

**CAHPERD**  
California Association of Health, Physical Education, Recreation and  
Dance

**Los Angeles Unified School District  
Physical Education Focus Committee**

**Fall 2002**

Volume 1, Issue 1

"Fit, Healthy and Ready to Learn", was the Power Point presentation made by the Physical Education Focus Committee to LAUSD School Safety, Health and Human Services Committee in December 2001. In June the Curriculum and Instruction Committee (CIC) heard an updated presentation.

Eloisa Gonzalez MD, from Los Angeles County Department of Health Services gave statistics on childhood obesity as a informative for the board members. The Fitnessgram Physical Fitness scores were displayed and compared for 5th, 7th & 9th grades between the county and the rest of the state.

Julie Korenstein, Chairman of School Safety, Health and Human Services Committee said that large Physical Education classes are a safety issue. PE teachers have been overwhelmed with classes over 60 [80+] students.

Genethia Hudley Hayes, CIC committee Chairperson was concerned that childhood diabetes is a national epidemic. Diabetes has been on the cover of "Time" and statistics are staggering from Center for Disease Control. Let's get together for healthier and fit students in LAUSD.

The Physical Education Focus Committee is meeting monthly to work on "Year One" of the 8-year plan presented to UTLA House of Representatives and LAUSD Board Committees. The Committee has LAUSD Health & Physical Education staff and many other people interested in the health and fitness of the students. Janice Collins, Specialist, Subject Matter Generalist, is our contact person in the Instructional Support Services Division. Contact her at (213) 241-8291 or through school mail at Beaudry Bldg, 25th floor. High School physical education departments interested in the "Sound Body, Sound Mind" Grant, may contact Janice Collins!



PE Focus Committee — June 2002

L to R: Barbara Hupp, CAHPERD, Unit #406; Freddie Thompson, CAHPERD Region Rep #46; Peter Masejer, Charter Schools; Eloisa Gonzalez, MD, LA County Dept. Health; Chad Fenwick, UTLA PE Committee Chair (Henry MS); Kathy Lesley, Aast. Supp. School Support; Jim Clemmensen, Van Nuys MS; Janice Collins, Specialist; Betty Hennessey, LA County Ed, PE Consultant; Bud Jacobs, Dir. HS; Janice Davis, Principal, Venice HS  
NOT PICTURED: Karlese Brown, Nutrition Network, Bev Cook, UTLA Secondary VP

**"Quality Daily Physical Education K-12!"**

Link up to CAHPERD or AAHPERD on [lausd.net](http://lausd.net), Go to Quick Find, Organizations....

## C.A.H.P.E.R.D. California Association of Health, Physical Education, Recreation and Dance

**WHO ARE WE?** CAHPERD in Sacramento represents us at the State Department of Education and professionally with conferences and workshops. Unit #406 is our local L.A. chapter of CAHPERD that is trying to work with the LAUSD School Board for improvement in Physical Education Curriculum. LAUSD—CAHPERD, meets with the UTLA PE & Dance Committee on House of Reps night. This merger strengthens both groups and assist with training, conferences and professional development for PE & Dance teachers.

We need the mini-districts to meet at a convenient location in their area. This will help with membership, negotiations, and Professional Development for PE at buy back days and other trainings. If you want to be your mini-district representative please contact us! This is year one of the 8 year plan and we need all PE teachers to be proactive!

**Unit #406 Officers:** **President**—Barbara Hupp APE, Email: bhupp@lausd.k12.ca.us School Mail: Salvin Special Ed Elementary School, Home: (818) 755-1858. **Vice President**—Tim Vallejos, Dodson MS, PE Dept Chair, (310) 832-5342 X139 [coachvt@mindspring.com] **Secretary & Editor**—Keli Koppel, Van Nuys MS: (818) 785-5475 X132. **Treasurer**—Denise Robinson APE, Belmont HS Email: [drobin2@lausd.k12.ca.us]

**CAHPERD Unit # 406 needs you!**

Meetings are on the House of Reps night. Next meeting, Wednesday, January 29 at 4:30 p.m. at the UTLA Headquarters 3303 Wilshire Blvd. 9th floor, Room #948 from 4:30 p.m. - 6 p.m. (And free dinner is provided at each meeting!!)

