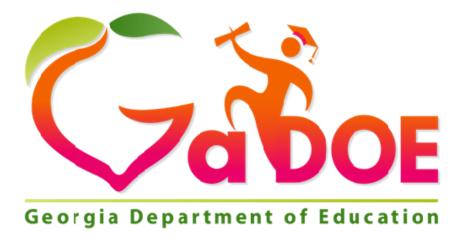
# Georgia Department of Education Annual Fitness Assessment Program Report



2016

Georgia Department of Education

# **Table of Contents**

3	Acknowledgements
4	Introduction
6	Summary
16	Conclusion
Appendices	
17	Appendix A: Georgia FITNESSGRAM Tests Description
21	Appendix B: Sample Parent Report
22	Appendix C: Schools - 2016 Governor's SHAPE Honor Roll

## Acknowledgements

The 2016 Georgia fitness assessment was implemented in Georgia's K-12 public schools during the 2015-2016 school year. The assessment program was implemented with collaborative support and funding.

#### Student Health and Physical Education (SHAPE) Partnership

In a collaborative effort to support the SHAPE Initiative, the Governor's Office created the Georgia SHAPE Partnership in 2010. This group of government, education, healthcare and non-for-profit leaders provides schools with the information and tools to successfully implement the program. These partners provide funding, training, data centralization, reward/recognition and a sustainable plan for long-term results.

The Georgia SHAPE network of partners includes: The Georgia Governor's Office, the Arthur M. Blank Family Foundation, the Georgia Department of Public Health, the Georgia Department of Education, the Atlanta Falcons Youth Foundation, the Atlanta Braves Foundation, Bright From the Start, Children's Healthcare of Atlanta, The Coca-Cola Company, Destiny Organics, Georgia Grown, Georgia Organics, Giving Point, Good Sports, HealthMPowers, Tons of Fun, and The Southeast United Dairy Industry Association, Inc. (SUDIA) all committed to improving the health of our young people by offering assistance and opportunity to achieve a greater level of overall fitness.

The Georgia fitness assessment program begins with a basic benchmark measurement of fitness among our students called FITNESSGRAM. The FITNESSGRAM tool is used for SHAPE's annual standardized fitness assessment. It evaluates five components of health-related fitness, to include aerobic capacity, muscular strength, muscular endurance, flexibility and body composition using objective criteria. It also generates reports providing valuable individual, school, and state-level data to empower parents, schools, and the community to best access the current health needs for children in Georgia. The report is delivered confidentially to families and aggregate results are reported to create a true "snapshot" and highlight areas for improvement.

Georgia SHAPE takes the next step in offering resources to learn more about FITNESSGRAM, healthy recipes, a Fitness at Your Fingertips app to locate health and fitness activities throughout Georgia and a physical activity program for elementary school students called Power Up for 30. Currently a middle school Power Up for 30 pilot program is being implemented.

When schools participate in the SHAPE initiatives, their physical education teachers receive testing protocol and data entry professional training. They are also supplied with the equipment, software and technical support needed to conduct the assessment in their school. Participants are also eligible for the Governor's award and recognition program, which provides exciting incentives for teachers and schools.

#### Introduction

The Georgia Student Health and Physical Education (SHAPE) Act was passed in the 2009 Georgia legislative session and is outlined in the Official Code of Georgia Annotated § 20-2-777. Beginning in the 2011-2012 school year, the law required each local school district to conduct an annual fitness assessment program for all students in grades 1-12 enrolled in classes taught by certified physical education teachers.

After the initiative was passed, a Georgia Department of Education (GaDOE) Fitness Assessment Advisory Committee was appointed to make recommendations to the State Board of Education on the selection of an assessment tool, as well as set goals, and success measures of a pilot program. The Committee recommended FITNESSGRAM, a comprehensive health-related physical fitness and activity assessment tool with a computerized reporting system developed by The Cooper Institute, and is used by tens of thousands of schools nationwide. The Committee recommended and the Board approved an assessment battery to include aerobic capacity, flexibility, muscular strength, muscular endurance, and body composition (BC) measures. Aggregate reports and individual student reports for parents/guardians would be integral parts of the program.

For grades 1-3, it was determined that students should be familiarized with the aerobic capacity, flexibility, muscular strength, and endurance tests. Data should be collected on height/weight, with individual reports optional, and aggregate data reported.

Grades 4-12 should participate in a full battery of assessments and both individual and aggregate student data reported and recorded in all areas of the assessment.

After FITNESSGRAM was selected as the assessment tool, the Governor's Office recognized the opportunity to bring together the Georgia SHAPE Partnership, a group of government, education, healthcare, and non-profit leaders to collaborate on this statewide effort. Funding, project management, and a pilot program were identified as critical needs to ensure the ongoing success of the initiative.

As part of the statewide implementation of the Georgia Fitness Assessment Program, physical education teachers received professional training concerning testing protocol and data entry. School personnel were also supplied with the equipment, software, and technical support needed to conduct the assessment in their schools. Participants were also eligible to apply for the Governor's award and recognition program, which provides incentives to teachers and schools. Georgia has also received national recognition and attention. Most recently, Georgia was recognized by the President's Council on Fitness, Sports, and Nutrition as a model for school based fitness assessment programing.

