

NJAHPERD GRANT

**AFTER SCHOOL
TUMBLING
PROGRAM**

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Beloved Community Charter School

Jersey City, NJ

NJAHPERD GRANT OPPORTUNITIES

- ◎ Each year, NJAHPERD provides grants for K-12 schools in New Jersey seeking to
 - Offer new physical activity programs
 - Improve existing physical activity program
 - Improve health programs
- ◎ Three schools are chosen each year
- ◎ Application information is available in the bi-monthly FYI newsletter

SCHOOL PROFILE

- ◎ Beloved Community Charter School
 - Opened in 2012-2013
 - Largest elementary school in Jersey City
 - 720 students in grades K-5
 - Located in Lafayette section of Jersey City
 - 97.1% minority rate
 - 77% Title I population
- ◎ One of two Jersey City charter schools that offer bus service

AFTER CARE POPULATION

- School day hours

- 8:10-3:45

- Morning programs

- 6:50-8:10
- 39 (5.4%) students enrolled
- No bus service available
- Breakfast served from 7:40-7:55
- All students provided breakfast regardless of Title I status

- After care

- 3:45-5:30
- Bus service
- 440 (52.8%) students enrolled

MORNING ACTIVITY PROGRAMS

◎ Girls on the Run

- Grades 4th / 5th
- Monday & Friday mornings
- Only for female students

◎ BOKS Kids

- Grades 2-5
- Co-Ed
- Tuesday-Thursday
- Non-competitive

AFTER CARE PROGRAMS

- ◉ Academic Intensives
 - Free
 - Paid for with Title I Funding
 - Students must be indentified
- ◉ Extended Care
 - \$25 per week
 - Students not enrolled in After Care intensives
- ◉ Sports
 - \$25 for 10 weeks
- ◉ Private vendors
 - Fees vary

AFTER CARE PHYSICAL ACTIVITIES

- ◉ Cheerleading (4th / 5th)
- ◉ Latin Dance (4th / 5th)
- ◉ Volleyball (4th / 5th)
- ◉ Girls Basketball (4th / 5th)
- ◉ Crossfit Kids (4th / 5th)
- ◉ Co-ed Soccer (K / 1st, 2nd / 3rd, 4th / 5th)
- ◉ Co-ed Hockey (2nd / 3rd, 4th / 5th)

- ◉ NOT A LOT FOR KINDERGARDEN AND 1ST GRADE

AFTER SCHOOL TUMBLING

◎ Parent survey

- 240 parents of kindergarten and 1st graders
- Options for physical activity programs
- Asked to pick top three from list
- Tumbling appeared on 232 of 240 surveys

◎ Survey also asked for student level of experience

- 177/232 indicated
 - No or very little experience

TUMBLING IN JERSEY CITY

- ◉ 6 private tumbling centers for children
- ◉ Monthly prices range from \$180-\$375
 - Little Gym - \$180
 - Bridges Gymnastics - \$375
 - Competition Training
- ◉ High Title I Population
- ◉ Most families can't afford costs
- ◉ 2015 Fitnessgram data -
 - 36.6% of student overweight/obese
- ◉ 2013-2014
 - 30.8% of kindergarten students couldn't execute a forward roll on unit pre-test in P.E.

BELOVED TUMBLING PROGRAM

- ◎ Prior to planning tumbling program, equipment included
 - 8 folding mats
 - That's it

- ◎ After receiving NJAHPERD grant
 - Added 5 additional folding mats
 - 13 total
 - 1 5x5 square mat
 - 2 folding wedge mats
 - 1 cylinder
 - 5 0.5'x5" balance beams
 - 1 1"X10" balance beam
 - 1 8X10 crash mat
 - 1 spring board
 - 1 tumbling square
 - 1 crawling tunnel

