



MUSD ATHLETICS & PHYSICAL EDUCATION

<https://www.madera.k12.ca.us/Page/6321>

AGENDA

1. Wellness Highlight
2. District Wellness Data & Progress
 - Healthy Schools Awards
3. Physical Fitness Testing
4. Wellness Policy Revisions
5. Reference Guide for Physical Education in CA Schools

WE
BELIEVE

Wellness Highlight

CESAR CHAVEZ - PLAYGROUND STENCILS



The Cesar Chavez School Health Committee and Madera County volunteers painted areas of the school to encourage physical activity and reinforce positive play throughout the school day.

District Wellness Data & Progress

NATIONAL HEALTHY SCHOOL AWARD APPLICATIONS

23/24 Comprehensive Schools applied for National Healthy Schools Recognition in at least three of nine Alliance for a Healthier Generation topic areas.

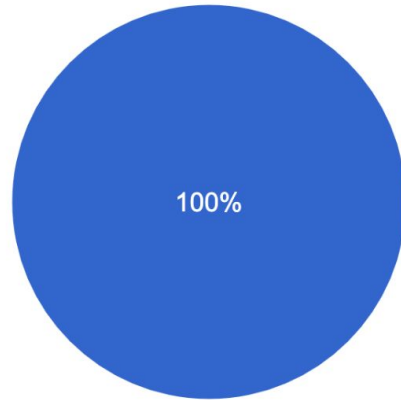
- **Supporting School Health Services**
 - Criteria 1: Conducting Physical Health Screenings
 - Criteria 2: Addressing Chronic Health Conditions
 - Criteria 3: Referral Pathway for Students with Health Concerns
- **Implementing Local School Wellness Policy**
 - Criteria 1: School Coordination Team for District Wellness Policy
 - Criteria 2: Measuring District Wellness Policy Progress
 - Criteria 3: School Continuous Improvement Process for District Wellness Policy
- **Bolstering Physical Education & Activity**
 - Criteria 1: Providing Physical Education
 - Criteria 2: School Physical Education Curriculum Requirements
 - Criteria 3: Opportunities for Student Physical Activity
 - Criteria 4: Inclusion in Physical Activity



NATIONAL HEALTHY SCHOOL AWARD APPLICATIONS

Did you submit an America's Healthiest Schools Award Application for SUPPORTING SCHOOL HEALTH SERVICES prior to 4/16/2024?

24 responses



- Yes
- No

24 Schools

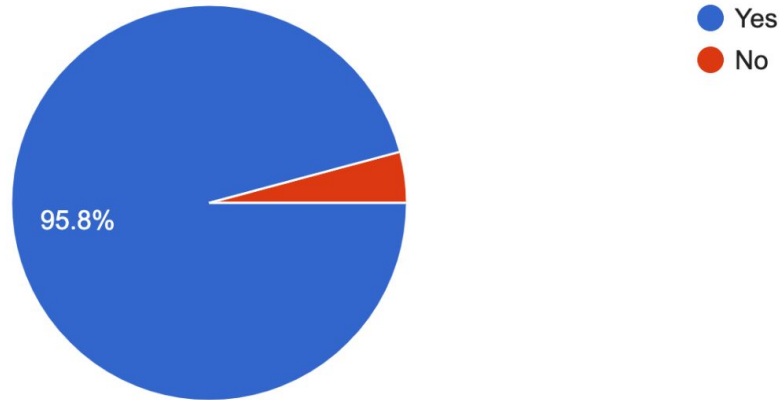


WE BELIEVE

NATIONAL HEALTHY SCHOOL AWARD APPLICATIONS

Did you submit an America's Healthiest Schools Award Application for IMPLEMENTING LOCAL SCHOOL WELLNESS POLICY prior to 4/16/2024?

24 responses



23 Schools

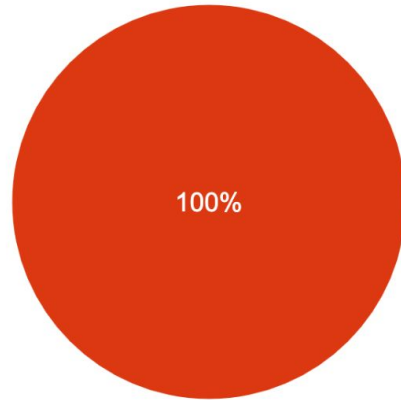


WE BELIEVE

NATIONAL HEALTHY SCHOOL AWARD APPLICATIONS

Did you submit an America's Healthiest Schools Award Application for IMPROVING NUTRITION & FOOD ACCESS prior to 4/16/2024?