Based on the findings of the pilot and statewide implementation, it has been determined that students and parents will continue to benefit from this successful SHAPE initiative in several ways. In the short term, parents will receive reports detailing their child's fitness level along with recommendations for improvement. These results will encourage important conversations about physical health and fitness, and endorse a long-term view of health-related fitness that promotes lifelong habits of physical activity. Over time, consistent data collection on health-related fitness standards has established baseline data, provided an opportunity to track and monitor trends, and enabled physical education teachers to develop instructional strategies to improve student fitness levels and knowledge.

# **Summary**

The statewide *Annual Fitness Assessment Program* was conducted during the 2015-2016 school year. Health-related fitness assessments using FITNESSGRAM were implemented in physical education classes across Georgia.

Goals for the Georgia Annual Fitness Assessment program are to:

- Maintain the "FITNESSGRAM Georgia" website
- Ensure physical education teachers are adequately trained to administer the fitness assessment, collect data, and utilize the FITNESSGRAM Georgia website
- Distribute equipment required to conduct the FITNESSGRAM assessment
- Administer the fitness assessment to all students in physical education classes taught by certified physical education teachers in compliance with O.C.G.A. §20-2-777
- Provide parents with individual fitness assessment information utilizing the FITNESSGRAM reporting program
- Gather Georgia's aggregate health related fitness data

## **Fitness Assessment Participation**

The fitness assessment requires all students in physical education classes taught by a certified physical education teacher shall be tested. As identified in Figure 1 below, 97% of Georgia's 182 school districts assessed students and utilized the FITNESSGRAM Georgia program to enter data to generate individual student reports for parents and guardians. Out of Georgia's 2,263 schools, 97% completed fitness assessments. Fitness scores were reported for physical education students from 2,263 schools, representing 66.9% of the total population of students. In the 2015-16 school year 1,046,348 students in grades 1-12 participated in the Georgia fitness assessment. This represents students enrolled in physical education classes.

Figure 1: 2015-2016 Fitness Assessment Completion Numbers

Local School Districts 182	Local School Districts Reporting Fitness Assessment 176	Percentage 96.7%
Schools 2,263	Schools Completing BC Fitness Assessment 2,213	Percentage 97.7%
Total Enrollment Grades 1-12 1,563,055	Students with reported BC Fitness Scores 1,046,348	Percentage 66.9% *

<sup>\*66.9%</sup> of total student population grades 1-12. Georgia students in grades 6-12 are not required to be enrolled in physical education every school year.

#### Figure 1A: 2015-16 Participation in Physical Education Class by Level

Of the 1,563,055 students enrolled in Georgia schools 1,156,436 are enrolled in physical education class (74%). This includes 94% at the elementary level, 71% at the middle school level and 49% at the high school level. Ninety clock hours of health and physical education are required at the elementary level annually, while a one semester health-related fitness class is required for high school graduation. There is no time requirement for middle school health and /or physical education time requirement.

Physical Education Count	1,156,436
Total Student Count	1,563,055
Percent of Students in Physical Education	74%
Elementary Physical Education Count	633,382
Elementary Student Count	675,542
Percent of Students in Physical Education	94%
Middle School Physical Education Count	277,792
Middle School Student Count	390,851
Percent of Students in Physical Education	71%
High School Physical Education Count	245,262
High School Student Count	496,662
Percent of Students in Physical Education	49%

# Georgia Aggregate Data Comparison: 2015/2016

The statewide *Annual Fitness Assessment Program* was conducted during the 2012-2013, 2013-2014, 2014-2015 and 2015-2016 school years. Health-related fitness assessments using FITNESSGRAM were implemented in physical education classes for students in grades 1-12 across Georgia. FITNESSGRAM results were reported for each school year. The 2013 data (2012-2013) school year was the first full school year of fitness assessment in Georgia public schools.

#### **Test Results for School Years 2012-16**

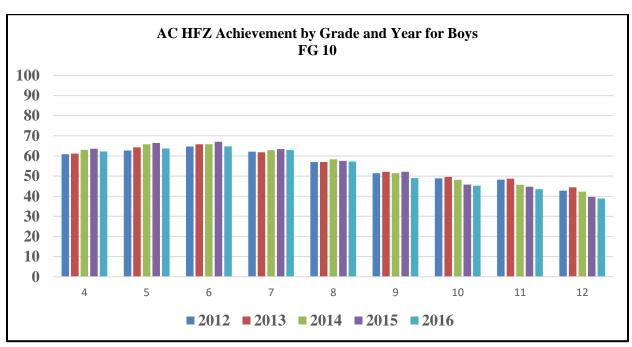
FITNESSGRAM utilizes criterion-referenced standards to determine Healthy Fitness Zones (HFZ). Fitness scores in the HFZ indicate a fitness level associated with positive health benefits. Scores not in the HFZ over a sustained period of time may indicate some health risk. (Please see Appendix A for a description of each Fitness Gram test that was administered).