TUMBLING EQUIPMENT



TUMBLING EQUIPMENT



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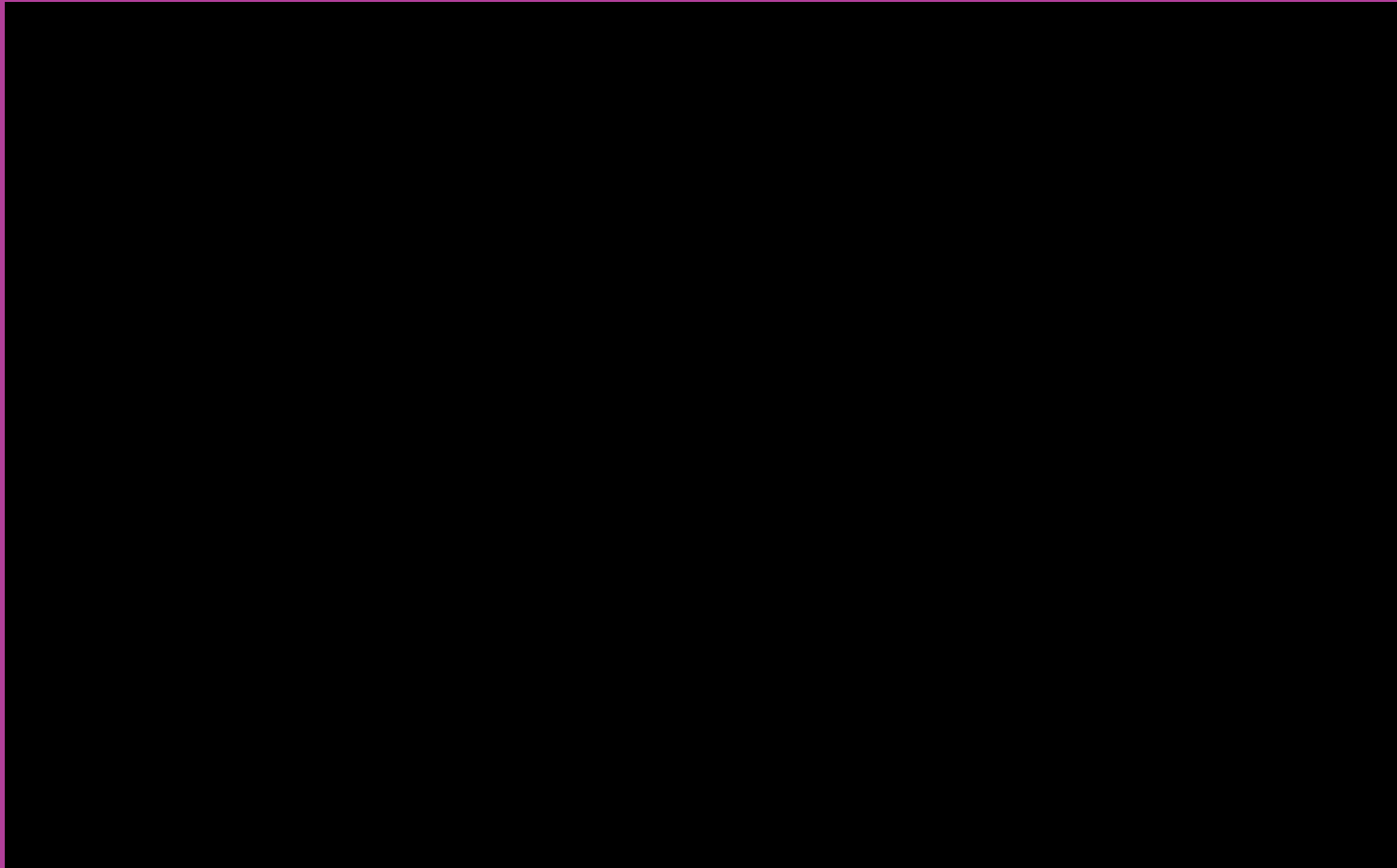
TUMBLING EQUIPMENT



TUMBLING EQUIPMENT



TUMBLING EQUIPMENT



COSTS OF TUMBLING PROGRAM

- ◉ Offered three times per year
- ◉ 10 week enrollment period
- ◉ 2 days per week

- ◉ Cost - \$25 per enrollment period
 - \$75 for 30 weeks
- ◉ Includes
 - Bus transportation home
 - Snacks
 - Medals for task completion

MEDALS

- ◎ Students are assessed at the beginning of each 10 week session
- ◎ Students are asked to execute developmentally appropriate tumbling exercises
- ◎ Upon completing 5 successful attempts, students are provided specialized medals to signify their accomplishments
 - Medal for standing/crouching/walking forward roll
 - Different medal for cartwheel/round-off

