



President's Council on Physical Fitness and Sport Demonstration Center School Project

Background and Process:

The President's Council on Physical Fitness and Sports (PCPFS) Demonstration Center Project is an initiative to promote and recognize elementary and secondary schools that clearly emphasize physical activity and fitness in their physical education programs and in their school environment. Locally, Partners for a Healthy Nevada (PHN), a community obesity prevention coalition took the lead in re-establishing the program in Southern Nevada. We know that while there are many constraints, many of our schools are doing an outstanding job providing quality Physical Education and we wanted to recognize those efforts.

Partners for a Healthy Nevada developed criteria, based on national criteria and sent an application and cover letter explaining the process to each school in the Clark County School District. The school's application was judged by a panel of Partners for Healthy Nevada Members. All schools that were selected as a PCPFS Demonstration Center School also received a site visit by PHN members.

Selection Criteria:

Overall, schools selected provide a school environment or culture of physical activity. Principals support the importance of active children. Boys and girls PE teachers work well as a department and often program units together. The following are the specific criteria that schools selected had to meet and some creative ways that schools are doing this:

1. *Aligns physical education lesson plans with the Nevada State Physical Education Standards.*
 - Explain objectives for any given lesson plan
 - Post daily lesson plans on bulletin board for student viewing
2. *Administers assessments of health and fitness concepts as they relate to meaningful content objectives.*
 - Teach fitness concepts including cardio, strength, endurance and flexibility
 - Teach students how to monitor their heart rates and log them regularly
 - Teach muscle groups and body parts
 - Create and teach rhymes that reinforce fitness concepts
3. *Promotes lifelong physical fitness activities rather than only offering team sports (which require additional players) or competitive sports (which primarily focus on competition).*
 - Incorporate equipment for lifelong fitness activities (pedometers, stability balls, steps, dyna-bands, medicine balls, aerobic videos, etc...)
 - Offer non-traditional, new activities that promote lifelong fitness (archery, step aerobics, kick boxing, golf, fitness, core fitness, Pilates, jump ropes, yoga, badminton, ultimate Frisbee, waveboarding, tennis, TaeBo, speed stacking, Latin dance, Hip-Hop, etc...)



4. *Administers physical fitness assessments a minimum of twice a year to evaluate, motivate and provide an opportunity for students to goal set and monitor progress.*
 - Administer pre and post semester fitness tests
 - Teach students to interpret their own scores and allow them to set their own goals
 - Send home fitness assessment results to parents

5. *Promotes healthful use of leisure time by exposing students to lifestyle activities that have lasting benefits to health and wellness (e.g. walking groups, dancing, use of pedometers).*
 - Provide student fitness centers to encourage exercise before and after school
 - Offer before and after school activities (fitness classes, walking groups, running clubs, dance classes, DDR, JAWS Program, JUMPERS Program, Nike Run, Las Vegas Kids Marathon, soccer clubs, take-home fitness calendars)
 - Coordinate jump teams and dance teams
 - Offer lunchtime intramural programs
 - (Principals) support lifelong fitness concepts (promote and support PE staff, fund fitness centers, sponsor activities outside classroom)
 - Offer incentives (PE Student of the Month, Student Record Holder T-shirts)

6. *Provides maximum participation for every student during class activities (e.g. inclusion, non-elimination games, all students active at once).*
 - Utilize playing areas well (use all playing areas, collaborate with nearby parks)
 - Maximize equipment use (everyone engages at all times, hold fundraisers to purchase additional equipment)
 - Incorporate creative ways to include all students, all the time (non-elimination, always assigned an activity to avoid sitting or waiting)
 - Provide adaptations for students with learning disabilities
 - Incorporate 100% dress out policy

7. *Maximizes use of time spent in physical education classes with minimal transition time (e.g. students are actively involved in moderate to vigorous physical activity for the majority of the class period with minimal transition).*
 - Keep students moving during attendance (i.e. warm ups performed during roll call)
 - Have students lead exercises without directive from teacher
 - Minimize transition times (5-7 min max dress out)

8. *Provides opportunities for students to earn ANY one of the awards of the President's Challenge Physical Activity and Fitness Awards Program (through classes or on their own time).*
 - Provide opportunities for students to earn Presidents Challenge fitness awards during and outside of PE classes on their own time
 - Teach students how to access President's Challenge online with the use of computer labs on rainy days



2008 Presidents Council on Physical Fitness and Sports Demonstration Center Schools

The following schools have been selected as President's Council on Physical Fitness and Sports Demonstration Center Schools in Nevada.

Middle Schools

Dell E. Webb

Region Superintendent: Andre Densen

Contact:

Physical Education Teacher: Kirk Grimm

Principal: Paula Naegle

702-799-1305

Clifford J. Lawrence

Region Superintendent: Jolene Wallace

Contact:

Physical Education Teacher: Mary Ellen Klein

Principal: Kathy Mead

702-799-2540

Bob Miller

Region Superintendent: Andre Densen

Contact:

Physical Education Teacher: Mary Ann Hopper

Principal: Mr. Tam Larnerd

702-799-2260

William E. Orr

Region Superintendent: Robert Alfaro

Contact:

Physical Education Teacher: Lynn Oliver

Principal: George Leavens

702-799-5573

Elementary Schools

Paul Culley Empowerment Elementary School

Region Superintendent: Dr. Karlene Lee

Contact:

Physical Education Teacher: Jurgen Kraehmer

Principal: Lisa Primas

702-799-4800

John A. Dooley Elementary School

Region Superintendent: Andre Densen

Contact:

Physical Education Teacher: Michele Eizman

Principal: Nicole D. Lehman-Donadio

702-799-8060

Roger D. Gehring Elementary School

Region Superintendent: Andre Densen

Contact:

Physical Education Teacher: Thomas Hallett

Principal: Sandra B. Brody

702-799-6899

Guild R. Gray Elementary School

Region Superintendent: Jolene Wallace

Contact:

Physical Education Teacher: Deb LaComb

Principal: Carl D. Johnson

702-799-5950



President's Council on Physical Fitness and Sports State Coordinator:

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Clark County School District Physical Education Facilitators

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