



**The TEACHER CENTER of Broome County**  
**Teacher Study Group Grant Award**  
**Summer 2006**  
**FINAL REPORT**  
**DOCUMENT PROCESSES AND OUTCOMES**

**STUDY GROUP TOPIC: Fitness Programs for overweight children**

**List of group members: Keri Stenta, Tony Stenta, Corey Green**

**The final report must be word-processed and submitted both in print and on disk using this form.**  
**Include information under each of the following headings.**

The Teacher Center of Broome County is requesting that two members of each study group funded as of July 2006 share the information gained through their study with other consortium members by presenting a workshop during the 2006 - 2007 school year. Please indicate on your final report who we should contact to make arrangements for your presentation.

<b>Name</b>	<b>School/District</b>
Tony Stenta	MacArthur/Bing.
Corey Green	Coolidge/Bing.

**Describe the initial goal of the group noting any adjustments that had to be made as time passed.**

Our initial goals were to:

- calculate student BMI by collecting height and weight
- Create fitness activities for the school community
- Develop Fitness Portfolios
- Research the relationship between physical activity and student learning.

The adjustments that were made to the group goal:

- did not have time to collect the height and weight therefore we did not calculate the BMI's ( we are going to try to collect the data from the nurses when they do the screenings in the Fall)
- We did not research the connection between physical activity and student learning due to lack of time allotted.

**Describe the ACTION PLAN that the group followed.**

Knowing that we had 10 hours at our first meeting we discussed what we should focus on and what was of most importance to us as PE Teachers.

Meeting 1 focus was on Motivation

Meeting 2 focus was on Fitness Testing

Meeting 3 focus was on School based initiative and creating a packet for classroom teachers

Meeting 4 focus was on extra activity time and development of fitness portfolio

Meeting 5 focus was on obesity and healthy eating habits

**Describe how the action plan was implemented.**

The action plan was implemented by meeting five days for two hours each for a total of 10 hours. We were each responsible for bringing articles, resources and ideas to each of the meetings so we could discuss the topics. We worked together to finalize the fitness testing, and the development of the fitness portfolio. We are excited to implement the fitness portfolio and to see how the students react to it.

**Evaluation of the impact of the study group effort on teacher/student performance.**

- How has this study group changed you as a teacher? Do you anticipate that any of your teaching practices will have changed?

Through research and discussions this study group has made us more aware of the school based health initiative and ways to promote it in the school community. We have learned more information and knowledge on obesity and we are going to direct much more effort at those students who are obese and overweight. We will be implementing the Fitness Portfolios that were developed and also promoting before school, lunch time and after school activities to keep students active. Through our research with motivation, it has given us different options to try while teaching.

- What evidence do you **expect** to see of student achievement improving as a result of your participating in this study group?

We are hoping to see an improvement with the student fitness testing and that more students can get into the “healthy fitness range”. This is something that we can see happening as a result of more fitness options and time during the school day and the promotion from the fitness portfolios that were developed. We are also hoping to see healthier eating due to more knowledge about the subject and better food choices at breakfast and lunch. Although we didn’t research this topic we are also looking to see a correlation between physical activity and testing in the classroom. Starting this year, for every 30-40 minutes of sitting in a classroom the teacher must give 10 minutes of physical activity. That is why we have created a packet of activities for the classroom teachers.

- What evidence is there that the goals of the study group has/has not been met?

- We have put together a packet of physical activities lasting about 10 minutes for the classroom teacher.
- We developed a fitness portfolio with parent letter, activity pyramid and time/activity sheets.
- We will have in our schools added extra physical activity times(before school, lunch time or after school)
- We do not have the percentage of obese or overweight students in our schools nor do we have an experiment to prove that physical activity does improve student test scores.

**Comment on the value of the study group process? Did it work for you?**

The study group allowed us to explore and discuss many ideas and practices in order to benefit our students and ourselves.

**How can we make this study group program better?**

In our case more time allotted and allow for follow up the next summer to see what worked or didn't during the school year.