

2010 Glenn W. Hoffmann Exemplary Program Awards
Enrichment Physical Education – Lakeside School
Student Wellness

Lakeside's Enrichment Physical Education program is designed to help students enjoy physical activity and recognize the benefits of staying fit for life. California State Physical Education Standards recommend that P.E. classes should engage students in moderate to vigorous physical activity at least 50% of class time - our goal is 95%! During our twice-weekly Enrichment P.E. classes, students work to increase their skills in the following areas:

Aerobic Conditioning Ball handling (catching, throwing, passing, dribbling, striking, kicking) • Jump roping • Flexibility/Stretching

Developing strength (primarily upper body and core) Age-appropriate skills for basketball, soccer, kickball, volleyball, softball, Frisbee

Gym/Field Games

Physical Education activities often require working with one or more partners, on a team, or as a class. This provides ample opportunity to work on cooperation, teamwork, and how to lose and win with grace, kindness, and respect. Students are expected to try their best, support classmates, and assist with equipment when needed. Grading is based on attitude, sportsmanship, effort and skill development and is included in the student report card.

Six years ago, Lakeside School started an annual Walkathon to fund physical education instruction for its K-5 students one additional day each week. Since that time, students in grades 3-5 exceed the state minimum requirement for physical education instruction by more than 30 minutes/week, a rarity among public schools that struggle to simply meet the standard.

In Lakeside's 2009 Community Goals survey, two-thirds of respondents ranked physical education as a top priority to keep if Lakeside had to reduce programs due to budget cuts. This community commitment to fitness is evident at the PTA's Walkathon, which brings together students and teachers, family and friends in this rural mountain community to walk, jog and run for fun and fitness.

In preparation for the event, Lakeside students train for endurance and ask family and friends to sponsor them for as many laps as they can complete in 45 minutes. In the most recent event held in March 2009, the 85 students at this small school ran more than three hundred miles. Any school can do it.

Lakeside's fitness training program continues year round with a noontime-jogging program supervised by the PE specialist. During the 2008/09 school year, Lakeside's 85 students collectively ran more than 1,800 miles. Three students learned the value of pacing and "buddy running" and ran well over 80 miles each, while the per-student average was just over 20 miles.

Has it made a difference? In the past five years, the percentage of Lakeside fifth graders scoring in the Healthy Fitness Zone in 6/6 state fitness tests has risen from 50% to 90%. Is there enough time to have PE and cover the academics? Lakeside's STAR test scores are among the highest in Santa Clara County. Lakeside is ranked number four in student achievement according to the 2009 API report