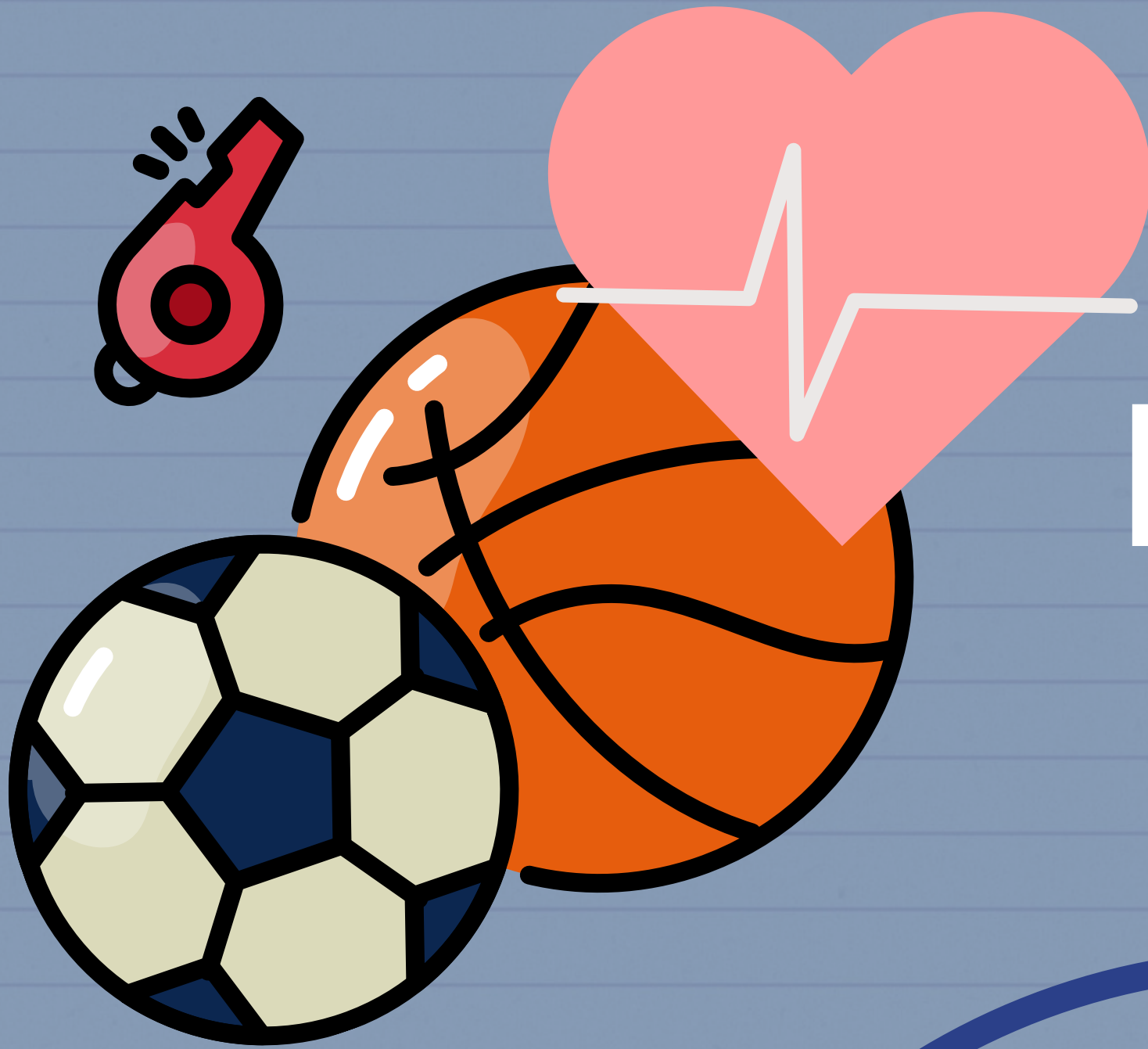


PE Board Report

June 2nd, 2026



Instructional Minutes



Reed Elementary School

- Committee updating schedule to best meet developmental needs and instructional requirements for all students.
- All 1st and 2nd grade students will receive 200 minutes of physical education in a two week period (every 10 days).