### AAHPERD [American Association of Health, Physical Education, Recreation and Dance] Fitnessgram Trainers for LAUSD

The Assistant Superintendent, Instructional Support Services,

Kathy Lesley, authorized 2 Physical Education teachers trained to be LAUSD Fitnessgram Trainers. Fitnessgram is the State Physical Fitness Test. Physical Education, Dance and ROTC teachers need to be updated on the new tests and innovative lessons plans to improve your students' scores. To access your schools scores visit the state website [www.ede.gov](http://www.ede.gov)

All schools should have Physical Best and Fitnessgram training this year. Have Chad Fenwick, Henry MS and Evasia Holle, Nimitz MS present at your Professional Development or Buy Back days. Physical Educators need to have training in our field!

### Carol M. White Physical Education Program Grant

On October 2nd the Los Angeles County Office of Education received the Carol M. White Physical Education Program Grant for \$492,283. LACOE project is titled, "Los Angeles Academy for Physical Education," and was submitted in a consortium with LAUSD. Nearly half the funding is going to be used for fitness technology for 9 high schools and 8 middle schools. One goal of the project is to create a model for quality professional development that can be replicated in selected cadre schools within LAUSD and LACOE. Physical Education teachers will use technology to assess student progress and will use student data to shape instruction. The other key goal of the program is to provide each student in the selected schools with quality physical education so that each student will improve personal fitness and enhance social interaction skills. For further information about the "Los Angeles Academy for Physical Education," please contact the grant coordinator, Betty Hennessy.



The 1 mile jog or walk with heart rate monitors at Belmont HS.

Betty Hennessy, Ph.D.  
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## United Teachers Los Angeles Physical Education & Dance Committee

Message from Chad Fenwick:

Hello, my name is Chad Fenwick. I am a physical Education Teacher and Department Chairperson at Patrick Henry Middle School. I am also the Chairperson for the UTLA Physical Education Committee. I am writing this article to keep you informed regarding:

### I. OUR GOALS FOR PHYSICAL EDUCATION IN THE L.A. UNIFIED SCHOOL DISTRICT:

- \* All students from pre-kindergarten through grade 12 receive quality, daily P.E.
- \* Physical Education classes have appropriate class sizes that are articulated by grade levels.
- \* Only credentialed physical education teachers teach physical education.
- \* A Physical Education Specialist position is reinstated at the district Central Office to represent our concerns & coordinate a cohesive master plan.
- \* We have appropriate training & staff development programs for P.E., Dance, ROTC teachers and lifeguards.
- \* Adequate facilities, equipment, & supplies for P.E. programs are provided.

### II. WHAT WE HAVE ACCOMPLISHED THUS FAR:

- \* **8 Year Plan:** This has been submitted to the contract negotiation with the district for the upcoming contract. [see page 4] The top 3 priority items:
  1. A Physical Education Specialist at the Central Office.
  2. A class size capacity of 55 students with articulated grade levels.
  3. One credentialed elementary school physical education teacher for each 300 elementary students.
- \* **P.E. Workshops for Salary Points:** Were held at Patrick Henry Middle School. Subject areas were: "Teaching to the PE Framework, Challenge Standards and Personal Best and Fitnessgram". Feature activities included the high and low ropes course, Project Adventure initiatives, & Social Skills Activities. This school year a opening of the high tech Fitness Center which is available not only to Patrick Henry Middle School students, but to the community as well.
- \* **Buy Back Days:** We have been holding "Buy Back Day" trainings for physical education teachers in mini-district "A" at Patrick Henry Middle School for a number of years, but for the first time this year it has been approved for all of LAUSD mini-districts to attend. Don't miss the next awesome presentation to take place at Patrick Henry Middle School.
- \* **Co-hosted the CAHPERD Southern District, K-12 Workshop with CSUN.** (11/2/02) Sessions on Yoga, Grant Writing, Technology, Dance and Mainstreaming were offered by LAUSD teachers.

- \* **Physical Best Program:** LAUSD authorized over 20 teachers to be trained at LACOE. Fitnessgram is the State Physical Fitness Test. This test is norm-standardized test and must be administered the same district wide. Sign up to be trained for your school in spring 2003.

