



# FIT KIDS INNOVATION SITES

In the 2019-20 school year, Fit Kids operated two Innovation Sites in the Ravenswood City School District: Willow Oaks Elementary and Costano Elementary. Right up until the pandemic forced school closures, 142 students in grades K-5 were benefiting from 60-minute Fit Kids classes, taught by our own professional coaches, twice every week. About 53% of these kids were girls. This matters because girls tend to drop out of sports earlier than boys—and Fit Kids wants to help change that.

Our coaches tested participants in September 2019 to establish baseline fitness levels. Unfortunately, we were unable to conduct post-testing to measure any changes in fitness over the course of the school year. Our hope—which is confirmed by prior-year data—is that Fit Kids helps move those numbers in the right direction.

## FIT KIDS INNOVATION SITES BASELINE FITNESS TEST RESULTS (SEPT. 2019)

**142** PARTICIPANTS  
**TESTED**



**52.8%**



**47.2%**

### PERCENTAGE OF PARTICIPANTS MEETING NATIONAL STANDARDS

#### **CURL UPS**

**5%**

**Curl Ups are a measure of abdominal strength.**

#### **PUSH UPS**

**18%**

**Push Ups are a measure of upper body strength.**

#### **SHUTTLE RUN**

**43%**

**The Shuttle Run is a measure of speed and agility.**

#### **V SIT REACH**

**33%**

**The V-Sit Reach is a measure of flexibility.**

The pre-tests make it very clear. These young people need what Fit Kids provides. As a group, they fell short of the national standard for all four fitness measures. Curl Ups test abdominal strength—only 1 in 20 students (4.6%) met the standard for this activity. Less than 1 in 5 (17.7%) were able to do the expected number of Push Ups. Just 1 in 3 (33.1%) were flexible enough to meet the standard for the V-Sit Reach. And fewer than 1 in 2 (43.4%) had the speed and agility required for the Shuttle Run.

Over the year, Fit Kids coaches were working hard with these students to improve their fitness and motor skills. We were optimistic that most would significantly improve their performance on the post-tests that were to be conducted in May. Despite the interruption of programming and the lack of data, we remain confident that Fit Kids made a positive difference in these children's lives.



## PARTNER SITES

At Fit Kids' 80+ Partner Sites, on-site staff lead the program. At the time that coronavirus forced schools to close, these partners were serving approximately 15,000 students throughout the San Francisco Bay Area, in several parts of Los Angeles and at one school in Las Vegas.

Our most recent report from Partner Sites, the February Mid-Season Survey, provided both quantitative and qualitative data on how Fit Kids was impacting students.

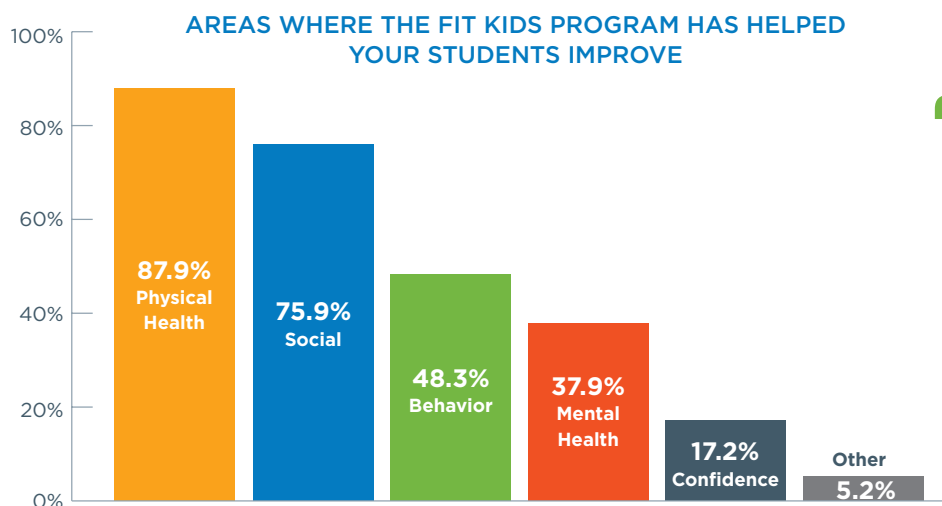
### AMONG THE MOST ENCOURAGING FINDINGS WERE THE FOLLOWING:

**100%** of Partner Site Coordinators reported improvements in fitness levels as a result of Fit Kids programming.

**93%** noted improvements in motor skills.

**93%** reported improvements in social emotional learning.

Our partners provided very positive feedback on the impact that Fit Kids was having on their students this school year. In the coming year, we plan to up our game with FitnessGram, the national gold standard in youth physical fitness assessment, developed by the Cooper Institute. We look forward to building Fit Kids' evaluation capacity with this powerful tool, which has the potential to transform our entire outcome measurement system.



“Our kids **love** Fit Kids and families love that we have a program like this for the kids to **get up and move.**”

ELIZABETH CARO  
ASP Site Manager  
Lairon Elementary School, CORAL Program