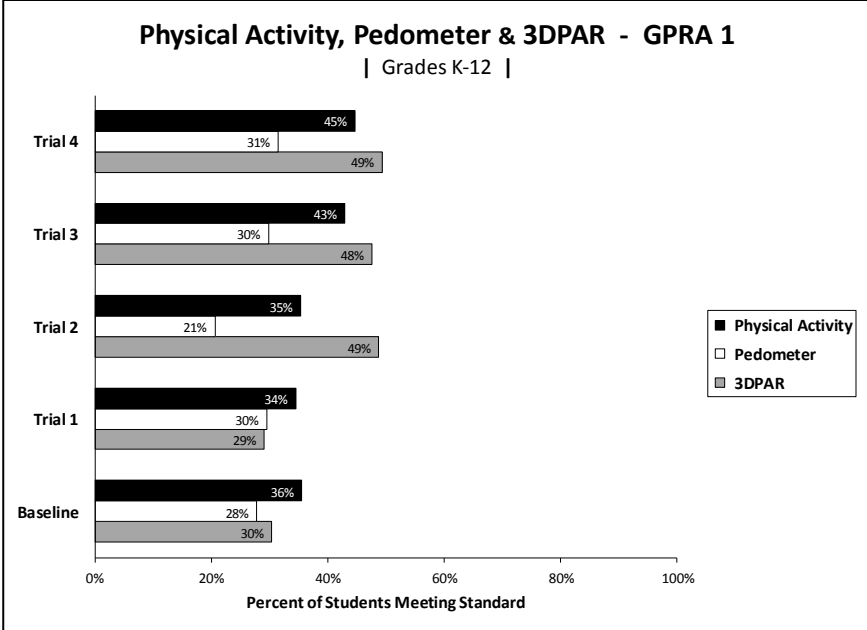


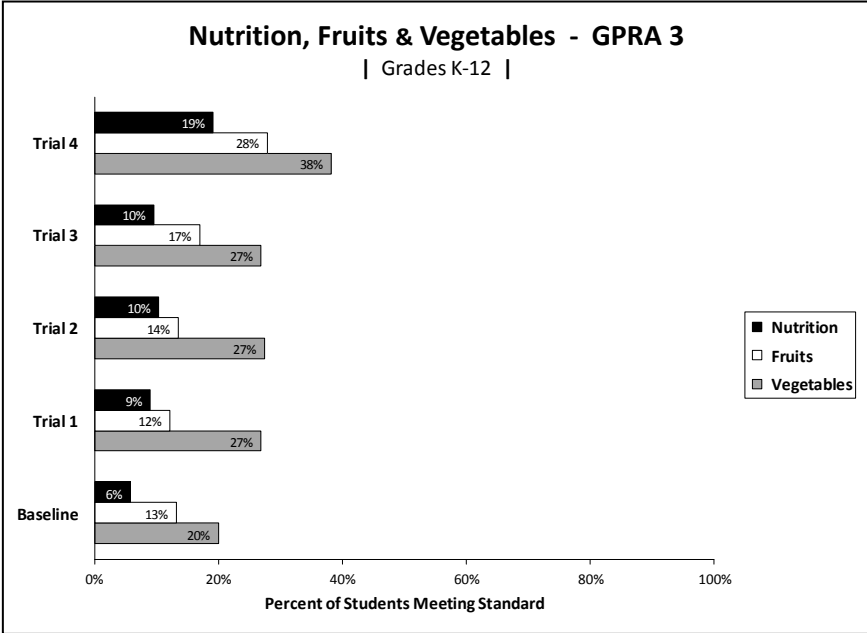
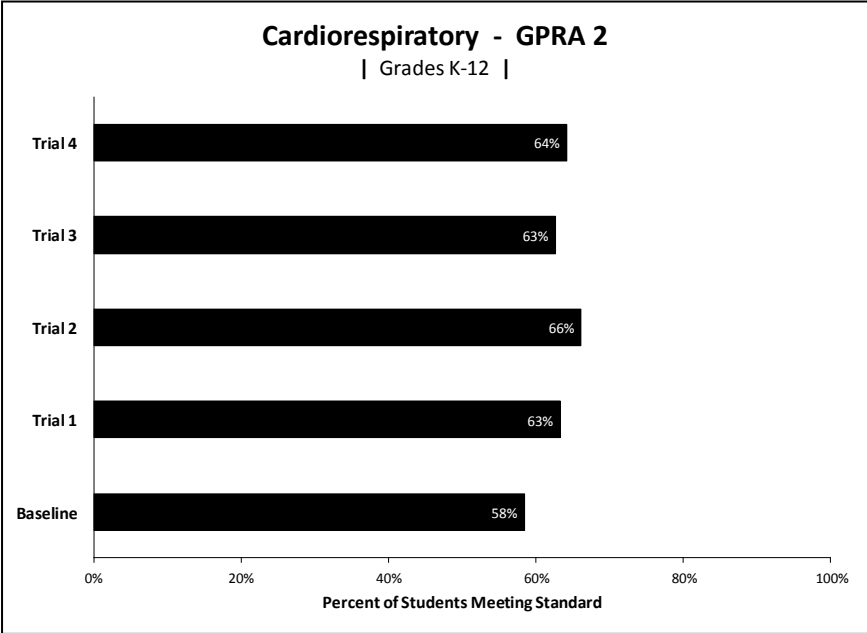
Introduction