#### Figures 2- 4: Aerobic Capacity

Aerobic capacity data as measured using Progressive Aerobic Cardiovascular Endurance Run (PACER) or a mile run indicates that, in Georgia schools:

- A greater percentage of boys achieved the HFZ in aerobic capacity at each grade level.
- Students in grade 6 (boys) and grade 5 (girls) had the highest percentage of students in the HFZ for aerobic capacity.
- Students in grades 11 and 12 for boys and grades 9 and 12 for girls had the lowest percentage of students in the HFZ for aerobic capacity.

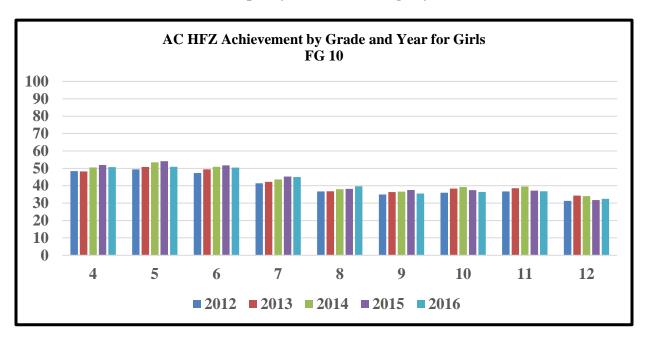
Figure 2: Boys Five-Year Comparison Aerobic Capacity: HFZ Percentage by Grade



	Grade								
	4	5	6	7	8	9	10	11	12
2012	60.9	62.7	64.7	62.2	57.0	51.4	48.9	48.2	42.8
2013	61.2	64.3	65.8	61.8	57.0	52.2	49.6	48.7	44.5
2014	63.0	65.8	65.8	62.9	58.3	51.4	48.2	45.7	42.3
2015	63.6	66.4	67.1	63.4	57.5	52.2	45.8	44.7	39.6
2016	62.2	63.8	64.8	62.9	57.2	49.0	45.2	43.4	38.9

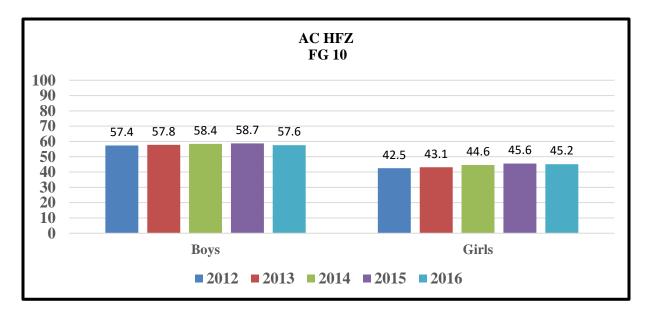
Figure 3: Girls Five-Year Comparison

Aerobic Capacity: HFZ Percentage by Grade



	Grade								
	4	5	6	7	8	9	10	11	12
2012	48.4	49.4	47.3	41.4	36.7	35.0	36.0	36.7	31.3
2013	48.2	50.8	49.4	42.2	36.8	36.4	38.4	38.5	34.3
2014	50.6	53.5	50.9	43.7	38.0	36.6	39.3	39.5	34.0
2015	51.9	54.1	51.7	45.3	38.2	37.6	37.5	37.2	31.7
2016	50.7	50.9	50.4	45.0	39.6	35.5	36.4	36.8	32.5

Figure 4: Five-Year Comparison Aerobic Capacity HFZ Percentage by Boys and Girls 4-12

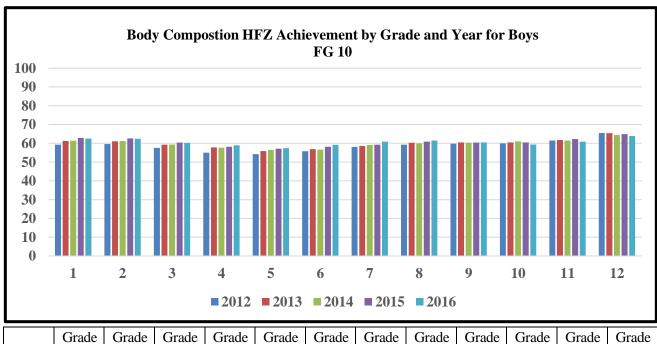


**Figures 9-11: Body Composition (BC)** 

Body composition data as measured using height and weight indicates that, in Georgia schools:

- The highest percentage in the HFZ are 12<sup>th</sup> grade girls at 70.3%.
- The lowest percentage in the HFZ are 5<sup>th</sup> grade boys at 57.4%.

