



Maui District Workshop

Land Paddling and Trikkies



Evaluation Report

2011-2012 SY

Submitted in August 2012
by the Healthy Hawaii Initiative Evaluation Team

DISTRICT WORKSHOP SUMMARY

Course Objectives

On Wednesday May 16 and Tuesday May 22, 2012, Maui District held a Physical Education Workshop on “Land Paddling and Trikkies”. This workshop was taught at Lahainaluna High School by Lance Nanod, Maui District Health and Physical Education Resource Teacher. The following list describes the standards, benchmarks and topics that were reviewed at the workshop.

A. Standards and Benchmarks

Middle school:

- PE.6-8.1.1 Use mature movement forms appropriately in the context of modified games or activities, such as sports, dance, exercise, and gymnastics.
- PE.6-8.1.2 Use combinations of movement forms in the context of modified games or activities, such as sports, dance, exercise, and gymnastics.
- PE.6-8.2.1 Identify strategies to improve performance of movement skills
- PE.6-8.2.3 Apply rules and etiquette for safe participation in physical activities

High school:

- PE.9-12.1.1 Use combination of specialized movement forms in a variety of activities, such as net and invasion games, field and target games, aquatics, dance, exercise and gymnastics.
- PE.9-12.2.1 Apply concepts, principles, tactics and strategies to acquire, assess, and improve movement skills.
- PE.9-12.2.3 Assess the importance of rules and procedures for safe and fair play during physical activities.
- PE.9-12.3.1 Participate in a variety of physical activities of personal interest to maintain an active lifestyle.

B. Workshop Agenda

1. *Introduction:* History and Description of Trikkies and Long boards
2. *Equipment:* Trikkies/Long boards, Identifying the components, How does it work?
3. *Safety Issues:* Protective gear, Awareness of potential safety concerns, Equipment safety protocols
4. *Riding a Trikke and a Long Board:* Starting from a dead stop position, Standing on a Trikke & Long board, Steering, Stopping, Dismounting
5. *Activities:* Follow the leader, Obstacle course, Riding for fitness
6. *Feedback*

Participant Background

All results are based on valid percentages, or the total number of participants who responded to each question. Participant background information was obtained from sign-in sheets that were collected at the workshop. Table 1 illustrates that the majority of participants worked at the *Kindergarten to 5th grade level* (n=3, 42.9%). As shown in Table 2, participants held a wide range of school positions, including health and physical education (PE) teachers (n=2) and counselors (n=2).

Table 1: What age level do you teach/work with? (n=7)

Grade Level	n	%
K-5	3	42.9
Grades 7-8	2	28.6
Grades 9-12	1	14.3
Multiple	1	14.3
TOTAL responses	7	100.0

Table 2: What areas(s) do you teach/work in? (n=7)

Position Type	n	%
Counselor	2	28.6
Health and PE teacher	2	28.6
PE Teacher	1	14.3
Classroom teacher	1	14.3
Special education	1	14.3
TOTAL responses	7	100.0

Table 3 illustrates that most of the workshop participants have been teaching Health Education and/or Physical Education for approximately *6-10 years* (n=3, 42.9%). All participants worked in Maui's Lahaina District (n=11, 100%) (Table 4).

Table 3: How long have you taught Health and/or Physical Education? (n=7)

Number of Years	n	%
1-5 years	2	28.6
6-10 years	3	42.9
10+ years	1	14.3
Do not teach HE and/or PE	1	14.3
TOTAL responses	7	100.0

Table 4: What district and complex do you teach in? (n=11)

Maui	
Lahaina (11)	Maui (0)
Kekaulike (0)	Hana (0)
Maui (0)	Lanai (0)

POST WORKSHOP EVALUATION

Competency in Physical Education Standards

Participants were asked to rate their level of proficiency in seven areas of the Physical Education Standards using the 4-point evaluation scale below. Respondents could indicate if they were (1) *Unaware*, (2) *Aware*, (3) *Knowledgeable*, or (4) *Proficient* in various areas of the PE Standards.

Evaluation Scale

- 1= Unaware** (Unable to identify the concepts or skills)
2= Aware (Able to identify the concept or skills but have a relatively limited ability to perform the skill)
3= Knowledgeable (Able to identify use/apply and describe the skill)
4= Proficient (Able to teach the skill to others)

A total of 11 participants attended the workshop and 7 participants completed the pre- and post-workshop evaluation for a response rate of 63.6%. Respondents rated their competency level in seven areas of the Physical Education Standards before and after the workshop. Prior to completing the workshop, most participants self-reported that they were *Knowledgeable* or *Proficient* regarding the HE Standards (average scores were from 2.86 to 3.57 out of 4) (Table 5). The highest rated area was “Standards based lessons” (average score=3.57). The lowest rated area was “Standards record keeping” (average score=2.86).

Table 5. Please rate your level of competency in the following areas (Pre-Test, n=7)

Areas of PE Standards	1 =Unaware n (%)	2 = Aware n (%)	3 =Knowledgeable n (%)	4=Proficient n (%)	Average score
Standards Based Toolkit	-	1 (14.3)	2 (28.6)	4 (57.1)	3.43
Standards Based Lessons	-	1 (14.3)	1 (14.3)	5 (71.4)	3.57
Standards Based Assessment	-	1 (14.3)	3 (42.9)	3 (42.9)	3.29
Standards Record Keeping	-	2 (28.6)	4 (57.1)	1 (14.3)	2.86
Standards Based Grading	-	3 (42.9)	1 (14.3)	3 (42.9)	3.00
Technology for Standards Based Instruction	-	2 (28.6)	2 (28.6)	3 (42.9)	3.14
Developmentally Appropriate Strategies/Activities	-	2 (28.6)	1 (14.3)	4 (57.1)	3.29

Following the workshop, the average scores for all seven areas of the PE standards decreased to the *Aware* to *Knowledgeable* range (Table 6). A comparison of the average scores before and after the workshop is presented in Table 7 (mean and standard deviation).

