



# Park Brook Elementary

## Focus on Fitness Site Improvement Plan

### Focus on Fitness



Park Brook Elementary has embraced the research that indicates increasing physical fitness and movement increases academic growth and positive behaviors.

#### At Park Brook you will notice:

- Kinesthetic seating to increase use of core muscles during instruction which results in 10% increase in brain activity,
- Brain Boosts throughout the day,
- Before/after school fitness opportunities,
- Fitness field trips outside of the school day.

**Focus on Fitness is designed to assist with closing the achievement and opportunity gaps.**

### A Few of the Strategies....

- Additional math and reading teachers to reduce group size, increase ability to provide specific support for students, while maintaining district pacing guides.
- Implementation of Bridges Math Curriculum, including additional time for Number Corner.
- Fitness Interventions for students needing additional movement to meet or exceed their expected goals,
- Processing speed intervention,
- Increase number of books for Guided Reading Groups that are racially representative of students we serve,
- Significantly decrease sugar in foods served at breakfast.

### Goals



#### Reading

53.5% of students, according to the MCA, will be proficient in reading.

Average student growth on the MCA will be in the “green” or “blue” zones, indicating meeting growth goals or transformational growth goals.

#### Math

54.85% of students, according to the MCA, will be proficient in math.

Average student growth on the MCA will be in the “green” or “blue” zones, indicating meeting growth goals or transformational growth goals.

#### Behavior

90% of K-5 students will participate in at least one engagement activity.

35% of 1<sup>st</sup> – 5<sup>th</sup> graders will run the Mile Run in May of 2019 in 10 minutes or less, from a level of 28% in October of 2018.

**2018 – 2019**