-time physical activity as measured by student journals.
Objective 1.4: Increase to >50% the proportion of children and adolescents in grades 1-8 who participate in daily school physical education as measured by PE attendance records and teacher observations. (GPRA)
Objective 1.5: Increase to >40% the proportion of students who meet the standard of a healthy fitness zone as established by the assessment for the Presidential Youth Fitness Program (PYFP) in at least five of the six fitness areas of that assessment as measured by pre/post assessment data. (GPRA)
Goal 2: To provide professional development to PE teachers.
Objective 2.1: 100% of all PE teachers will receive a minimum of five hands-on, on-site training sessions in how to utilize new equipment and curriculum as measured by sign in sheets and training evaluations.
Objective 2.2: 100% of all teachers will participate in SPARK/TriFit/HopSports training each school year in a train-the-trainer format as measured by travel, sign in sheets, and evaluation reports.
Goal 3: To improve students' attitude towards fitness and exercise in an effort to internalize life-long fitness patterns.
Objective 3.1: 60% of the students who participate in PE will show a 15% improvement in their physical self-efficacy as measured by the Physical Self-Efficacy Scale and the Self-Perceptions in Exercise Questionnaire each year as measured by a pre/post completion of questionnaire.
Goal 4: To improve student nutrition and eating habits.
Objective 4.1: Increase >50% the proportion of students who consume two or more servings of fruit a day as measured by student journals and copies of cafeteria meal plans. (GPRA)
Objective 4.2: Increase >50% the proportion of students who consume three or more servings of vegetables every day as measured by student journals and copies of cafeteria meal plans. (GPRA)

Goal 5: To maintain the consistent and effective sustainability of the Get Fit! Program

Objective 5.1: Increase >50% the number of research-based physical education activities that Pleasant Grove students are offered.

Objective 5.2: Maintain sustainable practices for the life of the proposed equipment and beyond.



Pleasant Grove Public School

Avedis Foundation Grant Proposal

Evaluation Methods

Goal 1: To change the current wellness trends of students.	Evaluation Methods
Objective 1.1: Increase to >50% the proportion of children who engage regularly, preferably daily, in moderate physical activity for >60 minutes per day as measured by student journals, PE attendance and participation, and observations. (GPRA)	Quantitative and qualitative data established in Fall of 2013 will be measured against data established in Spring of future school years. Quantitative data will include student attendance reports, absence reports. Qualitative data will include student journals and teacher and parent observations.
Objective 1.2: Increase to >75% the proportion of children and adolescents aged 6-14 years who engage in vigorous physical activity that promotes the development and maintenance of cardio respiratory fitness >3 days per week for >20 minutes per occasion as measured by student journals and TriFit records. (GPRA)	Quantitative and qualitative data established in Fall of 2013 will be measured against data established in Spring of future school years. Quantitative data will include TriFit records. Qualitative data will include student journals, teacher and parent observations, and student self-reporting.
Objective 1.3: Reduce to <15% the proportion of students who engage in no leisure-time physical activity as measured by student journals.	Quantitative and qualitative data established in Fall of 2013 will be measured against data established in Spring of future school years. Quantitative data will include TriFit data and PE attendance records. Qualitative data will include student journals and teacher observations.
Objective 1.4: Increase to >50% the proportion of children and adolescents in grades 1-8 who participate in daily school physical education as measured by PE attendance records and teacher observations. (GPRA)	Quantitative and qualitative data established in Fall of 2013 will be measured against data established in Spring of future school years. Quantitative data will include PE attendance records and student absenteeism records. Qualitative data will include teacher observations and student journals.

