What is this Indicator?
This indicator shows the percentage of 7th grade students that achieve the Healthy Fitness Zone for the aerobic capacity portion of the annual California Physical Fitness test.

Why this is important: Physical fitness has been linked to higher academic performance, better concentration, and increased confidence and self-esteem. Students who are more physically fit are less likely to suffer from stress, anxiety, and depression. In addition, physical fitness helps to develop lifelong habits that can reduce the likelihood of chronic diseases such as diabetes, high blood pressure and heart failure.

Aerobic capacity is perhaps the most important indicator of physical fitness and assesses the capacity of the cardiorespiratory system by measuring endurance.

The Community Target of 66.1% selected for this indicator is the California Statewide Average.

Progress in the last year:
For the measurement period (2009-2010) 66% of 7th grade students were physically fit.

What is the current status?
Public Education Enrichment Fund (Proposition H) currently funds SFUSD to provide physical education for students and will sunset in 2014. Currently middle and high schools get accredited PE teachers; at the elementary school level the district's PE Master Plan calls for PE Specialists to provide equipment and train classroom teachers over a period of three school years and leave further implementation of PE to classroom teachers.

In 2010, Shape Up SF was awarded funding from the California Obesity Prevention Program to assess the state of PE in the SFUSD and develop related recommendations. The study was released in November 2011 and is posted on their website.

The PE Advocates are developing a set of recommendations to improve PE, though they are more centered on the elementary level. If students get to middle school without a solid foundation in PE skills from their elementary experience, their performance at the 7th grade will be impacted.

Some issues that arise at the middle school level include: very large class sizes (90+ students), inadequate facilities, etc.

Outside of PE, issues impacting youth’s ability to be physically active are similar to adults’ issues: real/perceived concern about safety (violence, traffic, etc); time; real/perceived lack of opportunity.

What is needed to “move the needle”?
At a minimum, funding through Public Education Enrichment Fund (Proposition H) must be reauthorized to provide PE instruction. Continued effort to increase awareness about the multiple benefits of physical education and increased physical activity during the school day on not just health, but discipline, attendance, and academic performance.

Any plan to move the needle on 7th graders’ physical fitness should include PE Advocates’ recommendations as well as those of the Physical Activity Council as listed below: The Policy Committee of the Shape Up SF Physical Activity Council prioritized the following policy recommendations divided into five categories:

1. Health in All Policies
   a. Increase access to physical activity by explicitly incorporating “Health in All Policies” in to the highest level documents of the City and County of San Francisco and as a policy priority in the General Plan.
2. **Physical Activity**
   a. Advocate inclusion of physical education (PE) in the Academic Performance Index (API) and Adequate Yearly Progress (AYP) scoring systems.
   b. Open school playgrounds for after school hours.
   c. Blend needs of open/blacktop and greening space.
   d. Require certification and/or specialized training for instructors delivering physical education.

3. **Active Transportation**
   a. Consider Auto Trips Generated as a measure to offset new car trips created.
   b. Develop policies and strategies for key pedestrian streets.
   c. Expand Safe Routes to Schools.

4. **Open Space**
   a. Develop Joint Use Agreements/Community Hubs.
   b. Increase way-finding signage.
   c. Increase temporary open space.
   d. Streamline liability and permitting.

5. **Active Recreation**
   a. Provide active recreation opportunities through Recreation and Parks Department (RPD) facilities.
   b. Hire staff that reflect the community with skills that will engage local community residents.
   c. Extend marketing and outreach to inform economically and technologically underserved communities.
   d. Monitor and assess responses to infrastructure and program changes among underserved communities.

**Who are the Community Partners on this Indicator?**

- America Scores
- Bike Coalition
- Boys and Girls Clubs
- Girls on the Run
- SF Initiative Beacon
- SF Rec and Park
- SFUSD
- Walk SF
- YMCA of SF