

**Physical Activity Goal 7**

<b>GOAL 7:</b> The district shall encourage parents and guardians to support their children’s participation in physical activities.	
<b>Objective 1:</b> The campuses will promote, through a variety of medias, the multiple physical activity opportunities both during and outside of the school day.	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ul style="list-style-type: none"> <li>• Campuses will communicate information about upcoming physical activity programs through announcements, flyers, posters, and school and District websites.</li> <li>• Campus will encourage families to participate in family fitness/wellness night events.</li> <li>• Campus will provide information regarding family fitness/wellness nights on the District website.</li> </ul>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Annual Campus Wellness Committee Report</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Web access</li> <li>• Family Fitness/Wellness Night program information</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Access to resources</li> </ul>
<b>Objective 2:</b> The campus will offer at least one event annually, either during or outside of normal school hours that involves physical activity and includes both parents and students in the event.	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
<ul style="list-style-type: none"> <li>• The campus principal will ensure that the campus hosts at least one annual physical activity/wellness event for students and parents that occurs outside the school day.</li> <li>• The physical activity/wellness event for students and parents that occur outside the school day can be combined with other school events such as open house, school carnivals, science-math night, etc.</li> </ul>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> <li>• Annual Campus Wellness Committee Report</li> </ul> <p>Resources needed:</p> <ul style="list-style-type: none"> <li>• Family Fitness/Wellness Night program information</li> </ul> <p>Obstacles:</p> <ul style="list-style-type: none"> <li>• Access to resources</li> <li>• Staff attrition</li> </ul>

