



## Athletic Movement Monthly Newsletter

September Issue

Contributions by all Athlos of Utah Coaches

### **Athlos Jog-a-thon Fundraiser**

Our 3rd Annual Jog-a-thon will be held on **Tuesday, September 25th**. In the coming weeks, your student will be coming home with a donation envelope for the event. The Jog-a-thon serves as our main fundraiser for the year. In the past, the money we have raised has purchased new equipment for Athletic Movement classes, emergency preparedness supplies, and an AED.

On the day of the Jog-a-thon, each grade will be running during their usual Athletic Movement time. We will need some parent volunteers to help tally laps for the students and cheer them on! If you are willing to volunteer, please contact Dan Price at [dprice@athlosutah.org](mailto:dprice@athlosutah.org) by Friday, September 21st.

assess a particular skill. This will allow students who have more experience and competence in a particular skill to be assessed at a higher standard while at the same time enabling those that may currently have a more difficult time performing that skill to be assessed on a level that best fits their needs. The flexibility of the 3 “levels” allows for the coaches to provide helpful, accurate feedback across the wide range of skill competencies.

#### **Traditional Grading Scale**

Letter Grade	%
A	90-100%
B	80-89%
C	70-79%
D	60-69%
F	0-59%

#### **Standards-based Grading Scale**

Points	Notes
4	Advanced
3	Meets Expectations for Target
2	Partial Mastery of Target. Demonstrates partial understanding, or can perform portions of the target with assistance.
1	Little or No Mastery. Cannot demonstrate mastery, even with instructor assistance.

### **New Student Assessment Plan This Year**

We are really excited about the changes we’ve made in how we will assess the students’ movement and sport skills! Our new assessment protocols will more accurately communicate where each student is in their skill development as well as how they can improve. Grading will still be standards based on a 1 to 4 scale (see graphic on this page). However, instead of all students being assessed on the same rubric, we will now have three different “levels” of a rubric to

As an example, let’s say that Student A has been an active mover her entire life. To help push her and improve her movement quality she will be working towards specific criteria that is appropriate to where she is in her skill development. It won’t be easy and it should challenge her. At the same time, we have student B who isn’t as proficient in the skill. Student B will be working towards mastering a more appropriate set of goals, as this student would find student A’s goals unreachable. Student A would likely find student B’s goals

too easy. Both students will be able to earn 3's or 4's on their assessment, as they are being graded on different levels. The level that they each student is assessed on will be portrayed on both Power School and Report Cards. Please contact your student's coach with any questions.

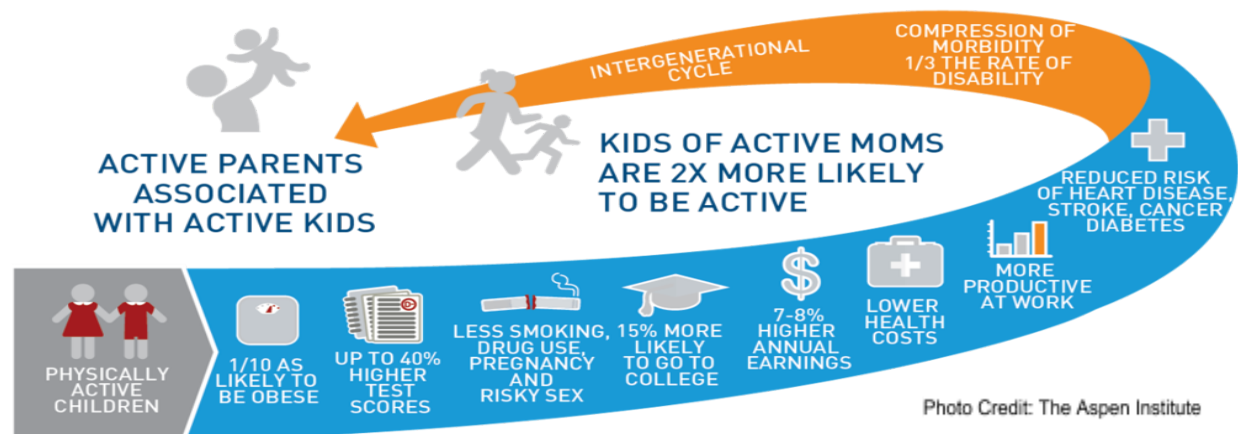
### **Healthy Body Pillar at Athlos**

Athlos coaches, teachers, and administrators truly believe that there is a direct link between physical activity and performing better academically. There is a growing body of research that indicates that physically active youth may be more successful academically than sedentary students. In addition to better

While physical education (PE) classes are being cut in many districts, Athlos hopes to set an example and be a leader in preparing students to be healthy, happy, successful individuals through our Healthy Body Pillar. School is the only place where all children can be reached, therefore a holistic, evidence based PE model is essential if we are to reverse rising childhood obesity and preventable disease rates. As representatives of the Healthy Body Pillar, it is our duty to provide students and their families ongoing education and opportunities for improved health through more than simply Athletic Movement class.

In order to truly change behavior, we need the

## **ACTIVE KIDS DO BETTER IN LIFE WHAT THE RESEARCH SHOWS ON THE COMPOUNDING BENEFITS**



### **EARLY CHILDHOOD**

academic achievement and improved concentration, memory, and verbal skills, there are also psychological benefits to regular physical activity including increased self esteem. Sport and play are also excellent vehicles for learning Performance Character traits that help shape students into successful young men and women.

### **ADOLESCENCE**

help of each family. Even though we feel that we have a great PE curriculum at Athlos, the truth is that during the school week our students are sometimes still not reaching the recommended 60 minutes of physical activity each day. Children learn a lot from simply observing the habits of their family. This is why our coaches will continue to try to

### **ADULTHOOD**

educate and provide families with fun challenges that promote healthy lifestyles. We also encourage any family members that may have a unique job, story, or demonstration that involves a healthy lifestyle or activity to please contact us! We love having guests and these types of opportunities are a great way for the students to see other people in the community embodying the Athlos Healthy Body Pillar.

### **Athlos Athletic Curriculum (AAC)**

#### **Assessments**

The AAC Assessments are right around the corner for 4th through 8th graders! These assessments are designed to assess the overall health and abilities of your student, and help us measure your students progress and the effectiveness of the athletics curriculum. The 9 assessments that your student will be performing are; 20 Yard Dash, Vertical Jump, Pacer, Straight Leg Raise, Push Up, Balance, Hex Agility, Plank, and BMI. The BMI (Body Mass Index) assessment

is a very common and easy way to assess your students health and is completely confidential! If you do not want your student to participate in the BMI assessment, they must opt out with a note from a guardian.

### **Coach Contact Info**

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