Figure 9: Boys Five-Year Comparison Body Composition: HFZ Percentage by Grade



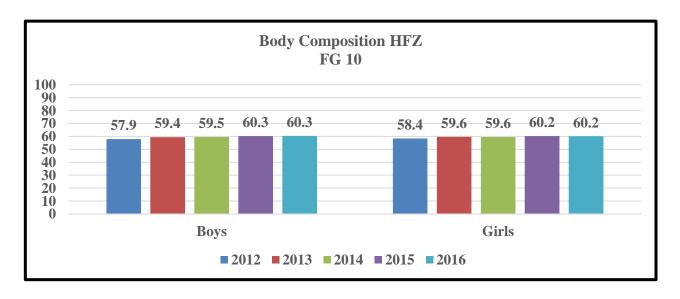
	Grade											
	1	2	3	4	5	6	7	8	9	10	11	12
2012	59.3	59.6	57.5	55.0	54.2	55.7	58.1	59.3	59.8	59.9	61.5	65.5
2013	61.3	61.1	59.3	57.8	55.9	56.9	58.6	60.2	60.5	60.4	61.8	65.4
2014	61.4	61.3	59.4	57.6	56.5	56.7	59.1	59.9	60.3	61.0	61.5	64.4
2015	62.8	62.6	60.4	58.2	57.1	58.1	59.2	60.9	60.4	60.5	62.2	64.9
2016	62.5	62.4	60.2	58.9	57.4	59.2	60.9	61.5	60.5	59.4	60.9	63.9

Figure 10: Body Composition HFZ by Grade 2012-2016 Girls

	Grade											
	1	2	3	4	5	6	7	8	9	10	11	12
2012	58.3	59.6	57.9	56.3	54.7	56.7	57.3	58.7	60.7	66.8	71.5	71.2
2013	60.1	61.3	59.7	58.4	56.5	57.6	57.8	58.1	60.2	67.0	70.2	71.7
2014	60.3	61.3	59.8	58.0	56.7	57.7	57.2	57.8	59.8	67.5	70.9	73.0
2015	61.4	62.5	60.4	58.8	57.1	59.1	58.6	58.2	60.2	66.4	70.7	71.0
2016	60.9	61.9	60.7	59.0	57.3	59.1	59.4	59.8	60.3	65.9	68.9	70.3

Figure 11: Percent of Students Healthy body Composition

The percent of students with healthy weight has increased steadily from 2012 (57.9 Boys and 58.4 Girls) to a high of over 60% for the last two years (2015-2016).



#### Figures 12-13: Muscular Strength, Endurance, and Flexibility

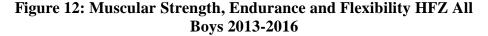
Muscular strength, endurance, and flexibility data as measured by the curl up, push up, and back saver sit and reach assessments of students indicates:

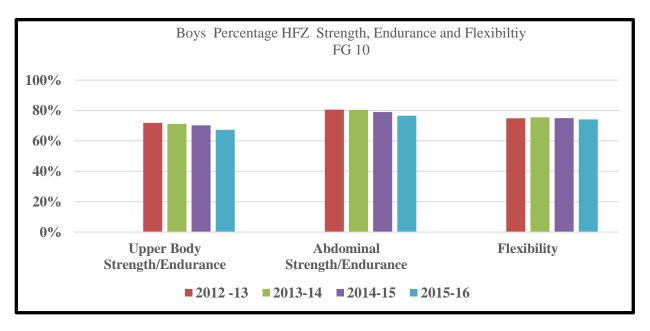
77% of the boys and 73% of the girls attained the HFZ for abdominal strength and endurance as measured by the curl up cadence test.

67% of the boys and 64% of the girls attained the HFZ for Upper Body Strength and Endurance as measured by the push-up cadence test.

74% of the boys and 71% of the girls attained the HFZ for Flexibility as measured by the Sit and Reach Test.

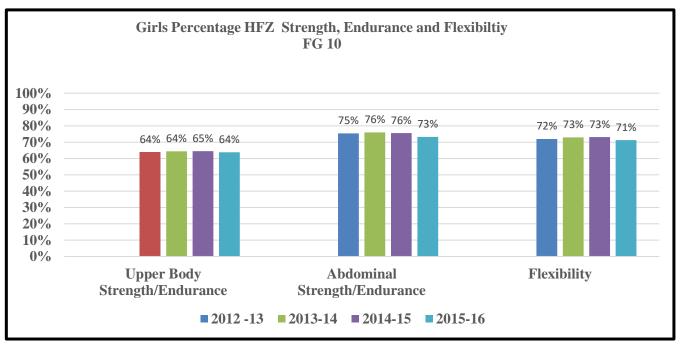
All three areas exhibited a slight decline in scores when compared to previous years.





Boys Test Item Grades 4-12	2013	2014	2015	2016
Upper Body Strength/Endurance	72%	71%	70%	67%
Abdominal Strength/Endurance	81%	80%	79%	77%
Flexibility	75%	75%	75%	74%

Figure 13: Muscular Strength, Endurance and Flexibility HFZ All Girls 2013-2016



Girls Test Item Grade 4-12	2012-13	2013 -14	2014-15	2015-16
Upper Body Strength/Endurance	64%	64%	65%	64%
Abdominal Strength/Endurance	75%	76%	76%	73%
Flexibility	72%	73%	73%	71%

#### **Fitness Assessment Participation**

The fitness assessment requirement states all students in physical education classes taught by a certified physical education teacher shall be tested. Students are not required to enroll in a physical education class each year in grades 6-12.

