



SHAKE HIGHLINE

"Promoting Lifelong Health & Fitness" • High School

PHYSICAL EDUCATION STANDARDS

Highline Public Schools have five PE standards which define the knowledge & skills every student needs to maintain an active & healthy lifestyle.

Standard 1:
Demonstrates competency in a variety of motor skills and movement patterns.

Standard 2:
Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3:
Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4:
Exhibits personal and social behavior that respects self and others.

Standard 5:
Recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

High School Motor Skills

In **High School**, your child will learn and be assessed on 2 motor skills by Highline's Physical Educators. **To meet grade level standard**, your child must successfully meet 3 of the 4 critical elements for *each* motor skill.

Motor Skill Assessments							
Walking Lunge				Squat			
Head facing forward	Torso erect & shoulders back	Body moves with a smooth, rhythmic motion	Lead ankle, knee, & hip are in one vertical plane	Eyes ahead & head tilted slightly back	Shoulders, back & chest upright	Body moves with a smooth, rhythmic motion	Feet shoulder width apart, weight balanced on middle of feet

Middle School Fitness Assessments

Each student's fitness level is assessed at the beginning, middle and end of semester. These assessments measure levels of fitness in four health-related fitness components.

Fitness Component	Cardio-Respiratory Endurance	Muscular Endurance	Muscular Strength	Flexibility
Fitness Assessment	PACER (20m) and Mile Run	Curl-Up (with Cadence)	Push-Up (with Cadence)	Back Saver Sit & Reach

Interpreting Your Child's Health and Fitness Scores

Compare your child's fitness scores to SHAPE Highline's recommended guidelines for a healthy fitness level.

Age	PACER	Mile Run	Curl-Up	Push-Up	Sit & Reach
15	Male – 51 Female – 32	Male – 9:00 Female – 10:30	Male – 24 Female – 18	Male – 16 Female – 7	Male – 8 Female – 12
16	Male – 61 Female – 32	Male – 8:30 Female – 10:00	Male – 24 Female – 18	Male – 18 Female – 7	Male – 8 Female – 12
17	Male – 61 Female – 41	Male – 8:30 Female – 10:00	Male – 24 Female – 18	Male – 18 Female – 7	Male – 8 Female – 12
18	Male – 72 Female – 41	Male – 8:30 Female – 10:00	Male – 24 Female – 18	Male – 18 Female – 7	Male – 8 Female – 12

IS YOUR CHILD PROFICIENT IN EACH MOTOR SKILL?

Login to Highline's fitness and motor skill tracking program WELNET to see your child's assessment results.

Website: focusedfitness.org

User Name: Student ID#

Password: Complete Last Name



CONTACT US: SHAPE@highlineschools.org

VISIT US: highlineschools.org/SHAPE

FOLLOW US on TWITTER: @SHAPEhighline



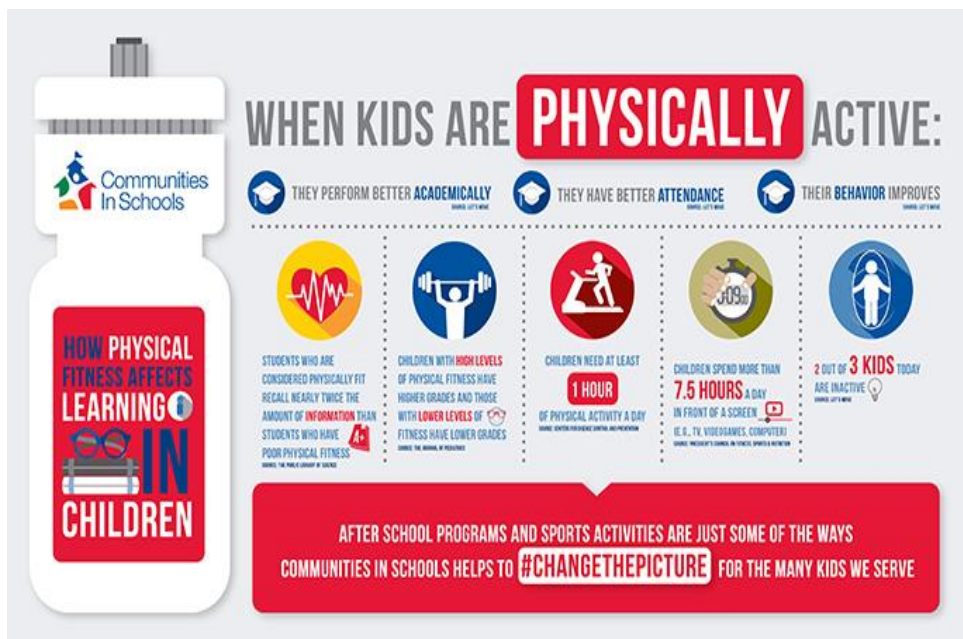
Promoting Lifelong Health & Fitness

60 Minutes of Play, Every Day

To feel great and maintain a healthy weight, children need at least 60 minutes of physical activity every day. Physical activity is anything that gets your heart pumping or makes you stronger. This recommendation comes from health leaders at the U.S. Department of Health and Human Services. For more information about these recommendations, visit the [Physical Activity Guidelines Toolkit](#)¹ website or [learn how families can play a role](#)² in youth physical activity.

Why Physical Activity is Important?

Physically active children tend to be physically active adults. You can help your child be more physically active by making physical activity an important part of family life. Make it a priority to spend time with your child by playing at the park, going on walks or even doing chores together. Children learn from their parents the joy and fun of physical activity by doing it together. Everyone reaps the rewards and benefits of a healthier, happier family.



Regular Physical Activity and the Life Changing Results

- ⇒ Reduce the risk of developing obesity
- ⇒ Reduce the risk of developing diabetes, cardio vascular disease, and certain cancers.
- ⇒ Help build and maintain healthy bones and muscles
- ⇒ Promotes psychological well-being
- ⇒ Reduces feelings of depression and anxiety
- ⇒ May improve students' academic performance, including academic achievement and factors that influence academic achievement, such as concentration and attentiveness in the classroom.

Schools Need Your Help!

Getting 60 minutes of physical activity at school each day can be challenging. Your child receives 30-45 minutes of physical education two days a week and between 15-45 minutes of recess each day. Highline needs your help to make sure each child gets 60 minutes of physical activity each day.

Get Involved

To help your child hit the 60-minute mark, come up with fun ways to add a little bit more activity for the whole family. It doesn't matter what it looks like—an organized basketball game or bike riding with mom or dad around the neighborhood. Finding ways to add a little more activity to every day can mean big health benefits for your children.

Resources

Learn more about what you can do to improve your child's health and fitness by accessing the following websites:

1. Let your child explore all the fun and creative ways to be physically active [here](#)³
2. What types of physical activity are appropriate for your child? Learn that and more [here](#)⁴
3. Can't get outside? Find indoor activities you can do with your child [here](#)⁵

Websites

1. <https://www.cdc.gov/healthyschools/physical-activity/guidelines.htm>
2. https://www.cdc.gov/healthyschools/physical-activity/toolkit/factsheet_pa_guidelines_families.pdf
3. <http://www.pbs.org/parents/food-and-fitness/sport-and-fitness/keep-kids-active/>
4. www.cdc.gov/physicalactivity/basics/children
5. <https://snaped.fns.usda.gov/nutrition-through-seasons/indoor-physical-activity-resources>