Table 6. Please rate your level of competency in the following areas (Post-Test, n=7)

Areas of PE Standards	1=Unaware n (%)	2=Aware n (%)	3=Knowledgeable n (%)	4=Proficient n (%)	Average score
Standards Based Toolkit	2 (28.6)	-	3 (42.9)	2 (28.6)	2.71
Standards Based Lessons	1 (14.3)	1 (14.3)	2 (28.6)	3 (42.9)	3.00
Standards Based Assessment	2 (28.6)	-	3 (42.9)	2 (28.6)	2.71
Standards Record Keeping	2 (28.6)	1 (14.3)	3 (42.9)	1 (14.3)	2.43
Standards Based Grading	2 (28.6)	1 (14.3)	2 (28.6)	2 (28.6)	2.57
Technology for Standards Based Instruction	1 (14.3)	3 (42.9)	2 (28.6)	1 (14.3)	2.43
Developmentally Appropriate Strategies/Activities	2 (28.6)	1 (14.3)	1 (14.3)	3 (42.9)	2.71

Table 7. Comparison of average scores (Pre- and Post-workshop, n=7)

Areas of PE Standards	Pre-Workshop Mean (SD)	Post-Workshop Mean (SD)
Standards Based Toolkit	3.43 (0.79)	2.71 (1.25)
Standards Based Lessons	3.57 (0.79)	3.00 (1.16)
Standards Based Assessment	3.29 (0.76)	2.71 (1.25)
Standards Record Keeping	2.86 (0.69)	2.43 (1.13)
Standards Based Grading	3.00 (1.00)	2.57 (1.27)
Technology for Standards Based Instruction	3.14 (0.90)	2.43 (0.98)
Developmentally Appropriate Strategies/Activities	3.29 (0.95)	2.71 (1.38)

Overall Workshop Evaluation

The overall evaluation of the *Maui District Land Paddling and Trikkes Workshop* was positive. Participants were asked to rate their level of agreement on the overall effectiveness of the workshop on a 5-point scale from 1 (*very poor*) to 5 (*excellent*). The majority of participants rated the overall content, organization, and quality of the training as *Good* or *Excellent* (Table 8).

Respondents were also asked if they agreed with specific statements regarding workshop presentations, objectives, and content. All of the participants *Agreed* or *Strongly Agreed* with these items (Table 9). The mean and standard deviation for each item is provided below.

Table 8: Overall workshop comments (n=7)
(5 = Excellent; 1 = Very Poor)

	Mean	SD
Knowledge of Health Education Standards	3.3	1.11
Overall content of the presentation	4.4	0.54
Overall organization	4.7	0.49
Overall quality	4.7	0.49

Table 9: General workshop evaluation (n=7)
(5 = Strongly Agree; 1 = Strongly Disagree)

	Mean	SD
Content/information presented will be utilized to support standards-based instruction	4.6	0.54
Material/curriculum distributed in the workshop will be helpful/relevant to implementation of standards-based instruction	4.9	0.38
Stated objectives of the workshop have been accomplished	4.7	0.49
Presenters were well informed	4.7	0.49
Intend to share this information with others that did not attend	4.7	0.49

Lessons Learned

Participants were asked to describe the most important lesson that they learned from the workshop. Table 10 lists all of the responses. The majority of responses referred to the “Implementation” of the workshop activities.

Table 10: What is the most important thing you learned today and how will you apply it in your classroom? (n=8)

Implementation (5)
<ul style="list-style-type: none">• Implementing land paddling and trikes into track coaching to develop core strength/balance• Incorporation into curriculum to serve as non-traditional activities• Practical applications• Providing a variety of activities as a means to inspire and include all learners• Implementing standards and new school activities
Other (3)
<ul style="list-style-type: none">• Fun activity (2)• Real world situations

Future Topic Suggestions

Respondents were asked to name three topics that they would like to learn more about during future training sessions. Table 11 presents all of the recommended topics.

Table 11: What future topics are you interested in learning more about? (n=4)

Equipment & Assessment (2)
<ul style="list-style-type: none">• Heart monitors• Fitness assessment
Activities (1)
<ul style="list-style-type: none">• Lacrosse
New P.E. (1)
<ul style="list-style-type: none">• New innovations

CONCLUSION

Overall, the *Maui District Physical Education Teacher Workshop* was well received. The majority of participants *Strongly Agreed* that the workshop presenter was well informed, the objectives of the workshop had been accomplished, the material/curriculum distributed in the workshop will be helpful/relevant to implementing standards-based instruction, and the content/information presented will be utilized to support standards-based instruction. The majority of the participants rated the overall content, organization, and quality of the training as *Good* or *Excellent* (average score = 4.60 out of 5.00). In addition, all of the participants *Agreed* or *Strongly Agreed* that they would share the workshop information with others that did not attend.

At the conclusion of the workshop, respondents rated their competency level in seven areas of the PE Standards. Most participants self-reported that they were *Aware* or *Knowledgeable* regarding the Standards (average scores were from 2.4 to 3.0 out of 4.0). It is unclear why the scores decreased following the workshop.

Recommended topics for future workshops include new innovations in PE, fitness assessment, heart monitors and lacrosse.