Bel Aire Elementary School

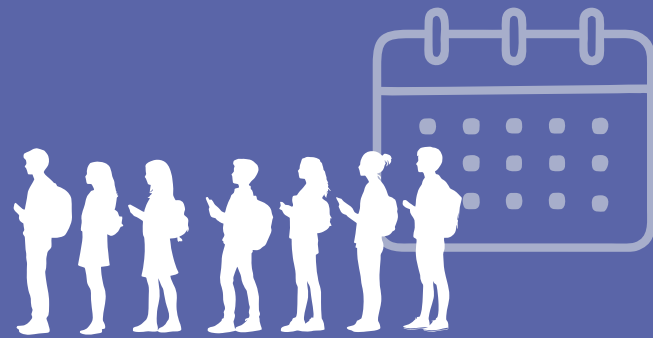
- All students (3rd-5th grade) receive 200 minutes of physical education in a two week period (every 10 days).
- Two 50 minute instructional blocks each week.



Del Mar Middle School

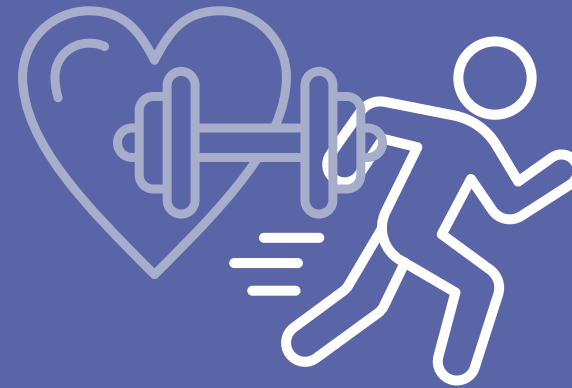
- All students (6th-8th) receive 438 minutes of physical education in a two week period (every 10 days).
- Physical Education is a mandatory class period.

FITNESSGRAM Test



WHO & WHEN?

- All 5th grade and 7th grade students must take the physical fitness test (PFT) / Fitnessgram.
- LEA's are required to administer the test to each student between February and May.



WHAT?

- The main goal of the test is to help students build life-long habits of regular physical activity.
- Fitness Components:
 - Aerobic Capacity
 - Abdominal Strength and Endurance
 - Trunk Extensor Strength and Flexibility
 - Upper Body Strength and Endurance
 - Flexibility



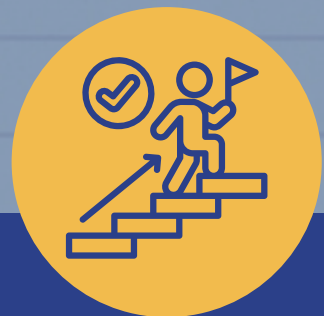
DATA

- Bel Aire Participation Rate:
 - PACER = 96%
 - Curl Up = 97%
 - Trunk Lift = 96%
 - Push Up = 96%
 - Reach = 97%
- Del Mar Participation Rate:
 - Mile Test = 98%
 - Curl Up = 98%
 - Trunk Lift = 98%
 - Push Up = 98%
 - Reach = 98%

Reed PE

Mr. Kaiser & Ms. Sanjeev





VERTICALLY ALIGNED

- Skills grow step-by-step from PreK through 2nd grade
- Students build confidence through movement, play, and practice
- Lessons focus on basic motor skills, listening, cooperation, and healthy habits
- Children experience success and growth in every unit and activity



ENGAGEMENT

- Students participate in a variety of activities including movement games, rhythms and dance, obstacle courses, fitness, and cooperative play
- Instruction emphasizes movement skills, safety, teamwork, and participation
- Activities are developmentally appropriate, engaging, and inclusive for all learners
- Teachers provide consistent routines, encouragement, and positive support



INTEGRATION ACROSS SCHOOL

- Students apply skills through facilitated recess games, stations, and school wide events
- Opportunities include field day, fun runs, dance activities, and cooperative challenges
- Activities help students build confidence, perseverance, and goal-setting skills
- Students learn through active play and real-world movement experiences