24 responses



- Yes
- No

Zero Schools

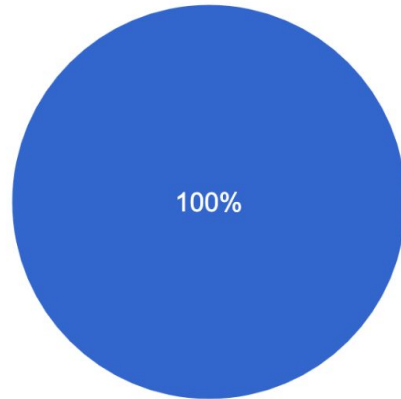


WE BELIEVE

NATIONAL HEALTHY SCHOOL AWARD APPLICATIONS

Did you submit an America's Healthiest Schools Award Application for BOLSTERING PHYSICAL EDUCATION & ACTIVITY prior to 4/16/2024?

24 responses



- Yes
- No

24 Schools

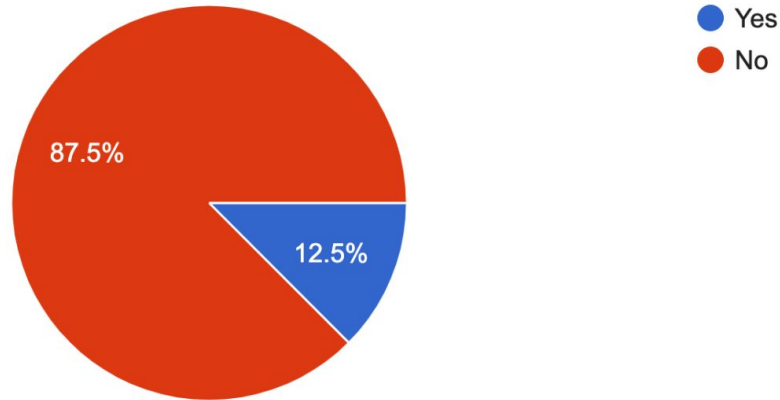


WE BELIEVE

NATIONAL HEALTHY SCHOOL AWARD APPLICATIONS

Did you submit an America's Healthiest Schools Award Application for ENRICHING HEALTH EDUCATION prior to 4/16/2024?

24 responses



3 Schools

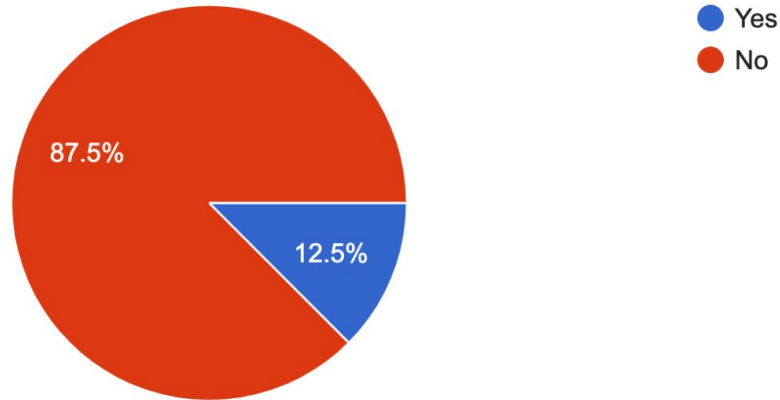


WE BELIEVE

NATIONAL HEALTHY SCHOOL AWARD APPLICATIONS

Did you submit an America's Healthiest Schools Award Application for STRENGTHENING SOCIAL-EMOTIONAL HEALTH & LEARNING prior to 4/16/2024?

24 responses



3 Schools

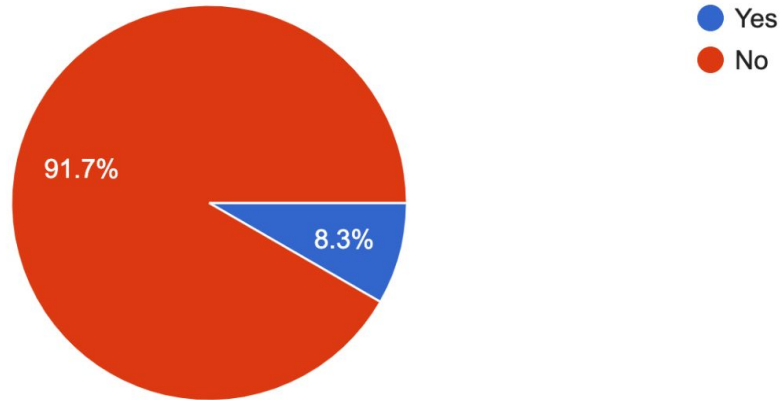


WE BELIEVE

NATIONAL HEALTHY SCHOOL AWARD APPLICATIONS

Did you submit an America's Healthiest Schools Award Application for PROMOTING TOBACCO-FREE SCHOOLS prior to 4/16/2024?