#### 2012/2015 Fitness Assessment Completion Numbers

Participation in the Georgia Fitness Assessment program, as required in O.C.G.A. §20-2-777, increased from 2012 (initial year of implementation) to a high in year 2013 with a slight drop in successive years after 2014-15 in terms of total tests completed.

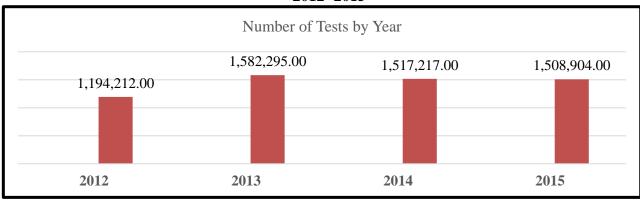


Figure 14: Number of Students with Test Item Scores 2012- 2015

The number of tests administered by semester exhibits a pattern whereby most teachers administer the test in the spring at a ratio of 2:1.

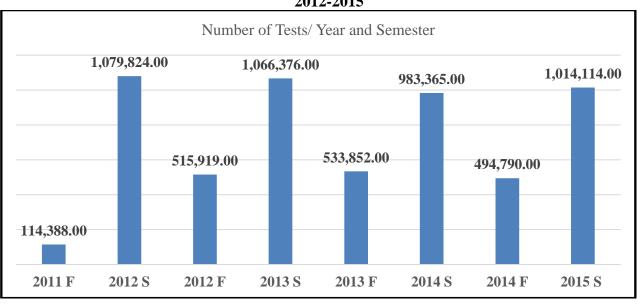


Figure 15: Number of Students with Test Item Scores for Semesters Fall (F) and Spring (S) 2012-2015

Georgia Department of Education February 2017 • Page 14 of 25 All Rights Reserved

## **Rewards and Recognition**

Schools were invited to apply to be recognized by the Governor's office as SHAPE Honor Roll Schools. The goal of the reward and recognition component of SHAPE is to provide recognition and incentives for participation in the fitness assessment and data reporting, as well as to encourage and recognize schools that embrace and include local practices to improve student wellness.

Schools are awarded through a four-tiered award system. The tiers are Bronze, Silver, and Gold and Platinum. To qualify, schools submitted an application and related materials to the Governor's Office. See Appendix C for a list of the 2015-2016 Governor's SHAPE Honor Roll Schools.

Criteria for the Governor's SHAPE Honor Roll can be found at the link below: <a href="http://www.georgiashape.org/story/2016-governors-shape-honor-roll">http://www.georgiashape.org/story/2016-governors-shape-honor-roll</a>

# **Conclusion**

The 2015-2016 implementation of the Georgia Fitness *Annual Fitness Assessment Program* was successful in meeting the goals to administer the fitness assessment to students in physical education classes taught by certified physical education teachers in compliance with O.C.G.A. §20-2-777, to provide students and parents with individual fitness assessment information utilizing the FITNESSGRAM reporting program, and to gather aggregate data on the heath related fitness of Georgia's children.

Students assessed in the 2015-2016 school year accounted for 66% of all public school students enrolled in grades 1-12. In the fifth full school year of assessment, student data for Body Composition was successfully entered for 1,046,348 students (of 1,563,055) in grades K-12. Georgia data and a data-collection infrastructure are being implemented in ninety-nine percent of Georgia's public schools. In addition to the data collection component, parents of almost one million students received valuable individualized student health-related fitness information.

It is anticipated that future support will address specific concerns related to test administration, data collection, and communication. Support will also provide information and training on efforts to improve the health related fitness of Georgia's students. Additional partners and supporters joining the effort, combined with lessons learned from continued implementation, will help Georgia work to improve students' health through this statewide program.

#### **APPENDIX A:** Description of Georgia FITNESSGRAM Tests

- Aerobic Capacity Progressive Aerobic Cardiovascular Endurance Run (PACER) or the
- One-Mile Run
- Body Composition Height/Weight Abdominal Strength Curl-Up Upper Body Strength – Push-Up
- Flexibility Back-Saver Sit and Reach

#### **Aerobic Capacity**

#### **PACER**

The PACER (Progressive Aerobic Cardiovascular Endurance Run) uses a recorded pace as the student runs back and forth between two points that are 20 meters apart (a 15 meter version is available for elementary schools with smaller gymnasiums). The objective is to get from one point to the other before the recorded "beep" sounds. The recording of beeps also has music in the background. The PACER is progressive in intensity – it starts

easy and gradually gets more difficult. When the student can no longer complete the distance in the time allowed, the assessment ends. The score is the number of completed laps.

The PACER score is converted to an estimated VO2max (indicates how efficiently the body uses oxygen). The score will be charted in the Healthy Fitness Zone, Needs Improvement – Some Risk, or Needs Improvement – High Risk.



Figure 1 The Fitnessgram ® Test Administration Manual Updated Fourth Edition, The Cooper Institute

#### The One- Mile Run

The One-Mile Run/Walk has been used for many years as a field test of aerobic capacity. For students who enjoy running and are highly motivated, it is a very good assessment. The objective of the test is to run one mile as fast as possible. Walking is permitted if necessary. The score on the test is the length of time in minutes and seconds to complete the distance.