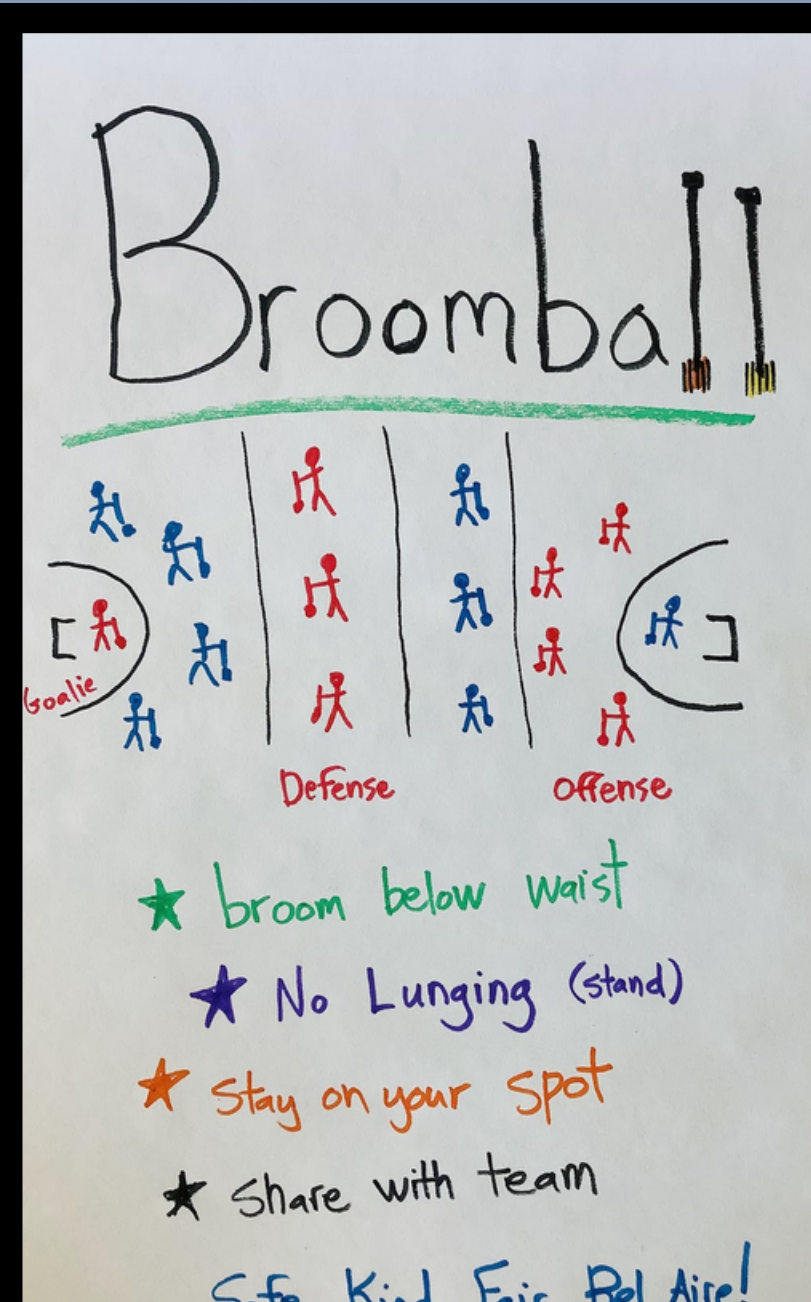
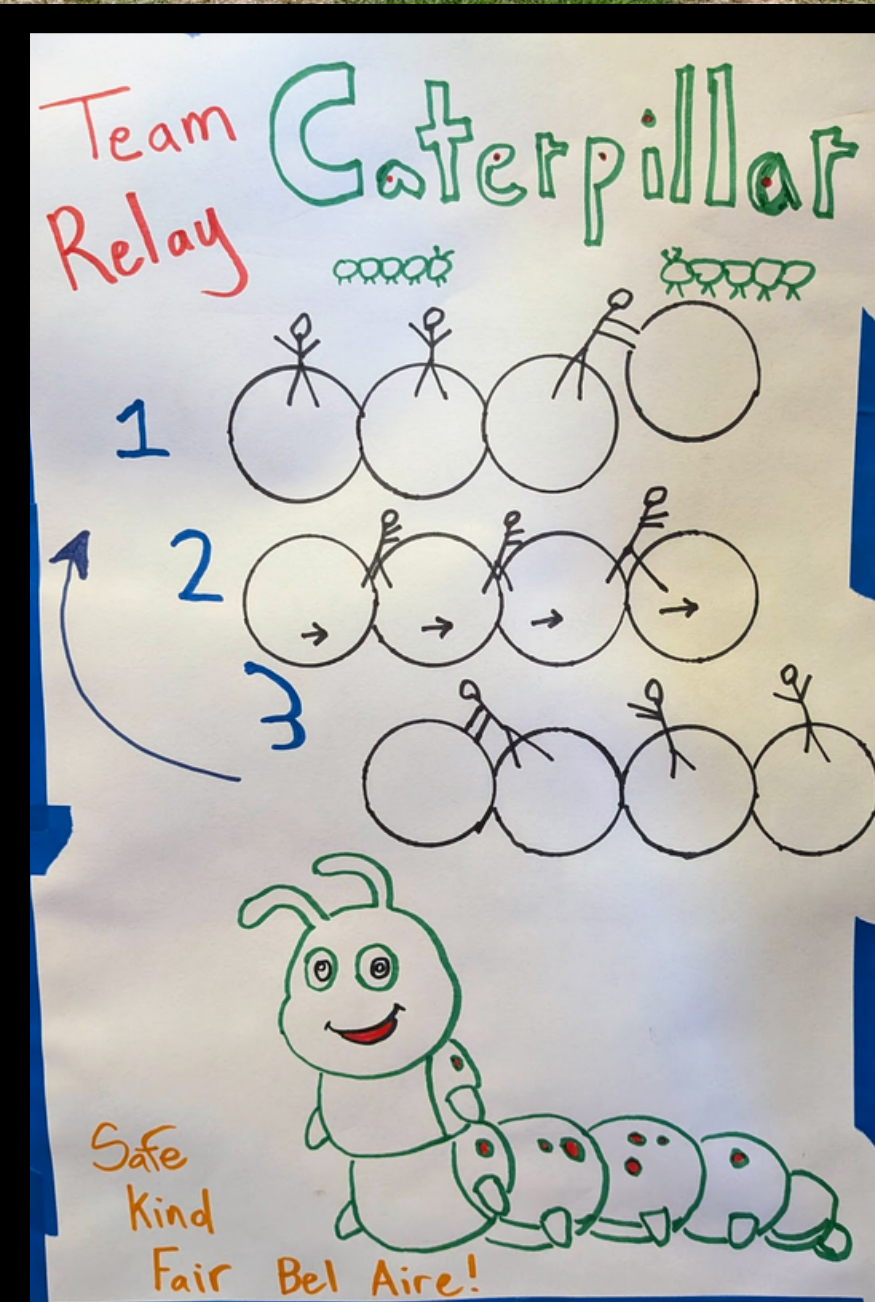
SOCIAL EMOTIONAL LEARNING