The U.S. Department of Education requires that all districts receiving PEP funding must collect and report progress on the percent of students that meet the following 3 GPRA indicators: (1) 60 minutes of moderate to vigorous physical activity per day; (2) cardiorespiratory fitness {shuttle run}; and (3) consumption of 3 fruits and 2 vegetables per day. Five random samples were used to collect these data over 5 data collection periods (Baseline, Trial 1 ... Trial 4). Fitness data were collected on a pre-post basis, and pre-unit and post-unit cognitive tests were used to measure student learning. This report presents overall year 1 results for the 3 GPRA indicators and selected project measures.



- The chart at left shows the results for pedometer, 3DPAR and overall physical activity for each trial period.
- Students meet the physical activity standard if they attain the target number of steps each day over the specified time period (with excused absences) or by meeting 60 minutes of base, heart health or max on the 3DPAR over 3 days.
- Grades K-4 must attain 9100 steps on 4 consecutive days; grades 5-12 must attain 9100 steps on 7 consecutive days.
- The table below shows the percent meeting each standard, response rates, and average number of steps and minutes of activity per day.
- Typically, a greater percent of students meet the 3DPAR than pedometer target at each trial.

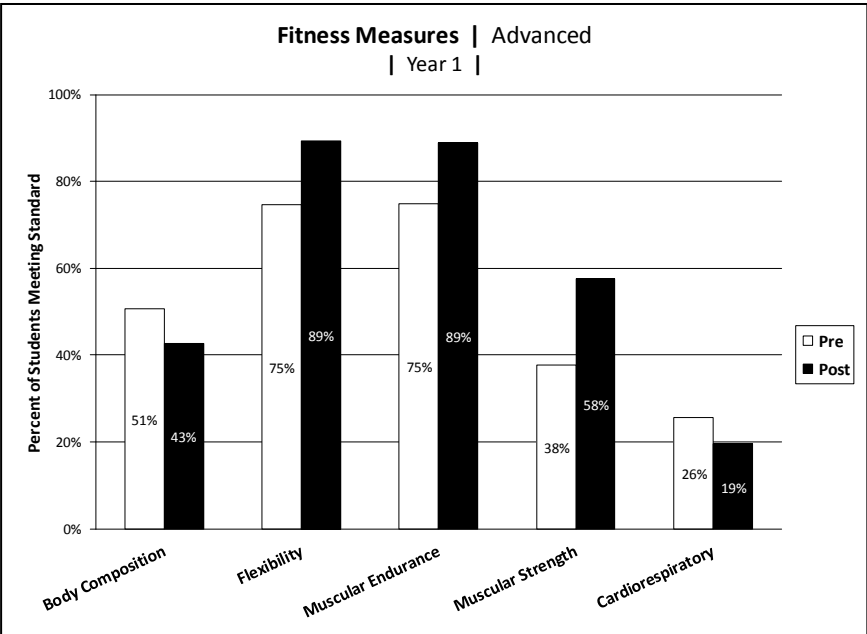
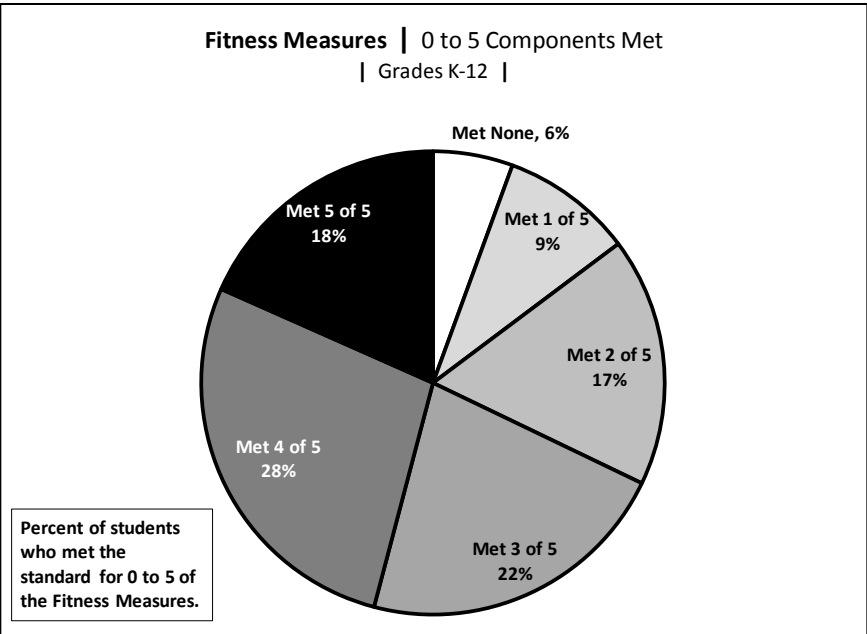
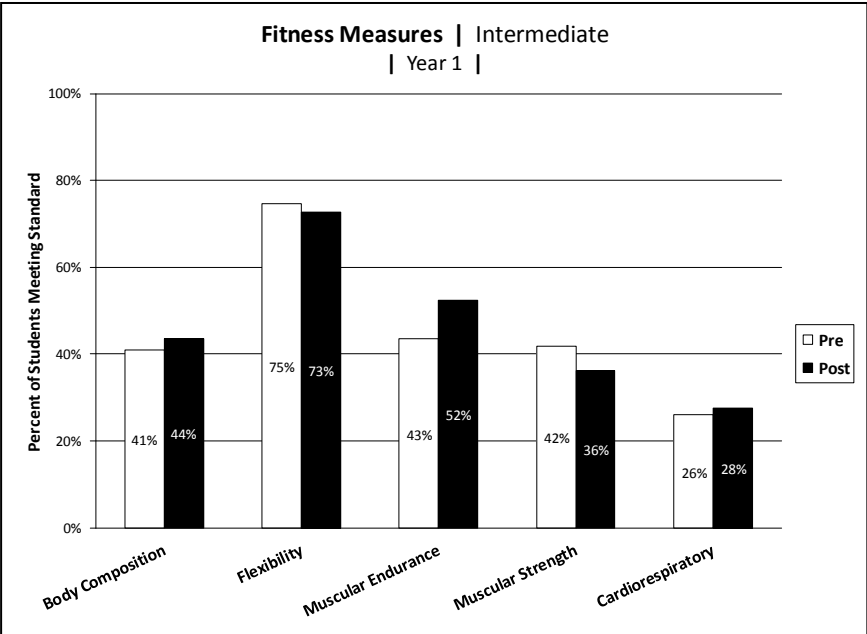
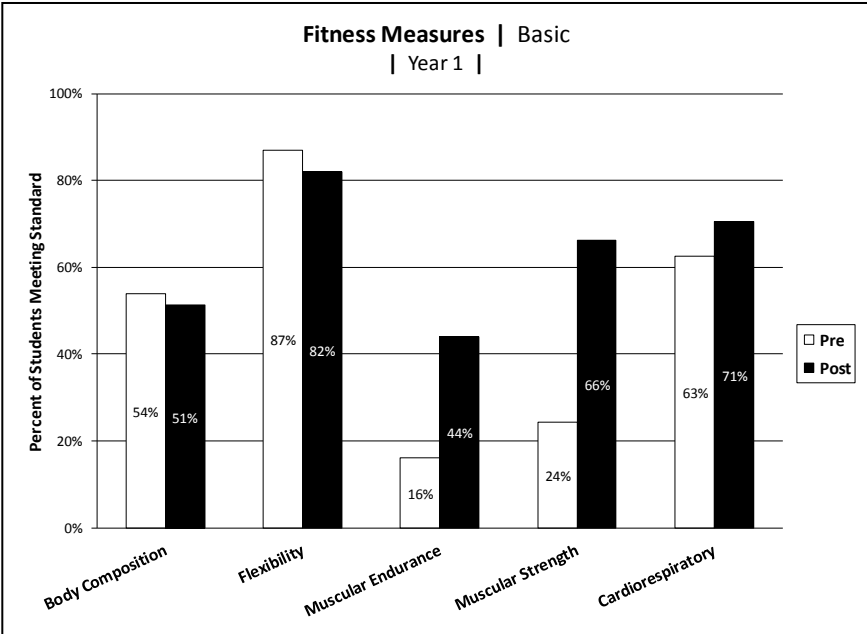
Measure		Baseline	Year 1	Year 2	Year 3
Physical Activity	Percent of Students Meeting Standard	36%	39%		
	Response Rate	87%	94%		
Cardiorespiratory	Percent of Students Meeting Standard	58%	64%		
	Response Rate	92%	95%		
Pedometer	Average Steps Per Day	9121	8414		
	Average Minutes of Physical Activity Per Day	36	48		

