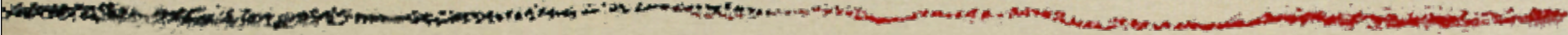


Dexter Physical Education



“We will provide every student with the skills, knowledge, and attitudes needed to prepare them for a life filled with physical activity and healthy choices.” -DCS Physical Education Mission Statement

“Of all the subject areas taught in school, Physical Education is the only subject which, by the very nature of its content, has the potential to affect how a person will feel every moment of every day for the rest of his or her life.” --Allen Russell

#1) Angie, Why Are You Here?

- About 2 weeks ago I was approached by several community members informing me that the elimination of the current PE elective requirement had been proposed to the board...
- Brought back the memory of about 6 months earlier...
 - Comprehensive presentation on the impact PE/PA has on Obesity Trends, Academic Success, Social Benefits, & Emotional Benefits...
 - Clearly that wasn't the type of information they cared about to change their minds from bringing this to the board...
- So, as a professional in this position, it is my obligation to be certain that you are fully informed before you make any decision that would negatively affect the health and well-being of our students.

#2) The Michigan Merit Curriculum Only Requires 1 Credit of PE/Health. So Why Not Just Require the Minimum?

- First off, these are *recommendations*...the MI Dept. of Edu clearly states, “Of course individual districts may choose to exceed the minimum requirements when it is determined to be in the best interest of their students.”
- Secondly, we are Dexter...a school district known for going above & beyond for the growth of its students; not expect the bare minimums...
 - Ex. MHSAA Eligibility Rules
- Lastly, we shouldn't set a precedence for expecting/requiring the minimum out of our students...We should, however, want our students to be well-rounded and certainly better than the minimum

#3) Are We the Only School District that Exceeds the State Minimum Requirements for PE/Health?

School	School PE Requirement	Beyond State of MI PE Req.
Canton High School	1 credit	+ .5 credit
Huron High School	1 credit	+ .5 credit
Ida High School	1 credit	+ .5 credit
Manchester High School	1 credit	+ .5 credit
Pioneer High School	1 credit	+ .5 credit
Plymouth High School	1 credit	+ .5 credit
Salem High School	1 credit	+ .5 credit
Saline High School	1 credit	+ .5 credit
Skyline High School	1 credit	+ .5 credit
<u>Whitmore Lake High School</u>	1 credit	+ .5 credit

Note: Saline High School was named 222nd best high school in America; they must be doing something right...

<http://www.thedailybeast.com/newsweek/features/2011/americas-best-high-schools.html>

#4) Don't Dexter Students Take PE in Elementary & Middle School? Isn't That Enough?

- Yes they do, however just as in any subject area, (Math, Science, English, Social Studies, etc.), everything is **progressive**...
- Age appropriate standards are set by the state and are impossible to fulfill in the current full year of PE, let alone only one term as proposed
- According to the CDC's Youth Risk Behavior Survey:
 - **Physical activity declines starting at the age of 14** (high school age)
 - **Weight gain begins to peak just out of high school as a result of lack of physical activity and poor nutrition**
 - Education can attempt to be part of the solution
- We have the potential to make a difference in our students from just becoming another statistic...

#5) Don't Dexter Students Take the Required Lifetime Fitness & Sports Class? Isn't That Enough?

- *Yes*, LFS is required & considered an exploratory class...
- The elective PE requirement is meant for students to delve further into the areas that interested them in LFS (Aerobics, Aquatics, Weight Training, Court Sports, Field Sports, Racket Sports, etc.)
- Julia Jackaki's testimonial

#6) If This PE Elective Requirement Is Removed, Wouldn't the Same PE Electives Still be Offered?

- As far as I know, Yes...
 - But who will be taking them?...Not necessarily the ones who “need” it most...
 - Ex. Extra credit...
- Morgan and Kate Fitzsimmons Testimonials

#7) So How Much Physical Education Should Our Students Be Getting?