24 responses



2 Schools

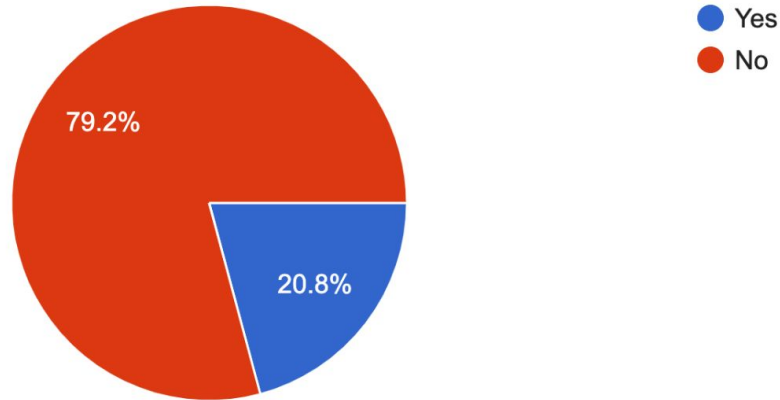


WE BELIEVE

NATIONAL HEALTHY SCHOOL AWARD APPLICATIONS

Did you submit an America's Healthiest Schools Award Application for CULTIVATING STAFF WELL-BEING prior to 4/16/2024?

24 responses



5 Schools

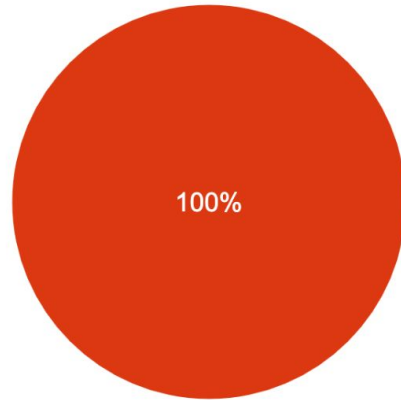


WE BELIEVE

NATIONAL HEALTHY SCHOOL AWARD APPLICATIONS

Did you submit an America's Healthiest Schools Award Application for INCREASING FAMILY & COMMUNITY ENGAGEMENT prior to 4/16/2024?

24 responses



- Yes
- No

Zero Schools

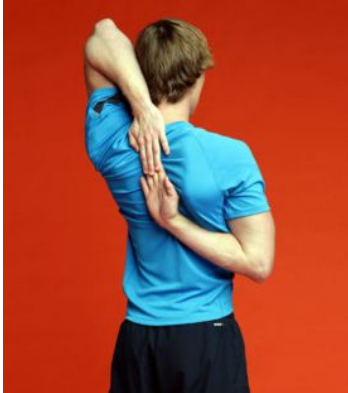


WE BELIEVE

PHYSICAL FITNESS TESTING RESULTS

SCHOOL ACCOUNTABILITY REPORT CARD GOALS

- 95% Participation Goal Per Assessment



MUSD PFT GOALS

GRADE LEVEL	PACER*	MILE	CURL-UP	TRUNK LIFT	PUSH-UP	SHOULDER STRETCH	SIT & REACH
1	7	13:00	4	6	2	TOUCH	8
2	11	13:00	6	6	3	TOUCH	8
3	15	13:00	9	6	4	TOUCH	8
4	17	12:00	12	9	5	TOUCH	8
5	20	11:30	15	9	7	TOUCH	8
6	23	11:00	18	9	7	TOUCH	8
7	27	10:30	21	9	7	TOUCH	8
8	32	10:00	24	9	7	TOUCH	8
9-12 Female	35	9:30	25	9	10	TOUCH	10
9-12 Male	55	8:00	32	9	20	TOUCH	9

**PACER is recommended in lieu of the MILE in grades 1-3. PACER is recommended in all grade levels.*

MUSD students are encouraged to meet with their Physical Education teacher if an identifier they recognize with is not listed above.

