

Wellcats for Life

Carol M. White PEP Grant



What is a PEP Grant?

A PEP Grant, which stands for Physical Education Program Grant, allows local educational agencies (LEAs) and community-based organizations (CBOs) to initiate, expand, or enhance physical education programs including before school, after school, and in summer programs for students K-12. Grant recipients must implement programs that help students make progress toward meeting their state's standards for physical education

Depew UFSD is 1 of only 16 districts across the United States to receive a US Dept. of Education PEP Grant in 2016

Objective of the PEP Grant

To promote physical activity and healthy lifestyles for our students

ED has developed three performance measures for PEP grantees:

- The percentage of students served by the grant who engage in 60 minutes of physical activity
- The percentage of students served by the grant who meet the standard of a healthy fitness zone as established by the assessment of the Presidential Youth Fitness Program (PYFP) in at least 5 out of 6 fitness areas
- The percentage of students served by the grant who consume fruit two or more times per day and vegetables three or more times per day

Performance Measure 1.1

The percentage of students served by the grant who engage in 60 minutes of physical activity

- POLAR Activity Watches
- Grantees must collect daily physical activity data K-12
- For students in grades K-5, data must be collected for four consecutive days
- For students in grades 6-12, data must be collected for seven consecutive days

Performance Measure 1.2

The percentage of students served by the grant who meet the standard of a healthy fitness zone in at least five of the six areas

- FITNESSGRAM
- Grantees must collect data from students in grades 3-12
- Students will be assessed in the following areas:
 - Aerobic Capacity (PACER)
 - Abdominal Strength & Endurance (Sit Up)
 - Upper Body Strength & Endurance (Push Up)
 - Trunk Extensor Strength & Flexibility (Trunk Lift)
 - Flexibility (Sit and Reach)
 - Body Composition (BMI)

Performance Measure 1.3

The percentage of students served by the grant who consume fruit two or more times per day and vegetables three or more times per day

- As per PEP guidelines, five questions from the Youth Risk Behavior Survey (YRBS) regarding fruit and vegetable consumption will be administered to students in grades 6-12
- Students in grades K-5 will complete an age-appropriate version
- All responses are anonymous

How often will data be collected?

Year 1	Year 2	Year 3
Baseline	Window 1	Window 1
Window 1	Window 2	Window 2
Window 2		

What else do we have planned?

- New, state of the art fitness/wellness centers in all 3 buildings
- Increased opportunities for our students to be physically active before, during, and after the school day
- Implementation of the SPARK PE curriculum K-5
- Implementation of the CATCH Nutrition program K-8
- Implementation of the Health Smart curriculum at the MS and HS
- Increased professional development opportunities for all Physical Education and Health teachers
- Partnership with the Village of Depew Summer Recreation
- Other partnerships include United Way of Buffalo and Erie County, Depew/Lancaster Boys & Girls Club, YMCA of Buffalo/Niagara, Erie County Dept. of Health, and Independent Health

New Fitness/Wellness Centers

High School - Current Small Gym

Middle School - Current Wellness Center (Rm. 224)