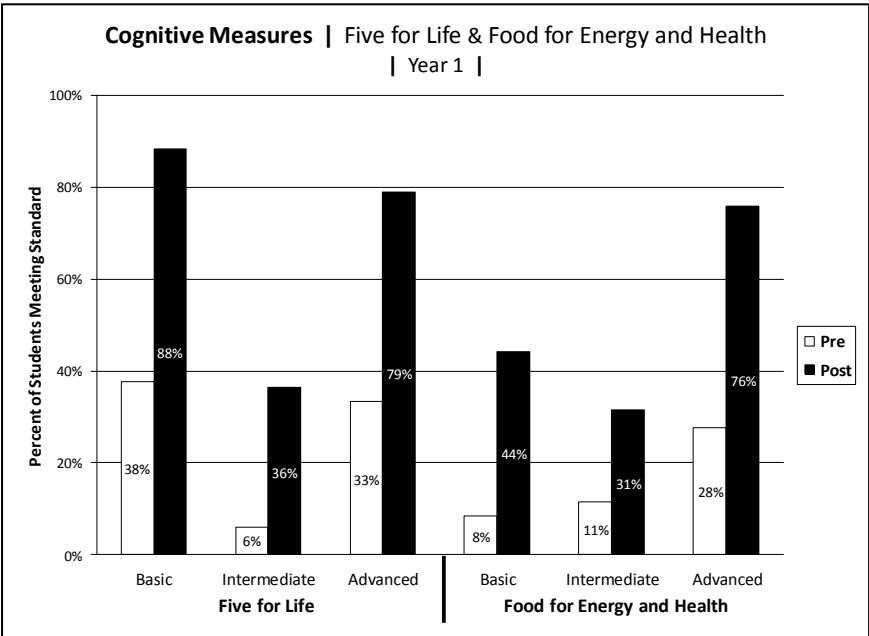


- Shuttle Run is used to measure cardiorespiratory fitness.
- Shuttle Run standards for ages < 10 are set by using median scores for that age group taken from WELNET database.
- The bars should get longer from bottom to top of chart if performance is increasing.

