

**EVERETT SCHOOL DISTRICT  
PEP GRANT TIMELINE YEAR 2**

| Projected Date               |                              |                              | Item   | Notes  | Actual Date |
|------------------------------|------------------------------|------------------------------|--|--|-------------|
| ES                           | MS                           | HS                           |  |  |             |
| Aug 26                       | Aug 26                       | Aug 26                       | Focused Fitness K-12 Training                                    | <b>8-3 @ Longfellow (ALL)</b>  |             |
| Sept 3                       | Sept 3                       | Sept 3                       | Begin Fitness Pre-Test   | <b>5<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> grade required</b> (Height & Weight, Pacer, Sit & Reach, Curl-ups, Push-ups) – all other grades optional but encouraged  |             |
| Oct 31                       | Oct 17                       | Oct 17                       | Fitness Pre-assessment Data complete                             | Fitness Pre-assessments Data entered into WEL-PRO  |             |
| Sept 30, Oct 1               | Sept 30, Oct 1               | Sept 30, Oct 1               | Focused Fitness K-12 Training                                    | <b>Sept. 30, Middle School Oct. 1 Elem, High Grade level training</b>  |             |
| Pre: Sept 17<br>Post: Nov 7  | Pre: Sept 19<br>Post: Oct 10 | Pre: Sept 19<br>Post: Oct 10 | Five Components of Fitness Unit pre-assessment / post-assessment | <b>5<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> grade required</b> Basic book pages 1.9 – 1.10 pre and post-assessments to be completed and recording sheets (pre and post score list only as <b>number correct</b> posted on class list with students ID# and name) delivered to <u>Robert</u> by _____                           |             |
| Nov 18/19                    | Nov 18/19                    | Nov 18/19                    | Focused Fitness K-12 Training                                    | <b>South Nov 18, North Nov 19</b>  |             |
| Sept 30                      | Sept 30                      | Sept 30                      | Student Pre-Survey 1 <sup>st</sup> Semester Post Jan 20          | <b>5<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> grade required</b> Bring students into computer lab go to <a href="http://www.focusedfitness.org">www.focusedfitness.org</a> click on WEL-PRO link, click on surveys, click on student survey (students need to have student ID#)  |             |
| Jan 13/14                    | Jan 13/14                    | Jan 13/14                    | Focused Fitness K-12 Training                                    | <b>Jan 13, Elem, High; Jan 14, Middle School</b>   |             |
| August 26                    | August 26                    | August 26                    | Teacher Pre-Survey   | Done at training (if not completed, go to <a href="http://www.focusedfitness.org">www.focusedfitness.org</a> click on WEL-PRO link click on surveys, click on teacher survey)  |             |
| Oct 30                       | Oct 30                       | Oct 30                       | Activity Log on WEL-PRO  | <b>5<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> grade</b> <a href="http://www.focusedfitness.org">www.focusedfitness.org</a> click on WEL-PRO link behavior logs, activity log / three days (Two week days and one weekend day)  |             |
| Mar 10/11                    | Mar 10/11                    | Mar 10/11                    | Focused Fitness K-12 Training                                    | March 10, South; March 11, North   |             |
| Feb 11                       | Jan 31                       | Jan 31                       | Activity Log (Hard copy or on WEL-PRO)                           | <b>5<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> grade required</b> <a href="http://www.focusedfitness.org">www.focusedfitness.org</a> click on WEL-PRO link behavior logs, activity log / three days (Two week days and one weekend day)   |             |
| Pre: Feb 6<br>Post: March 13 | Pre: Dec 8<br>Post: Jan 6    | Pre: Feb 5<br>Post: March 20 | Food for Energy and Health Unit pre-assessment / post-assessment | <b>5<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> grade</b> Food for energy and Health unit – Basic book assessment on pages 2.31-2.32 pre and post to be completed and recording sheets (pre and post score list only as <b>number correct</b> posted on class list with students ID# and name) delivered to <u>Robert</u> by _____ |             |
| May                          | May                          | May                          | Focused Fitness K-12 Training                                    | May 12, Middle; May 13, Elem, High   |             |

|                  |                  |                  |  |  |  |
|------------------|------------------|------------------|--|--|--|
| 12/13            | 12/13            | 12/13            |  |  |  |
| May 31           | May 31           | May 31           | Activity Log (Hard copy or on WEL-PRO)                   | <b>5<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> grade</b> <a href="http://www.focusedfitness.org">www.focusedfitness.org</a> click on WEL-PRO link behavior logs, activity log / three days (Two week days and one weekend day)  |  |
| May 29           | April 24         | May 15           | Washington State CBA                                     |  |  |
| March 31         | March 31         | March 31         | Activity Log (Hard copy or on WEL-PRO)                   | <b>5<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> grade</b> three days (Two week days and one weekend day)   |  |
| June 12          | June 3           | June 3           | Student Post-Survey                                      | <b>5<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> grade</b> Bring students into computer lab go to <a href="http://www.focusedfitness.org">www.focusedfitness.org</a> click on WEL-PRO link, click on surveys, click on student survey (students need to have student ID#)                                       |  |
| May 13           | May 12           | May 13           | Teacher Post-Survey                                      | <a href="http://www.focusedfitness.org">www.focusedfitness.org</a> click on WEL-PRO link click on surveys, click on teacher survey (Will complete during training)   |  |
| April 6- June 12 | April 6- June 10 | April 6- June 10 | Post Fitness measurements completed and all data sent in | <b>5<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> grade</b> (Height & Weight, Pacer, Sit & Reach, Curl-ups, Push-ups) – all other grades optional but encouraged Fitness Post-assessments to be completed and recording sheets with students ID # and name delivered to <u><b>Robert</b></u> curriculum by _____ |  |
| June 16          | June 16          | June 16          | Student/Parent Post-Fitness assessment Reports           | Send home with report cards  |  |
| June 4, 5        | June 4, 5        | June 4, 5        | Focused Fitness K-12 Training                            | <b>ALL</b>   |  |
| July             | July             | July             | Five for Life Summer Institute                           | Watch for Invitation via e-mail in May /June and sign up then  |  |