MEDALS



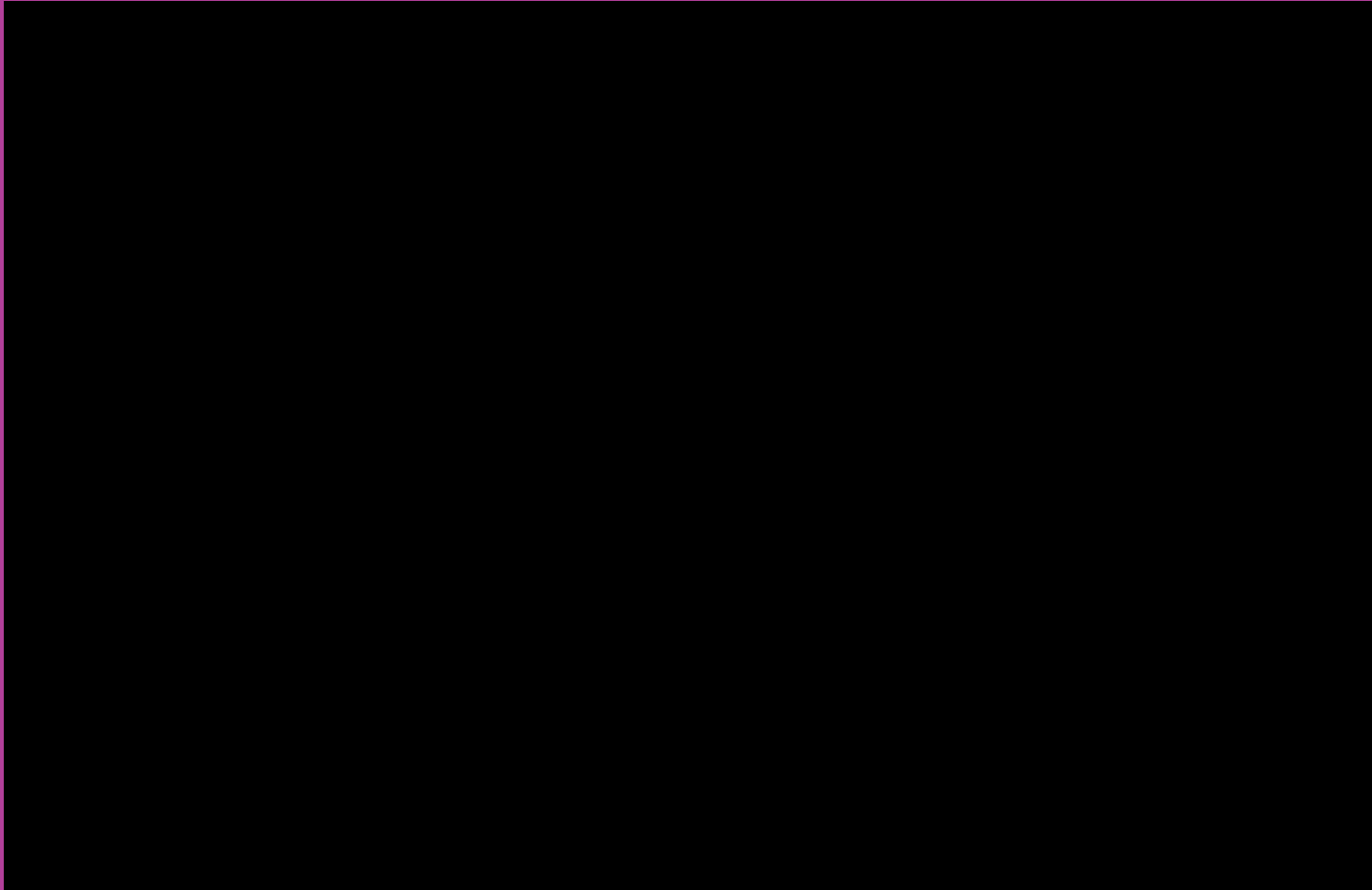
MEDALS



MEDALS



MEDALS



THE DATA

◎ SEPTEMBER 2015

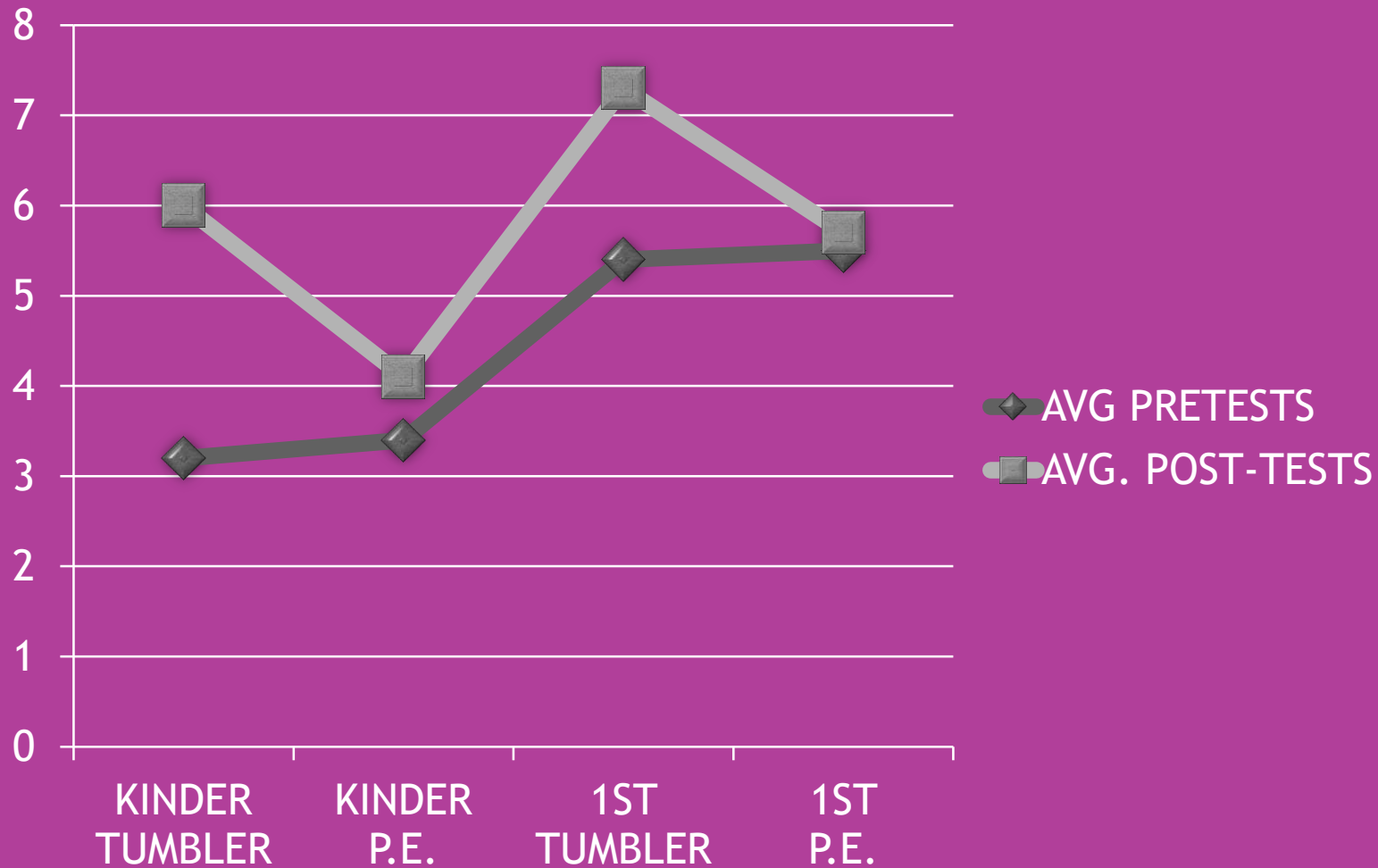
- 56 STUDENTS ENROLLED
- 8 TUMBLING ASSESSMENTS
- 21.4% (12) “MET EXPECTATIONS” ON ALL 8
 - 11 WERE 1ST GRADERS
- 17.8% (10) “MET EXPECTATIONS” ON 7
- 28.6% (16) “MET EXPECTATIONS” ON 3 OR LESS
 - 14 WERE KINDERGARTERS

THE DATA

◎ DECEMBER 2015

- 54 STUDENTS ENROLLED
- SAME 8 TUMBLING ASSESSMENTS
- 40.7% (22) “MET EXPECTATIONS” ON ALL 8
 - 16 WERE 1ST GRADERS
- 33.3% (18) “MET EXPECTATIONS” ON 7
- 11.1% (6) “MET EXPECTATIONS” ON 3 OR LESS
 - 5 WERE KINDERGARTERS