The One-Mile Run/Walk score is converted to an estimated VO2max (indicates how efficiently your body uses oxygen). The score will be charted in the Needs Improvement area or within the Healthy Fitness Zone area of the graph.

Georgia Department of Education February 2017 • Page 17 of 25 All Rights Reserved

**APPENDIX A:** Description of Georgia FITNESSGRAM Tests A low score on the field test estimates of aerobic capacity (PACER/ One Mile Run) may be influenced by several factors (i.e., the student may not be familiar with the test, time of day the test is administered, etc.)

#### **Body Composition (BC)**

#### Height/Weight Measurement

Body Mass Index (BMI) is calculated from a measurement of the student's height and weight. These numbers are entered into the software and the BMI is calculated. Body Mass Index provides an indication of the appropriateness of the weight for the height. Scores that fall either below or above this zone should receive attention, as these students have greater potential than others to develop health problems related to their level of fatness or leanness.

The body composition standards establish three zones based on potential risks for future health problems. The Healthy Fitness Zone was established by determining body fat values that indicate a low risk for potential health problems.

When interpreting body composition scores, it is important to remember the following:

- Body Mass Index provides an estimate of the appropriateness of the weight for the height.
- Body Mass Index may falsely identify a very muscular lean person as over fat (too heavy for height) or a lightweight person with little muscular development and a large percent of fat as being in the HFZ when the person is actually over fat).

#### **Muscular Strength and Endurance and Flexibility**

# Curl Up –Abdominal Strength

The objective is to do up to 75 curl-ups to a specified cadence (three seconds per repetition). The student lies on the mat on his/her back, knees bent at an angle of approximately 140°, feet flat on the floor, legs slightly apart, arms straight and parallel to the trunk with palms of hands resting on the mat. The fingers are stretched out and the head is in contact with the mat. The student curls up and moves the fingertips from one side of the measuring strip to the other (3.0 inches or 4.5 inches). The head must touch the mat at the end of each curl-up.



Figure 2 The Fitnessgram ® Test Administration Manual Updated Fourth Edition, The Cooper Institute ®

**APPENDIX A:** Description of Georgia FITNESSGRAM Tests

Students who score poorly in abdominal strength should be encouraged to participate in calisthenics and other strengthening and stretching activities that will develop the abdominal muscles. However, it is essential to remember that physical fitness training is very specific and that the areas of the body being assessed represent only a fraction of the total body.

To focus on activities that develop the abdominal muscles without equal attention to the trunk extensor muscles will not accomplish the important objective, which is to develop an overall healthy musculoskeletal system. Poor performance on the measures of abdominal strength and trunk extensor strength and flexibility may merit special attention. Gaining strength and flexibility in these areas may help prevent low back pain, which affects millions of people, young and old.

# 90° Push up - Upper Body Strength

The objective is to do as many push-ups as possible to a specified cadence (three seconds per repetition). This movement is repeated as many times as possible. The student should push up and continue the movement until the arms are straight on each repetition. The rhythm should be approximately twenty (20) 90° push-ups per minute or one (1) 90° push-up every 3 seconds. Students who score poorly in upper body strength should be encouraged to participate in calisthenics and other strengthening and stretching activities that will develop the muscles in the upper body. However, it is essential to remember that physical fitness training is very specific and that the areas of the body being assessed represent only a fraction of the total body. To focus on activities that develop the muscles that extend the arms without equal attention to the muscles that flex the arms will not accomplish the important objective, which is to develop an overall healthy musculoskeletal system. Upper body strength is important for functional health.



Figure 3The Fitnessgram ®Test Administration Manual Updated Fourth Edition, The Cooper Institute ®

#### **APPENDIX A:** Description of Georgia FITNESSGRAM Tests

#### Sit and Reach-Flexibility

This assessment primarily measures the flexibility of the muscles in the back of the legs. With the one leg straightened, the student reaches as far as possible toward the toes. Student must achieve the standard on both right and left legs to be in the Healthy Fitness Zone. Students who score poorly in flexibility should be encouraged to participate in stretching activities that will develop the flexibility in the back of the legs. To focus on activities that develop flexibility without equal attention to the muscles that maintain strength will not accomplish the important objective, which is to develop an overall healthy musculoskeletal system. Most children will have adequate flexibility. A major reason for assessing this area of physical fitness is to educate children about the importance of flexibility as they age.

