

WASC Action Plan – Physical Education Student Achievement

Date	Tasks	Persons Responsible	Resources Needed
Current	Align curriculum to state standards. <ul style="list-style-type: none"> • 1st year students develop life-long fitness plan • Students will evaluate plan yearly 	Physical Education Staff	None.
Spring 2007 and Ongoing	<ul style="list-style-type: none"> • Utilize textbooks to teach content standards • Students provided with test results from district 	PE Staff MISTS	District and site financial support.
2006 and Ongoing	<ul style="list-style-type: none"> • Students will understand the importance of good nutrition and will evaluate and assess their own intakes and make appropriate choices • Students will evaluate and assess health-related fitness • Demonstrate understanding and skills related to fitness • Understand, chart and assess cardio-respiratory endurance and apply improvements as appropriate • Students will understand and demonstrate application of the Energy Equation and its relation to personal fitness • All students will understand and apply appropriate methodologies to improve personal fitness 	PE Staff. Students	Handouts, and appropriate charts and forms
Spring 2007 and Ongoing	<ul style="list-style-type: none"> • 80% of freshmen will pass the fitness test • Sophomores will utilize biomechanical principles to analyze skill-set for fitness effectiveness • Students failing fitness test will create and implement a 2 year fitness improvement plan • 100% of Sophomore students will pass all skills based tests, written tests and succeed in group and individual sports • All students will understand the need for personal physical fitness and will adopt and implement a nutritional and exercise plan. 	PE Staff	None
2007	<ul style="list-style-type: none"> • Increase student choice with PE Weightlifting class 	P.E. Staff Administration	None
2010-2012	<ul style="list-style-type: none"> • Students provided with heart-rate monitors 	Dept. Chair	District financial support Site Council Foundation

Professional Development

Date	Tasks	Persons Responsible	Resources Needed
2006 and Ongoing	<ul style="list-style-type: none"> • All PE staff will participate in curriculum related conferences, trainings and workshops • Align all curriculum with state standards • Implement new curriculum • Collaborate with core departments to create links with core curricula • Develop formative and summative assessments • Assess program goals and achievements yearly • Visit other physical education facilities to observe and learn additional methodologies and strategies to reach all students 	PE staff Onsite Administration District Office	Funding
Jan 2007 and Ongoing	<ul style="list-style-type: none"> • Adopt the new physical education text: "Foundation of Personal Fitness." • PE staff training for use of new text 	PE Staff	Textbook monies Professional trainers

Culture, Facilities, Support

Date	Tasks	Persons Responsible	Resources Needed
2006	PE staff and counselors will collaborate in an effort to encourage more students to enroll in SRHS PE courses	PE Staff and Counselors	District and Administrators
Fall 2008	Calif. State PE Framework Adoption by SRCS Board of Education To allow counselors to schedule students in 4 consecutive semesters to allow skill building and articulation between courses. Elimination of Waiver Exemption	PE Teachers Site Administrators District Office Board of Education	None
Ongoing	Maintenance of PE facilities Addition of outdoor basketball courts in 2007-08	District, PE staff, students and community	