- According to the AHA, AAP, US Dept of Health & Human Services, & the CDC...Daily PE for grades K-12
- According to NASPE, All HS students should receive 225 min of PE per wk for the entire school yr for each & every yr
 - That currently puts DHS at 39% of what is recommended by NASPE (*a failing grade by all standards*)
 - If the current elective PE requirement is eliminated as proposed, DHS will be at less than 14% of what is recommended=*Failure of Epic Proportion*

#8) I've Heard That 1 in 3 Children are Overweight or Obese...Do We Really Have this Problem With Kids in Dexter?

- As a matter of fact we do, however BMI does not define which students need PE & which ones don't...
 - A student's BMI score may reflect a "Healthy Weight" however have little to no physical fitness
 - Thin or skinny does not equate healthy
- We have a large number of students walking our halls that are lacking in one or more of the 5 HRC of Fitness areas, (Cardio End, Mus Str, Mus End, Flex, & Body Comp), which increases their chances for many diseases and disabilities including Cardio Disease, Certain Cancers, Type 2 Diabetes, Hypertension, and ultimately Premature death

#9) Doesn't this 1/2 Credit of PE Limit Students Choices? And Aren't There Some Students Who Have Trouble Fitting it in?

- Not Really, they still have 11 Elective Choices!

Typical
student

Student fulfilling MMC graduation requirements in a 6 hour Semester Schedule*				
Hour	9th grade	10th grade	11th grade	12th grade
1st	Math	Math	Math	Math
2nd	English	English	English	English
3rd	Science	Science	Science	Elective/Elective
4th	Social Studies	Social Studies	Social Studies	Elective/Elective
5th	PE(LFS)/Health	PE Elective/Elective	VPAA	Elective/Elective
6th	World Language	World Language	Elective/Elective	Elective/Elective

Allows for 11 semester elective choices; or 5 year long electives and 1 semester elective; or any combination*

Highly
Academic
Student

Student fulfilling MMC graduation requirements + 4 years of World Language, 4 years of Music, & 4 APs*				
Hour	9th grade	10th grade	11th grade	12th grade
1st	Math	Math	Math	AP- Calculus
2nd	English	English	AP- Eng Lang	AP- English Lit
3rd	Science	Science	Science	PE(LFS)/Health
4th	Social Studies	Social Studies	AP-US Govt	PE Elective/Economics
5th	Music	Music	Music	VPAA(Music)
6th	World Language	World Language	World Language	World Language

Note: 3 out of the 4 Music credits, Year 3 & 4 of World Language, & Economics are ELECTIVES

* These charts do not include the zero hour option that is projected to also be available in the 2012-13 school year

#9 (Continued)

- Most students, even the Highly Academic Students have no problem fitting in the Required PE Elective...
- In fact, the DHS 2011 senior class had 124 out of 285, (nearly 45%), of its students on “Early Release” or “Late Arrival” (this does not include the number of students who took multiple electives in areas that are not required for graduation), which soundly supports that the majority of students have more than enough room
- As parents we limit our kids choices--not do whatever they choose...
- Making choices are a part of life...

#10) Is There an Alternative or Compromise?

- As a matter of fact, Yes-- I would like to **propose a limited waiver** only for students that truly have difficulty fitting in their PE Elective Requirement...
- There are a very few of these students, (**Only 12 out of 285 students, approximately 4%, of the 2011 senior class**), that take such a highly academic schedule, i.e. 4 years of World Language, 4 years of Music, and at least 3 AP classes, that s(he) has difficulty fitting the required elective PE credit in, however I want these students to continue to pursue this track...
- **“Sacrificing the few to save the many”**

I In Turn, Have One Question for Each of You...

#1) Are More Elective Choices Than What Students Currently Already Have (11) & Aligning with the MMC out of Convenience, More Important Than Their Total Health?

You have 2 options:

- 1) You can be part of the solution or
- 2) You can be contributors to the problem and decline of our students

Which will you choose?

Questions?