Cayuga Heights - Combine Rooms 139 & 140

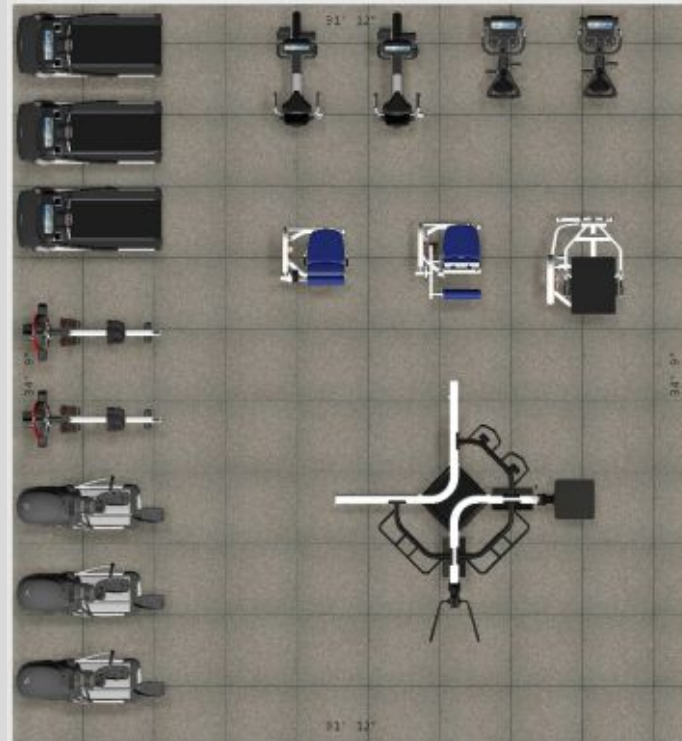
Visit to Lew-Port High School



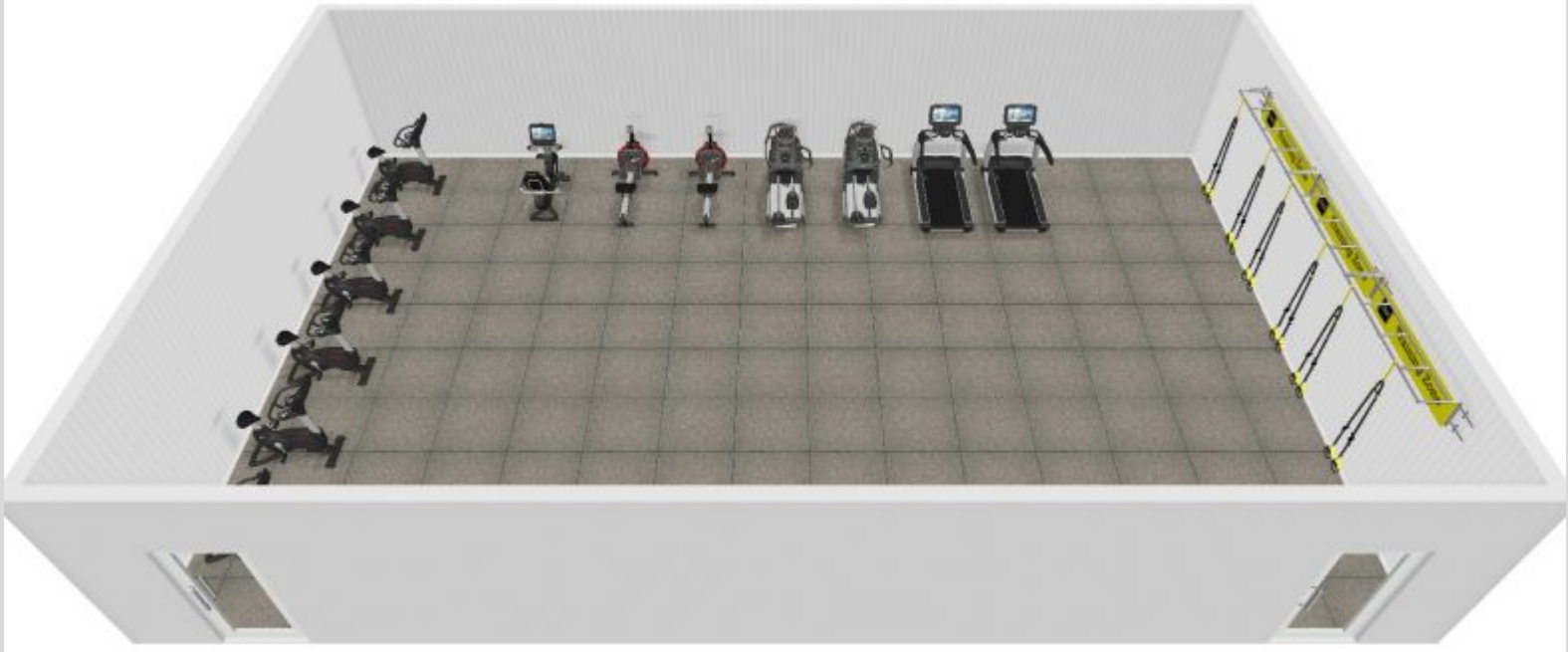
High School Fitness Center



Middle School Fitness Center



Cayuga Heights Wellness Center



Any questions?