

# Success Story

PROGRAM: Jefferson High School (Cedar Rapids CSD)

TITLE: Physical Education: CrossFit for Life



## Summary

Jefferson High School (Cedar Rapids CSD) used the 1305 grant funds of \$6,499 for fitness equipment and a water bottle filling station unit. With the equipment purchases, PE teacher Kelly Phelan, was able to expand her CrossFit PE curriculum and lesson plans to incorporate more movements, more activities, increase intensity of planned circuits/movements, and engage more students for more of the class time.

The equipment purchases will help sustain the efforts which have been implemented and reach about 1,500 students at Jefferson High School.

## Challenge

The challenge this year was getting everything ordered and delivered in a short amount of time. Students were excited to see the new equipment, but time was short to get all students trained to properly use all pieces of the equipment.



## Strategies

Jefferson High School has a strong, established physical education program. The goal is for all students to be proficient in performing the 5 basic CrossFit movements of air squat, shoulder press, thruster, deadlift and medicine ball clean as well as the 3 essential skills of plank/push up, jump rope and box jump. Adding new equipment will make the body weight exercises more challenging for students.

## Results

The equipment purchased with the grant is being utilized in Physical Education classes for all students in grades 9-12. The goals of the established CrossFit program are strengthened by the addition of the new pieces of equipment. An outcome will be less failures in PE, as Kelly has seen a 7% decrease in failure rates in the last 2 years with the expansion of the individualized CrossFit curriculum.

A student commented “All this new equipment brings NEW fun to PE” and another student had this to say, “The Dynamax balls help to know where to squat to for good technique.”

Kelly

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## Future Directions

Next year, Kelly envisions fully implanting the use of the equipment in more classes as the equipment expands, complements and supports her current PE curriculum. Tracking data to evaluate and monitor the percent of proficient movers in all classes will also continue. With the new equipment, students will be able to enhance and customize the personal Physical Education plans during CrossFit classes. Installation of the water station helps support health and wellness messaging to drink more water. Staff will also be allowed to use the equipment purchased with the grant.

## Grant Information

This project was made possible by a 1305 CDC Sub-Grant Award sponsored by the Iowa Department of Public Health and the Iowa Department of Education.