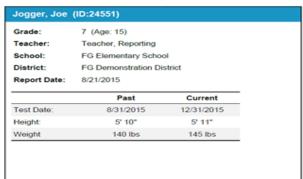


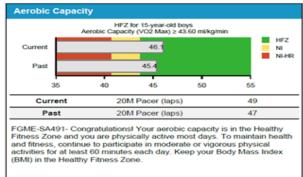
Figure 4 The Fitnessgram ®Test Administration Manual Updated Fourth Edition, The Cooper Institute ®

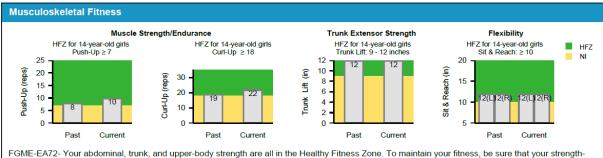
# **APPENDIX B: Sample Parent FITNESSGRAM Report (Georgia FITNESSGRAM does not indicate information for the** *Trunk Lift)*

#### FitnessGram Student Report

#### **FITNESS**GRAM®







FGME-EA72- Your abdominal, trunk, and upper-body strength are all in the Healthy Fitness Zone. To maintain your fitness, be sure that your strengthtraining activities include exercises for all of these areas. Strength activities should be done at least 3 days per week. FGME-EA86- Your flexibility is in the Healthy Fitness Zone. Maintain your flexibility by performing stretching exercises and some weight-bearing activity (e.g. running, hopping, jumping or dancing) at least 3 days each week to ensure good bone health.

The FITNESSGRAM Parent report is required by Georgia Law O.C.G.A. 20-2-777 (2010).

20-2-777. Annual fitness assessment program; reporting and compliance:

(a) (1) Beginning in the 2011-2012 school year, each local school system shall conduct an annual fitness assessment program, as approved and funded by the State Board of Education, one time each school year for students in grades one through 12, to be conducted only during a physical education course that is taught by a certificated physical education teacher in which a student is enrolled.... Each local school system shall report the individual results of the fitness assessment to the parent or guardian of each student assessed and the aggregate results of the fitness assessments by school to the State Board of Education annually in a format approved and funded by the State Board of Education.

#### APPENDIX C: Governor's SHAPE Honor Roll 2016

Governor's SHAPE Honor Roll is a program to recognize and reward the schools, students, and teachers that demonstrate excellence on measures of SHAPE participation, data reporting, and student wellness.

# 2016 Governor's Shape Honor Roll

## PLATINUM

#### Elementary Schools

- \*Avery Elementary Cherokee
- \*Bells Ferry Elementary Cobb
- \*Big Shanty Intermediate Cobb
- \*Boston Elementary Cherokee
- Bremen Academy Bremen City
- Brookwood Academy Columbia
- Broxton-Mary Hayes Elementary Coffee
- \*Buford Academy Buford City
- Callaway Elementary Clayton
- \*CB Watson Primary School Houston
- \*Chestnut Mountain Hall
- \*Chickamauga Elementary
- \*Chicopee Woods Elementary Hall

#### **Elementary Schools**

- River's Edge Elementary Clayton
- \*River Ridge Elementary Columbia
- \*Rocky Mount Elementary Cobb
- Russell Elementary Houston
- \*Sand Hill Elementary Carroll
- \*Sardis Enrichment School Hall
- \*Sherwood Acres Elementary Dougherty
- \*Sixes Elementary Cherokee
- Smith Elementary APS
- Smyrna Elementary Cobb
- South Columbia Elementary Columbia
- \*Spout Springs Hall
- \*State Bridge Crossing Fulton
- \*Still Elementary Cobb



- \*Clark Creek Elementary Cherokee
- \*Clayton Elementary Cherokee
- Cleveland Elementary Fayette
- \*Clubview Elementary Muscogee
- \*Craig Elementary Gwinnett
- Dacula Elementary Gwinnett
- \*David C. Barrow Elementary Clarke
- \*Dr. M.H. Mason Jr. Elementary Gwinnett \*Hembree Springs Elementary Fulton
- \*E.C. West Elementary Fulton
- Edwin S. Kemp Primary Clayton
- \*E. Rivers Elementary APS
- E.W. Oliver Elementary Clayton
- \*Fernbank Elementary DeKalb
- \*Flowery Branch Elementary Hall
- \*Stonewall Tell Fulton
- \*Sugar Hill Elementary Hall
- \*Sugar Hill Elementary Gwinnett
- \*Susan Stripling Elementary Gwinnett
- \*Tadmore Elementary Hall
- \*Tobacco Road Elementary Richmond
- \*Washington-Wilkes Primary Wilkes
- \*Wauka Mountain Hall
- \*W.C.Britt Elementary Gwinnett
- West Clayton Elementary Clayton
- West Green Elementary Coffee
- \*Westmont Elementary Columbia \*Whigham Elementary - Grady
- Whitehead Elementary Clarke
- "White Sulphur Elementary- Hall

- \*Fourth District Elementary Appling
- \*Friendship Elementary Hall
- \*Garden Hills Elementary APS
- \*Grayson Elementary Gwinnett
- \*Greenbrier Elementary- Columbia
- \*Grovetown Elementary Columbia
- \*Hayes Elementary Cobb
- \*Hephzibah Elementary Richmond
- \*High Point Elementary Fulton
- \*Hilltop Elementary Houston
- \*Holly Springs STEM Academy Cherokee
- \*Indian Knoll Elementary Cherokee
- \*Johnston Elementary Cherokee