- Students completed a survey to report fruit and vegetables consumed.
- To meet the target they must meet the target for BOTH fruit and vegetables.
- The table below shows the percent of students who met the Nutrition standard, met only fruit, met only vegetables, or met neither standard.

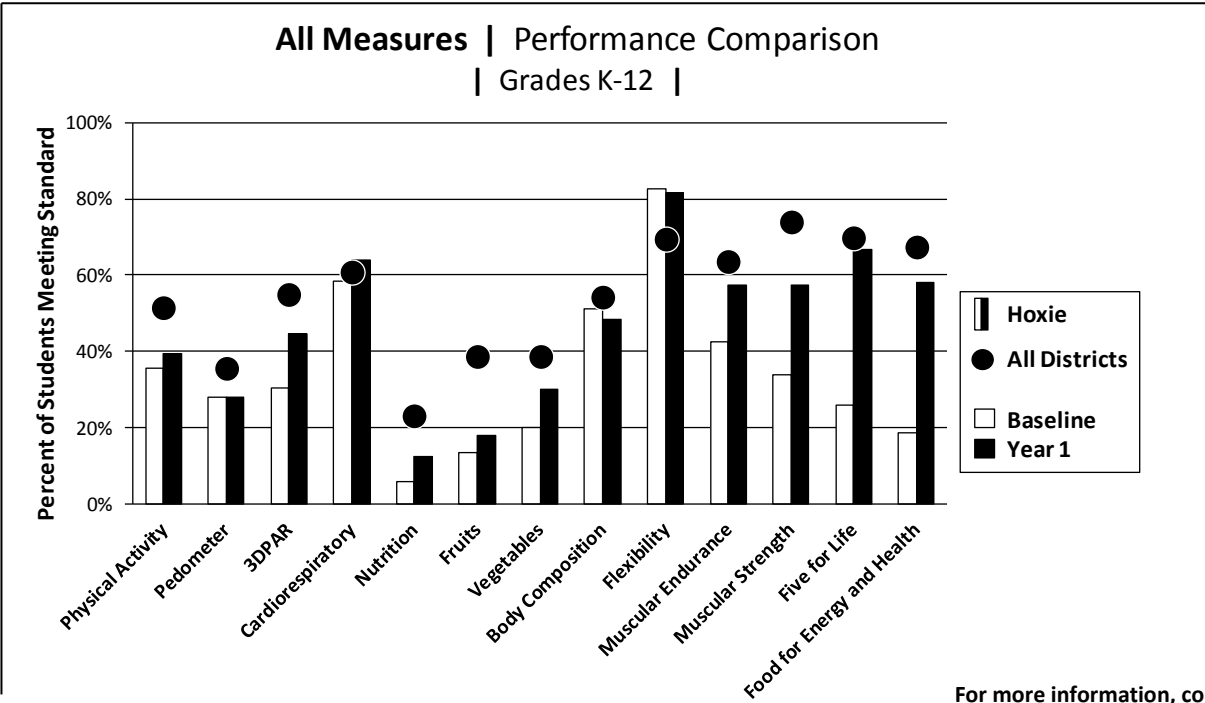
Measure		Baseline	Year 1	Year 2	Year 3
Nutrition	Percent of Students Meeting Standard	6%	12%		
	Response Rate	87%	91%		
Percent of Students Who Met:	Fruit, But <u>Not</u> Vegetables Standard	7%	6%		
	Vegetables, But <u>Not</u> Fruit Standard	14%	18%		
	Neither Fruit Nor Vegetables Standard	73%	64%		





- The pie chart above (page 3) shows that about 46% of students met 4 or 5 of the fitness components.

- Chart at left shows the average number of students receiving a 7 or higher out of 10 on the pre and post assessments.
- Noticeable gains are typically found from pre to post on all cognitive measures.



- The chart at left compares your district performance on 13 indicators over year 1 to that of other districts across the nation that are implementing the Five for Life curriculum.
- The light and dark bars are your baseline and year 1 post scores, respectively; and the dark bubbles are post averages for all Five for Life districts in our database.
- Fitness values in this chart may differ from those in the above charts because this chart uses a set of standards common to all districts that may be different than your district standards.