

# Physical Education

## Links

### California Model Content Standards in Physical Education:

<http://www.cde.ca.gov/re/pn/fd/documents/pestandards.pdf>

### 2009 CA Physical Education Framework:

<http://www.cde.ca.gov/ci/pe/cf/>

### California Physical Fitness Test Information:

<http://www.pftdata.org/>

### Fitnessgram: Healthy Fitness Zone Charts:

<http://www.cde.ca.gov/ta/tg/pf/healthfitzones.asp>

### “Understanding Physical Education” from the Public Health Advocacy:

<http://www.publichealthadvocacy.org>

### SPARK PE Curriculum:

<http://www.sparkpe.org/>

### Physical Fitness Test Results:

<http://data1.cde.ca.gov/dataquest/PhysFitness/PFTDN/Summary2011.aspx?r=0&t=2&y=2010-11&c=30665060000000&n=0000>

### Health E Tips:

<http://www.healthetips.com/jamlibrary.php?cID=1>

## Lighting the Way to Better Physical Fitness

The Fullerton School District recognizes the importance of physical fitness to a student's overall health and to their academic performance. The District is committed to providing a quality physical education program to all of our students. Students in grades one through six receive 200 minutes of instruction in physical education for every 10 instructional days (approximately 100 minutes per week). Students in grades seven and eight receive 400 minutes of instruction in physical education for every 10 instructional days (approximately 200 minutes per week).

Most of our elementary schools, and all of our schools serving grades seven and eight, employ physical education specialists to deliver a high quality physical education program. In schools without a physical education specialist, classroom teachers instruct the students in physical education.

### Physical Education

Fullerton School District elementary schools implement the SPARK (Sports, Play & Active Recreation for Kids) PE Program. The consistency of providing a research based district-wide PE program ensures that all elementary students receive the highest

quality instruction and reinforces the importance of a healthy lifestyle for all.

### Physical Fitness Testing

All fifth and seventh grade students participate in the California Physical Fitness Test each spring. The test consists of six components: aerobic capacity, body composition, abdominal strength, trunk extensor, strength, upper body strength, and flexibility. Student scores are reported using the Fitnessgram software and score reports are sent home with students at the end of the school year. Physical Fitness Test results can be viewed at:

<http://data1.cde.ca.gov/dataquest/>

*“Physical fitness is not only one of the most important keys of a healthy body, it is the basis of dynamic and creative intellectual activity”.*

- John F. Kennedy