- \* **Physical Education Focus Committee:** We have developed this group composed of Health, P.E., & others interested in the health & fitness of LAUSD students to work directly with the administrators in Curriculum and Instruction.

- \* **Community Blue Ribbon Committee:** We have developed this committee of concerned community members to help communicate our cause to the school board & public.

### III. HOW YOU CAN HELP:

- \* Come to the next UTLA Physical Education Committee meeting on Wed. Jan. 29 at 4:30 pm (see page 2)
- \* Show your support. Express your concerns. We need your input and ideas.
- \* Car pool with us. Bring a friend or colleague. Find out what is happening first hand.
- \* Join CAHPERD! Be active in your mini district to help keep everyone informed!
- \* Volunteer! We always need help with mailings or other business.
- \* If interested ... call Chad Fenwick @ (818) 363-7401 (ext. 385) immediately. Email: cfenwick@social.rr



CAHPERD Southern District Awards: Patrick Henry— Middle School of the Year, Chad Fenwick with Kim Raia & Lon MacDonald, Board Member, Julie Korenstein, Unit #406 Pres, Barbara Hupp, Elementary School Teacher, Sharon Baharouzi, Administrator, Chris Corliss, Santa Monica School District, CAHPERD Rep, Freddie Thompson, Not pictured Betty Hennessy, LACOE.

# United Teachers Los Angeles **Physical Education & Dance Committee**

## ACTION STEPS 8 YEAR GOAL

### YEAR ONE

1. Physical Education Specialist at the central district office.
2. Class size maximum capacity at 55.
3. Administrative training for supervisors of physical education teachers.
4. Physical education representative for development of new schools facilities.
5. Training for fitness gram testing. (5<sup>th</sup>, 7<sup>th</sup> & 9<sup>th</sup> grades)
6. Develop grade level guidelines based on state framework and standards.

### YEAR TWO

1. Revise and develop instructional materials ( Guidelines for instruction ).
2. Reduce class size capacity by 3 to 52 maximum.
3. Survey status of physical education space, technology and facilities at all elementary schools and provide recommendations.
4. Physical education specialist at each local district for K-12.
5. Provide on going professional development for physical education.

### YEAR THREE

1. Articulated grade levels for physical education.
2. Survey Middle Schools physical education space, technology and facilities at all middle schools and provide recommendations.
3. Provide physical education specialist at each local district for K-5.
4. Provide physical education specialist at each local district for 6-12.
5. Provide on going professional development for physical education.
6. Reduce class size capacity by 3 to 49 maximum.

### YEAR FOUR

1. Survey High School physical education space, technology and facilities and make recommendations.
2. Provide professional development for assessment strategies.
3. Hire on credentialed physical education teacher for each 900 students at each elementary school providing release time for elementary classroom teachers professional development, collaboration and planning. No more than one class per period would be with the physical education teacher.
4. Reduce class size capacity by 3 to 46 maximum

### YEAR FIVE

1. Hire more elementary physical education teachers to a ratio of one teacher per 600 elementary school students. No more than one class per period would be with the physical education teacher during one period.
2. Reduce class size capacity by 3 to 43.
3. Implement recommendations from survey for elementary physical education space, technology and facilities.
4. On going professional development. [K-12]

### YEAR SIX

1. Reduce class size average by 3 to 40.
2. Hire elementary physical education teachers at a ratio of one teacher per 300 elementary school students. No more than one class per physical education teacher.
3. Create high school physical education academies.
4. Explore joint use of facilities with parks and recreations.
5. Higher level professional development and demonstration schools.
6. Implement recommendations from survey for middle school physical education.

### YEAR SEVEN

1. On going professional development.
2. Reduce class size average by 3 to 37.
3. Implement recommendations from survey for middle schools.
4. Demonstration teams and recognition of outstanding programs.
5. Hire locker room aids.

### YEAR EIGHT

1. On going professional development.
2. Review equity and assignments related to physical education and coaching.
3. Develop family physical education programs.
4. Implementation of recommendations from survey for high schools.
5. Class size equal that of regular academic class size.