

Department Physical Fitness Awards

Criteria

Program Purpose

Section 167.720 RSMo (SB 291, 2009) mandates the Commissioner/Department of Elementary and Secondary Education annually select for recognition students, schools, and school districts that are considered to have achieved improvement in fitness.

Student Award – Missouri Department of Elementary and Secondary Education Award for Physical Fitness will be awarded to all students, fifth and/or ninth grade, who meet or exceed the Missouri healthy fitness range in each of the four reported components of fitness: aerobic capacity, abdominal strength/endurance, upper body strength/endurance, and flexibility.

Criteria:

- Student must be assessed in all four fitness component areas
- Student meets or exceeds healthy fitness range in each of four fitness components for the preceding school year

School Award - Missouri Physical Fitness Award for Improvement will be awarded to all buildings testing fifth and/or ninth grade students that improve in all four reported components of fitness: aerobic capacity, abdominal strength/endurance, upper body strength/endurance, and flexibility.

Criteria:

- 95% of the students in the fifth and/or ninth grade(s) enrolled in a physical education course must take the physical fitness assessment. Sum of Tested and Not Tested divided by the number Tested
- and**
- School must show 1% improvement from the previous year in each of the four fitness components. Number Tested divided by >HFR (meet or exceeds Healthy Fitness Range)
- or**
- At least 90% of fifth or ninth grade students tested meet or exceed the Missouri healthy fitness range in all four reported components of fitness for two consecutive years.

District Award - Missouri Champion Award for Improved Physical Fitness will be awarded to all districts that improve in each of the four reported components of fitness: aerobic capacity, abdominal strength/endurance, upper body strength/endurance, and flexibility.

Criteria:

- 95% of the students in both fifth and ninth grades, who are enrolled in a physical education class, must take the physical fitness assessment. Sum of Tested and Not Tested divided by the number Tested;

and

- District must show 1% improvement from the previous year in all four fitness components. Number Tested divided by >HFR (meet or exceeds Healthy Fitness Range);
- or
- At least 90% of fifth and ninth grade students tested meet or exceed the Missouri healthy fitness range in all four reported components of fitness for two consecutive years.

Timeline and Reporting

- **April** – Schools and districts notified of recognition status
- **May** – National Physical Fitness and Sports Month
- **August-June** – Schools administer the physical fitness assessment. This can be done as a single assessment or as a pre-post test with the post-test data reported. Schools should administer the assessment when appropriate per their curriculum.
- **June** – School districts will submit data on Screen 17, Physical Fitness Assessment, of Core Data during the June cycle. This screen is used to collect the results of the locally administered physical fitness assessment data. The number of students tested, number not tested, and number meeting or exceeding the healthy fitness range (HFR) is submitted for grades 5 and 9.