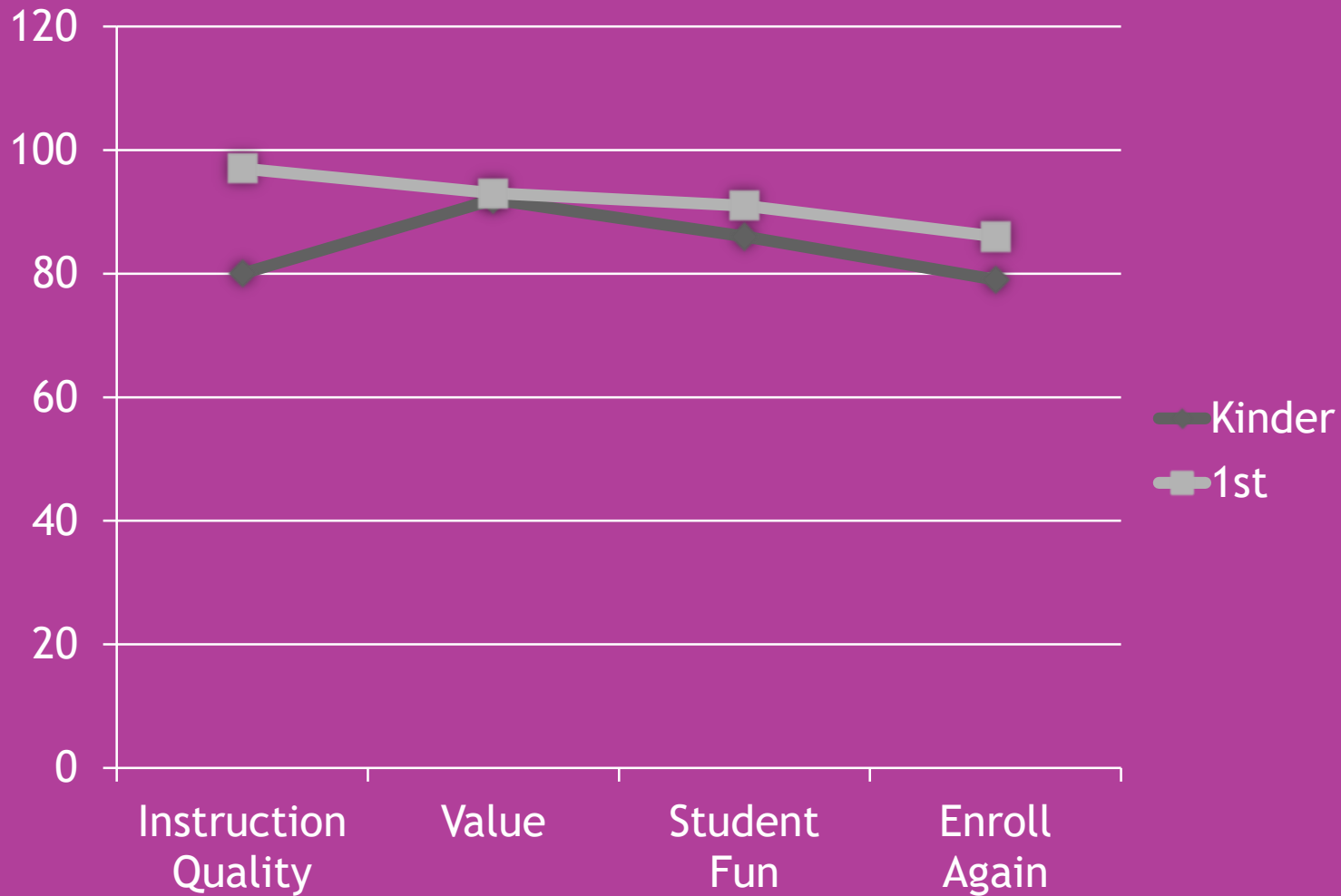
PROGRAM PARTICIPANTS VS. P.E. ONLY STUDENTS



PARENT SURVEY

- ◎ Per school board policy, each program leader must send parent satisfaction surveys twice per year
 - December & June
- ◎ After care coordinator sends survey to all 440 families with students in After Care
- ◎ Survey was 4 Likert Scale questions

DECEMBER 2015 SURVEY RESULTS



CLOSING

- ◉ Tumbling is a non-competitive, self-paced environment
- ◉ Developmentally appropriate for young students
- ◉ Used equipment can be reconditioned fairly cheap
- ◉ Student empowerment is high
- ◉ Skill transference is apparent in other areas