- Focus on kindness, sharing, respect, and teamwork during all activities
- Students practice communication, self-control, and responsible behavior
- PE encourages healthy habits and a love of physical activity from an early age
- The PE environment promotes inclusion, effort, encouragement, and fun



Bel Aire PE

Mr. Sievert & Mrs. Aaron
Teamwork – Sportsmanship
Safe – Kind – Fair





OTHER GAMES

- Team Building
 - Team Jigsaw
 - River Crossing
 - Toxic Clean-Up
 - Human Aqueduct
- Castle Ball
- Swamp Ball
- Pickleball
- Treasure Thief
- Relays / Obstacle Courses
- Station Rotations

*Games adapted from Playworks



HEALTH

- Benefits of Exercise
- Bones/Muscles
- SMART Goals
- Bike Safety
- Fitness
 - Components
 - Frequency, Intensity, Time, and Type (F.I.T.T.)
- Nutrition
 - Macronutrients
 - Labels



SOCIAL EMOTIONAL LEARNING

- Teamwork/Cooperation
- Sportsmanship
- Conflict Resolution
- Accepting Differences
- Fairness / Rules
- Assertiveness
- Inclusion / Kindness

Del Mar PE

Mr. Shern, Mr. Silva, & Ms. Johnson





VERTICALLY ALIGNED INSTRUCTIONAL PROGRAM

- Intentional progression across grades: Skill development → tactical application → performance analysis → independent fitness ownership
- Instruction integrates motor skills, fitness knowledge, game strategy, and social responsibility
- Students experience consistent growth across all units in the curriculum



HIGH-QUALITY INSTRUCTION ACROSS ALL UNITS

- Strong instruction in a wide range of units including team, shared space games, net/wall, striking/fielding, fitness, and individual activities
- Emphasis on skill acquisition, tactical understanding, communication, and teamwork in every unit
- Consistent focus on engagement, inclusion, and student success across all activities



EXPANDED STUDENT LEARNING OPPORTUNITIES

- Students regularly apply learning in authentic game and performance settings
- Approximately 130 students participated in district-wide track meets, reflecting strong engagement in competitive and inclusive experiences
- Opportunities support confidence, goal setting, and real-world application of skills



STUDENT DEVELOPMENT & CULTURE

- Focus on respect, cooperation, leadership, and communication across all activities
- Students are supported in developing personal responsibility and lifelong physical activity habits
- PE culture emphasizes inclusion, effort, and positive participation

**Thank You.
Any Questions?**