World Language Academy - Hall

\*W.T. Jackson Elementary - APS

Georgia School for the Deaf K-12

#### Middle Schools

Bear Creek Middle School - Fulton

\*East Hall Middle School - Hall

Lovejoy Middle School - Clayton

Smitha Middle School - Cobb

\*South Hall Middle School - Hall

#### High Schools

\*East Hall High School - Hall

Johnson High School - Hall

\*North Hall High School - Hall





Previous Award Winner

# 2016 Governor's Shape Honor Roll

## **GOLD**

#### **Elementary Schools**

\*Birmingham Falls Elementary - Fulton

Dyer Elementary - Gwinnett \*Lake Park Elementary - Dougherty

#### Middle Schools

Chestatee Academy - Hall

- \*Creekland Middle School Cherokee
- \*Dean Rusk Middle School Cherokee
- \*E.T. Booth Middle School Cherokee
- \*Freedom Middle School Cherokee

- \*J.E. Richards Middle School Gwinnett
- \*Mill Creek Middle School Cherokee
- \*North Hall Middle School Hall
- \*Woodstock Middle School Cherokee

#### **High Schools**

Lovejoy High School - Clayton

\*The Gwinnett School of Mathematics, Science, and Technology - Gwinnett









\*Previous Award Winner

# 2016 Governor's Shape Honor Roll

# **BRONZE**

#### **Elementary Schools**

International Studies Elementary Charter - Dougherty

\*Jackson Heights Elementary - Dougherty Lincoln Elementary Magnet - Dougherty

\*Live Oak Elementary - Dougherty

\*Morningside Elementary - Dougherty

\*Northside Elementary - Dougherty

#### Middle Schools

Baker Middle School - Muscogee \*Duluth Middle School - Gwinnet LaFayette Middle School - Walker Rabun County Middle School - Rabun South Effingham Middle School - Effingham T.J. Elder Middle School - Washington \*Whigham Middle School- Grady

#### **High Schools**

Chestatee High School - Hall Flowery Branch High School - Hall \*River Ridge High School - Cherokee West Hall High School - Hall









<sup>·</sup>Previous Award Winner

# 2016 Governor's Shape Honor Roll

# **SILVER**

# **Elementary Schools**

Arnold Mill Elementary - Cherokee \*Ball Ground Elementary - Cherokee Banks County Elementary - Banks Banks County Primary - Banks \*8.8. Harris Elementary - Gwinnett \*Beaver Ridge Elementary - Gwinnett \*Burnette Elementary - Gwinnett \*Camp Creek Elementary - Gwinnett \*Canton Elementary - Cherokee Cleveland Avenue Elementary - APS \*Corley Elementary - Gwinnett \*Early County Elementary - Early Eastside Elementary - Coffee \*Ebenezer Elementary - Effingham \*Esther Jackson Elementary - Fulton \*Ferguson Elementary - Gwinnett

\*Garrison Mill Elementary - Cobb \*Guyton Elementary - Effingham \*Hannan Magnet Academy - Muscogee \*Harmony Elementary - Gwinnett \*Hickory Flat Elementary - Cherokee \*Jackson Road Elementary - Spalding Jenkins Elementary - Gwinnett \*Kanoheda Elementary - Gwinnett \*Lawrenceville Elementary - Gwinnett \*Level Creek Elementary - Gwinnett \*Martin Luther King Jr. Elementary -Dougherty \*McKendree Elementary - Gwinnett Mountain Park Elementary - Gwinnett \*North Columbus Elementary - Muscogee \*Oak Grove Elementary - Cherokee \*Parsons Elementary - Gwinnett Peachcrest Elementary - DeKalb

\*Rincon Elementary - Effingham

\*Riverside Elementary - Gwinnett

\*Rosebud Elementary - Gwinnett

Sawyer Road Elementary - Marietta City

Simpson Elementary - Gwinnett

\*S.L. Lewis Elementary - Fulton

\*South Effingham - Effingham

\*Suwanee Elementary - Gwinnett

\*Waresboro Elementary - Ware

Westside Elementary - Coffee

Woodstock Elementary - Cherokee

\*Woodward Mill Elementary - Gwinnett

\*Crabapple Middle School - Fulton

C.W. Davis Middle School - Hall

\*Gwinnett Online Campus - Gwinnett

\*Harlem Middle School - Columbia

\*Harris County Carver Middle - Harris

\*Holcomb Bridge Middle School - Fulton

\*Lee County Middle School - Lee

Mossy Creek Middle School - Houston

Pine Hill Middle School - Richmond

\*Riverside Middle School - Columbia

Teasley Middle School - Cherokee

West Hall Middle School - Hall

# Middle Schools

Banks County Middle School - Banks

\*Blackmon Road Middle - Muscogee

\*Couch Middle School - Gwinnett

# **High Schools**

Banks County High School - Banks \*Etowah High School - Cherokee









Previous Award Winner

# **Report Prepared by:**

Therese McGuire, Ed.S. Georgia Department of Education
Program Specialist Health and Physical Education
tmcguire@doe.k12.ga.us

Mike Tenoschok, Ed.D. Georgia Department of Education
Program Specialist Health and Physical Education
mtenoschok@doe.k12.ga.us