"Children today have a shorter life expectancy than their parents for the first time in 100 years."
- Dr. William J. Klish Professor of Pediatrics, Baylor College of Medicine

IOWA CITY COMMUNITY SCHOOL DISTRICT
JUNIOR HIGH & HIGH SCHOOL
PHYSICAL EDUCATION

OUR PROGRAM IS DESIGNED
To get adolescent children active and help them establish healthy fitness habits for a lifetime.

Our classes emphasize and teach cardiovascular fitness, muscular and strength endurance, rhythms, swimming, cooperative/team building activities, individual/ team games, relaxation and stress reduction. The Physical Education teachers utilize technology, individualized health assessments (using Polar TriFIT and PE Manager) and encourage involvement with the local health, medical, and business community.

Suggested Websites:
- [www.extension.iaState.edu/healthnutrition](http://www.extension.iaState.edu/healthnutrition)
- [www.acefitness.org](http://www.acefitness.org)
- [www.health.gov/PAGuidelines](http://www.health.gov/PAGuidelines)
- [www.3aday.org](http://www.3aday.org)
- [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)
- [www.aahperd.org/naspe](http://www.aahperd.org/naspe)
- [www.cdc.gov](http://www.cdc.gov)
- [www.cdc.gov/youthcampaign](http://www.cdc.gov/youthcampaign)
- [www.crossfitkids.com](http://www.crossfitkids.com)
- [www.fitness.gov](http://www.fitness.gov)
- [www.shapeup.org](http://www.shapeup.org)
- [www.obesity.org](http://www.obesity.org)
- [www.fitnesslink.org](http://www.fitnesslink.org)
- [www.justmove.org](http://www.justmove.org)
- [www.fitnessonline.com](http://www.fitnessonline.com)
- [www.actionbasedlearning.com](http://www.actionbasedlearning.com)
- [www.afterschoolpa.com](http://www.afterschoolpa.com)
- [www.take10.net](http://www.take10.net)
- [www.kidnetic.com](http://www.kidnetic.com)
- [www.usda.gov](http://www.usda.gov)
- [www.ICCSD.K12.ia.us](http://www.ICCSD.K12.ia.us)

Suggested Reading:
- **Spark- The Revolutionary New Science of Exercise and the Brain**, by Dr. John Ratey
- **Smart Moves- Why Learning Is Not All In Your Head**, by Carla Hannaford, Ph.D.
- **Eat This Not That**, by David Zinczenko
- **Making the Brain Body Connection**, by Sharon Promislow
The Iowa City Secondary Physical Education Program combines ‘best practices’ of physical education to inspire and educate all students about the vital importance of lifetime physical activity and fitness. (www.AAHPERD.org/NASPE)

**Components of our Physical Education Program include:**

- Availability for all students, not just the athletically inclined.
- Increasing student physical fitness and developing an understanding about physical activity’s role in good health and a productive life.
- Assessing students on their personal progress toward fitness, social, cognitive and physical activity goals.
- Incorporating technology on a regular basis.
- Extending beyond the walls of the gymnasium.
- Change the rules and adapt games to ensure full participation for maximum activity minutes.
- Eliminate practices that humiliate students.

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**West High School** Physical Education meets 58 minutes every day for one-trimester.

**City High School** meets for 58 minutes every 3rd day all year (elective class is every other day). Neither high school Physical Education grade counts in students’ GPA. There are athletic waivers at both schools.

**North Central, Northwest and South East Junior High** meet every other day the entire school year for 43 minutes. Their Physical Education grade is weighted in their GPA.

As a result of our 2007-08 survey of students, the following graph shows the percentage of students in ICCSD who do not meet the 150 elementary and 225 secondary Moderate to Vigorous activity minutes a week as recommended by NASPE and The Healthy Kids Act.

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**Equity Statement**

It is the policy of the Iowa City Community School District not to discriminate on the basis of race, creed, color, religion, national origin, gender, age, marital status, sexual orientation, gender identity, veteran status, disability, or socioeconomic status in its educational programs, activities, or employment practices. If you believe you have (or your child has) been discriminated against or treated unjustly at school, please contact the Equity Director, Ross Wilburn, at 509 S. Dubuque Street, 319-688-1000.