MUSD PFT RESULTS AS OF MAY 22, 2024

SCHOOL ACCOUNTABILITY REPORT CARD (SARC)

Illuminate Ed data date May 22, 2024 data/enrollment	GRADE 5, 7, 9														
	Aerobic Capacity			Abdominal Strength and Endurance			Trunk Extensor Strength			Upper Body Strength and Endurance			Flexibility		
SCHOOL	Enrollment	Participation	P%	Enrollment	Participation	P%	Enrollment	Participation	P%	Enrollment	Participation	P%	Enrollment	Participation	P%
5th	1527	1443	94%	1527	1440	94%	1527	1425	93%	1527	1439	94%	1527	1477	97%
7th	1581	1498	95%	1581	1500	95%	1581	1513	96%	1581	1505	95%	1581	1529	97%
9th	1496	1358	91%	1496	1382	92%	1496	1373	92%	1496	1379	92%	1496	1362	91%

MUSD PFT RESULTS

Illuminate Ed data date May 22, 2024 data/enrollment	GRADE 5, 7, 9														
	Aerobic Capacity			Abdominal Strength and Endurance			Trunk Extensor Strength			Upper Body Strength and Endurance			Flexibility		
SCHOOL	Assessed	HFZ	P%	Assessed	HFZ	P%	Assessed	HFZ	P%	Assessed	HFZ	P%	Assessed	HFZ	P%
5th	1443	728	50%	1440	866	60%	1425	1174	82%	1439	626	44%	1477	810	55%
7th	1498	629	42%	1500	1071	71%	1513	1242	82%	1505	955	63%	1529	1098	72%
9th	1358	288	21%	1382	561	41%	1373	1160	84%	1379	460	33%	1362	935	69%

WELLNESS POLICY REVISIONS

WELLNESS POLICY

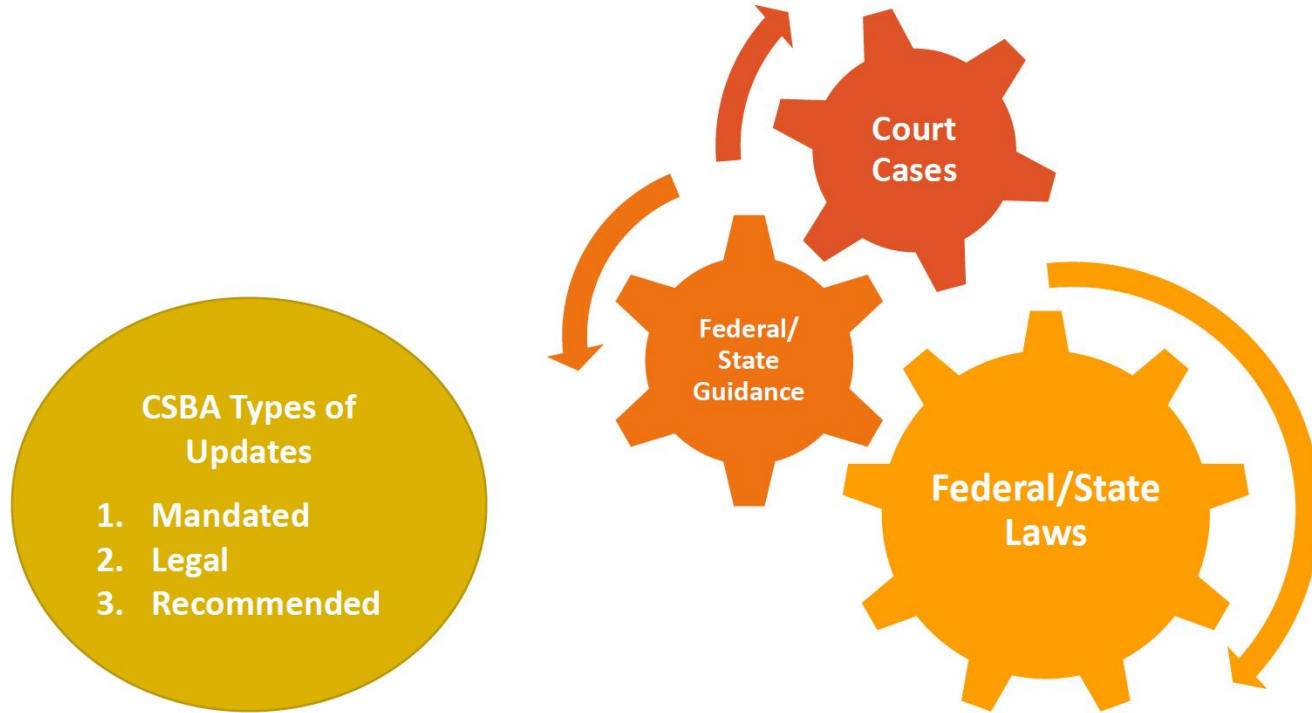
- California School Board Association ([CSBA](#)) Review of Recommendations
 - April 4, 2024 with Sally Mandujan, Policy Manual Consultant, [CSBA](#)
- Findings:
 - Adopt recommended Board Policy (BP) 5030 developed by the [CSBA](#)
 - Transition our current BP 5030 to Administrative Regulations (AR) 5030



Nonprofit education association representing the elected officials who govern public school districts and office of education.

