



TAHPERD - Jump Rope & Hoops for Heart 30 Year Partners in Combating Heart Disease, Diabetes, and Stroke

Facts to Know for Physical Educators and Health Educators for the 2008-09 School Year

- **State Law requires**
 - **Specific time for physical activity**
 - Students in grades K-6 to participate in 30 minutes per day of physical activity through the physical education curriculum
 - Students in grades 6-8 to participate in 4 out of 6 semesters of 30 minutes per day of physical activity through the physical education curriculum
 - **Fitness testing using FITNESSGRAM**
 - Required for all students in grades 3-12. Student scores are due to the Texas Education Agency (TEA) in May 2009.
 - TAHPERD recommends pre and post testing when possible, such as in physical education classes. The pre-test FITNESSGRAM will provide a benchmark for the student, parent, and teacher. Participating in physical education classes for the Fall Semester and/or Spring Semester will give the student the opportunity to improve their performance on the post-test. It is the final test scores that would be reported to TEA.
 - The fitness tests that are required, videos on how to administer the tests, and other information can be found at www.fitnessgram.net. All students in grades 3-12 are to be tested in the following six areas:
 - **Aerobic Capacity:** One of two tests may be used - The PACER *or* the One-Mile Run
 - **Body Composition:** One of three tests may be used - Skinfold Measurements *or* Body Mass Index *or* bioelectric Impedance Analyzers.
 - **Abdominal Strength & Endurance:** Must use Curl-up
 - **Trunk Extensor Strength & Flexibility:** Must use Trunk Lift
 - **Upper Body Strength & Endurance:** One of three tests may be used: 90 degree Push-up *or* Modified Pull-up *or* Flexed Arm Hang.
 - **Flexibility:** One of two tests may be used: Back-saver Sit and Reach *or* Shoulder Stretch
 - **Parenting and Paternity Awareness (P.A.P.A.) Education in Health Class**

Every school district is required to teach a new parenting curriculum in high school health classes. The Attorney General's office has developed the curriculum and will provide it and training at no cost to school districts and teachers through the Educational Service Centers (ESC). For more information contact Michael Hayes, Director of Family Strengthening Initiatives, Office of the Attorney General, 512-460-6218, Michael.hayes@cs.oag.state.tx.us.

Texas Association for Health, Physical Education, Recreation, and Dance
The Professional Association for teachers and administrators in HPERD

- **School Health Advisory Councils**
Every Texas school district is required by law (Title 2, Chapter 28, Section 28.004 of the Texas Education Code) to have a functioning School Health Advisory Council (SHAC). This council is to be made up of mostly parents of school children who are not employed by the school district plus a variety of community members. The SHAC is to assist the school district in providing quality health instruction, a healthy school environment, quality physical education, school counseling, quality food service, staff wellness, and community/school programs to promote healthy habits.

- **Coordinated School Health Program**
Every Texas school district is required by law to have a coordinated school health program (CSHP) for elementary grades and starting in 2008-09, middle/junior high school grades. Any program being used must be on the Texas Education Agency's approved CSHP list. There are commercial programs and school developed programs. For elementary grades there are four approved programs: Bienestar, CATCH, Good Body Shop, and Health, Wealthy, and Wise. The middle school approved programs are: Bienestar, CATCH, and a combination of Healthy and Wise and the SPARK program. This last program **must** include both programs of Healthy and Wise and the SPARK program to qualify as an approved CSHP. A school may not use only one component and meet the requirements for their Coordinated School Health Program. For middle/junior high school grades, the TEA also approved the self-developed programs of the Fort Worth ISD and Plano ISD.

- **Texas Fit Now Grants - \$10 Million**
 - Grants for middle schools with a specific percentage of students participating in the free lunch program are available
 - Applications must be completed by September 26 to receive funding. Go to www.tahperd.org for the application.



**TAHPERD 86th Annual Convention - Corpus Christi
December 3-6, 2008
Register now!! www.tahperd.org**