<p>Objective 1.5: Increase to >40% the proportion of students who meet the standard of a healthy fitness zone as established by the assessment for the Presidential Youth Fitness Program (PYFP) in at least five of the six fitness areas of that assessment as measured by pre/post assessment data. (GPRA)</p>	<p>Quantitative and qualitative data established in Fall of 2013 will be measured against baseline data established in Spring of future school years. Quantitative data will include student assessment data pre/post data. Quantitative data will include teacher observation and student journals.</p>
<p>Goal 2: To provide professional development to PE teachers.</p>	<p>Evaluation Methods</p>
<p>Objective 2.1: 100% of all PE teachers will receive a minimum of five hands-on, on-site training sessions in how to utilize new equipment and curriculum as measured by sign in sheets and training evaluations.</p>	<p>Quantifiable data on number of teachers who participate in each training session, number of training sessions provided, instructor and teacher surveys at the conclusion of each training session. Qualifying data will include teacher evaluation sheets.</p>
<p>Objective 2.2: 100% of all teachers will participate in SPARK/TriFit/HopSports training each school year in a train-the-trainer format as measured by travel, sign in sheets, and evaluation reports.</p>	<p>Quantifiable data on number of teachers who participate in each training session, number of training sessions provided, instructor and teacher surveys at the conclusion of each training session. Qualifying data will include teacher evaluation sheets.</p>
<p>Goal 3: To improve students' attitude towards fitness and exercise in an effort to internalize life-long fitness patterns.</p>	<p>Evaluation Method</p>
<p>Objective 3.1: 60% of the students who participate in PE will show a 15% improvement in their physical self-efficacy as measured by the Physical Self-Efficacy Scale and the Self-Perceptions in Exercise Questionnaire.</p>	<p>Pre/Post results on the Physical Self-Efficacy Scale which is a 22-item measure of physical self-concept which contains two subscales - perceived physical activity and physical self-presentation confidence and pre/post results on the Self-Perception in Exercise Questionnaire which measures four factors; exercise mastery; body perception; social comfort/discomfort; and fitness.</p>
<p>Goal 4: To improve student nutrition and eating habits.</p>	<p>Evaluation Methods</p>
<p>Objective 4.1: Increase >50% the proportion of students who consume two or more servings of fruit a day as measured by student journals and copies of cafeteria meal plans. (GPRA)</p>	<p>Quantitative and qualitative data established in Fall of 2013 will be measured against data established in Spring of future school years. Quantitative data will include cafeteria meal plan information. Qualitative data will include student journals and teacher observations.</p>

<p>Objective 4.2: Increase >50% the proportion of students who consume three or more servings of vegetables every day as measured by student journals and copies of cafeteria meal plans. (GPRA)</p>	<p>Quantitative and qualitative data established in Fall of 2013 will be measured against data established in Spring of future school years. Quantitative data will include cafeteria meal plan information. Qualitative data will include student journals and teacher observations.</p>
<p>Goal 5: To maintain the consistent and effective sustainability of the Get Fit! Program</p>	<p>Evaluation Methods</p>
<p>Objective 5.1: Increase >50% the number of research-based physical education activities that Pleasant Grove students are offered.</p>	<p>Quantitative data taken from prior years lesson planning and curriculum usage. Qualitative data will include teacher lesson plan books and overall activity logs.</p>
<p>Objective 5.2: Maintain sustainable practices for the life of the proposed equipment and beyond.</p>	<p>Qualitative data will include the actual implementation of the Get Fit! goals, objectives, evaluation methods and program guidelines as measured by training session logs, lesson plan books, activity logs, Fitnessgram assessments, etc...</p>



Pleasant Grove Public School

Avedis Foundation Grant Proposal

Expected Outcomes

The Get Fit! program will advance the attainment of Oklahoma’s PASS Standards for PE after having assessed students’ needs. Its program design will be based the previously identified needs and defined set of measurable goals and objectives. The following outcomes for the program will include:

1. 75% or more of participating students in grades K-8 will demonstrate significant progress in meeting Oklahoma’s grade-specific standards for PE in the area of motor skills and lifetime activity development (OSDE, PASS PE Standards I-II)
2. 70% or more of participating students in grades K-8 will demonstrate significant progress in meeting Oklahoma’s grade-specific standards for PE in the area of health-enhancing activity development (OSDE, PASS PE Standards III-IV).
3. 75% or more of participating students in grades K-8 will demonstrate significant progress in meeting Oklahoma’s grade-specific standards for PE in the area of personal and social skills development (OSDE, PASS PE Standards V-VII), as measured by Fitnessgram assessments, Health First TriFIT assessments, and review of sample student portfolios and logs.
4. 60% or more of participating students in grades K-4 will demonstrate progress in meeting Oklahoma’s grade-specific standards for Health in the area of nutrition (OSDE, PASS PE Standards III-A, III-F, VI-D).
5. 80% or more of participating students in grades 5-8 will demonstrate significant progress in meeting Oklahoma’s grade-specific standards for Health in the area of nutrition (OSDE, PASS PE Standards III-A, III-F, III-J and VI-A).

6. 65% or more of participating teachers will demonstrate increased knowledge about effective, research-based strategies for implementing standards-based PE programs.
7. 80% or more of participating teachers will demonstrate increased knowledge about using digital technologies (e.g., heart rate monitors, pedometers, and software) in designing lesson plans and assessing student progress in PE programs.