Provides policy resources and support for school districts.

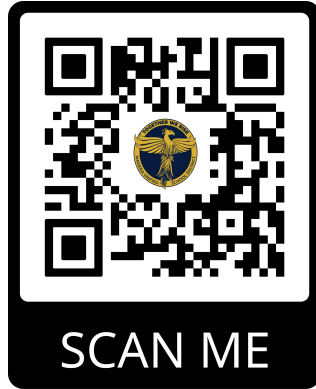
DRIVERS IMPACTING REVISIONS & UPDATES



Board Policy (BP) vs. Administrative Regulations (AR)

BP 5030 recommendation developed by [CSBA](#)

<https://qrco.de/bf5Rx2>

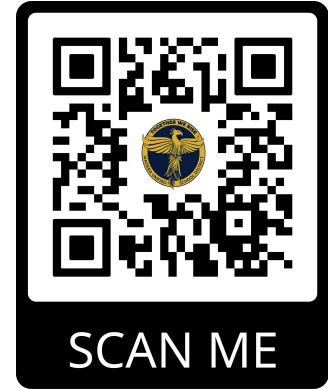


BPs are typically broad statements of how districts should be organized and function.

MUST be adopted by the Board of Trustees.

AR 5030 recommendation developed by MUSD

<https://qrco.de/bf5S0B>



ARs are used by administrators and other employees to guide implementation of adopted BPs.

MUSD be consistent with law and BP.

REFERENCE GUIDE FOR PHYSICAL EDUCATION IN CA SCHOOLS

REFERENCE GUIDE FOR PE IN CA SCHOOLS



REFERENCE GUIDE FOR PHYSICAL EDUCATION IN CALIFORNIA SCHOOLS



January 2024 Edition



This document is a result of collaboration between representatives from the California Physical Education-Health Project, Los Angeles County Office of Education, Orange County Department of Education and San Diego County Office of Education.

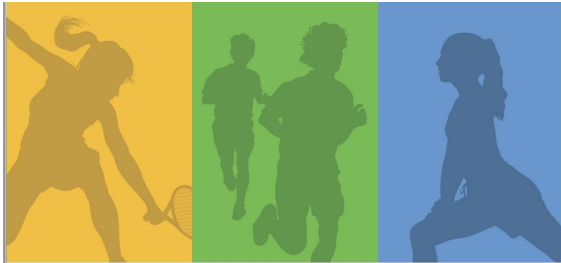
The aim of this document is to support the implementation of quality physical education programming. It reflects current State and National policy and is consistent with the [Physical Education Framework for California Public Schools](#) in service of pupils' achievement of [Physical Education Model Content Standards for California Public Schools](#).



<https://qrco.de/bf5Shi>

WE BELIEVE

REFERENCE GUIDE FOR PE IN CA SCHOOLS



REFERENCE GUIDE FOR PHYSICAL EDUCATION IN CALIFORNIA SCHOOLS



January 2024 Edition



The document will:

- Describe the intended outcome(s) of physical education
- Clarify California Education Code (EC) and regulations
- Address common issues, questions and misunderstandings
- Provide opportunity to assess and rethink Physical Education traditions
- Guide course design, as well as curriculum and instructional practices
- Provide access to resources

It is crucial to prioritize the regular review and updating of board policies and procedures for physical education in California schools to ensure alignment with current best practices, safety guidelines, and educational standards, thereby fostering a healthier and more effective learning environment for our students.

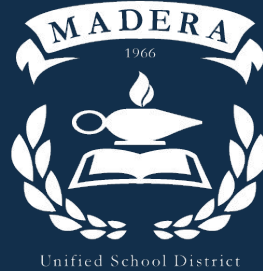


<https://qrcode.de/bf5Shi>

WE BELIEVE

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MADERA UNIFIED

Thank you



“Where the futures of children are driven by their aspirations and inspired by their circumstances”