

Presidential Youth Fitness Program (PYFP) - it's not just a test!

**PYFP Institute Champions:
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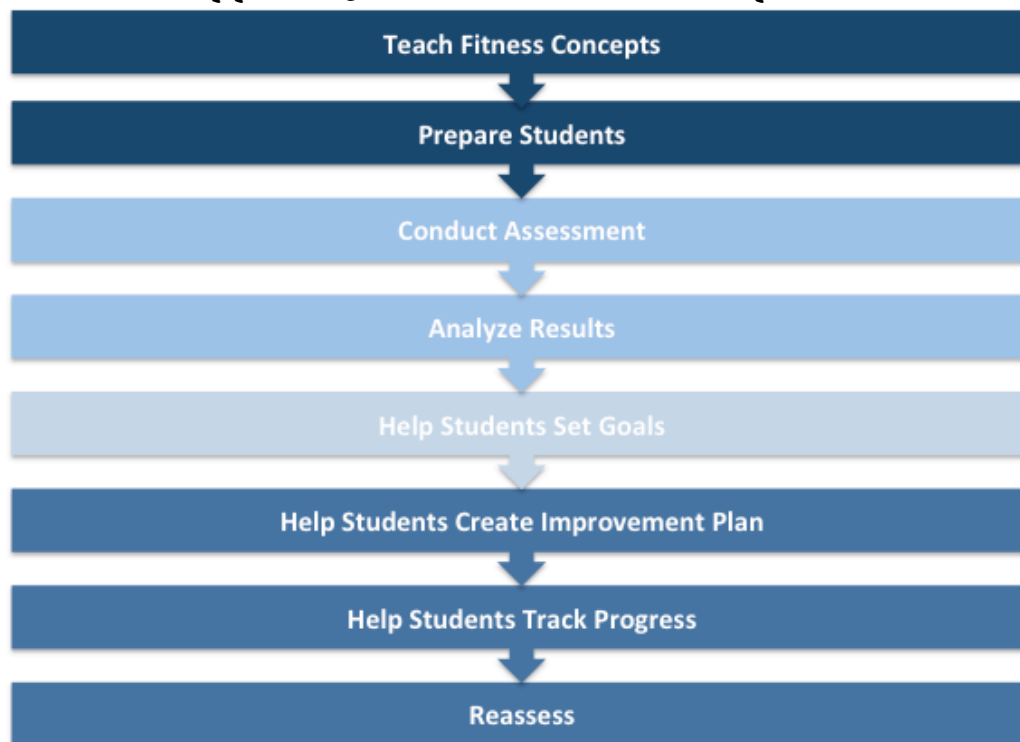
How PYFP has impacted our classes & students ...

- ✓ Cheryl
- ✓ Betty

PYFP At-A-Glance

- ✓ National fitness education and assessment program
- ✓ Promotes excellence in PE
- ✓ Integrates into any PE program
- ✓ Variety of resources available for every budget
- ✓ Aligns with National PE Standards (3,5) & Ohio Standards (3,5)

PYFP Checklist: Supporting the fitness education process



Process vs Product:

- ✓ *If we do the process the product will follow!*
- ✓ Fitness education with physical activity is the process.
- ✓ Physical fitness is the product.

FitnessGram® Assessment



Teaching the Assessment:

1. Read It
2. Show It
3. Do It
4. Review It

Where do I get information?

- ✓ www.pyfp.org
- ✓ Resource Library
 - www.https://pyfp.org/resource-library/
 - Let's take a look at some of the resources!
- ✓ Register & log-in for extra resources
 - Specifics on the tests, etc.
- ✓ Also register to show that your school is participating in Ohio
 - Please support our efforts & put Ohio on the map for PYFP!

Why PYFP & FitnessGram

- ✓ Combines educational process and assessment
- ✓ Promotes lifelong physical activity
- ✓ Based on the latest research on children's fitness
- ✓ Health related vs. performance
- ✓ Personal improvement driven
- ✓ Uses criterion-referenced vs. normative standards

Criterion-referenced Standards

- ✓ Identify student level of health-related fitness
- ✓ Student scores fall in one of three categories
 - Healthy Fitness Zone
 - Needs Improvement
 - Needs Improvement- Health Risk
- ✓ Supports use of fitness assessment as part of educational process

Confidentiality

- ✓ Appropriate protocols must be established to ensure proper privacy
 - Think through...when...where...& how
 - What will you do with the data?
 - Other issues?
- ✓ Educate students and parents on the *importance of and assurance of* confidentiality for fitness assessment results

Appropriate Uses of FitnessGram:

- ✓ Facilitate fitness education
- ✓ Provide feedback to students and parents
- ✓ Allow personal tracking
- ✓ Guide PE program planning

Inappropriate Uses of FitnessGram:

- ✓ Using scores for student grading
- ✓ Using scores to evaluate teacher effectiveness
- ✓ Using scores to evaluate overall physical education program

Getting Started:

1. Review PYFP Checklist
2. Determine training, resources and equipment needs that may be needed
3. Begin implementation of the checklist
4. Celebrate success and seek PFYP recognition
5. Review progress and make plans for continued improvement

Why PYFP?

- ✓ Free national fitness education and assessment program
- ✓ Provides tools to physical educators that can empower students to be *fit for life*
- ✓ Integrates into any PE program
- ✓ Part of a comprehensive approach to addressing the whole child
- ✓ Aligns with National PE Standards (3,5) & Ohio's PE Standards (3,5)

America's Children need...

- ✓ The **School (Physical Educator)** to assess student's health related fitness levels and teach the fitness education process & offer physical activity opportunities.
- ✓ **ALL of US** to help students improve their fitness levels.
- ✓ **Schools, Homes, & Community Organizations** working together to help students' get & stay fit!

Questions:

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