

CYO PHYSICAL EDUCATION 2018 YEAR-END IMPACT REPORT

Impact Report data from July 2017 through June 2018

WE BELIEVE



we provide elementary and middle school children with regular, physical and nutrition education classes



children will improve their fitness levels and increase their ability to eat well and avoid obesity.

OUTPUTS

2,566

Children Served
(Grades K-8)



142,120

Total PE Hours



10,098

Nutritional Class Hours



10

Partner Schools



OUTCOMES

These results are based on fitness tests conducted at the beginning and end of the school year.



of students decreased their mile run time



of students increased their number of push-ups



of students increased their number of sit-ups



Catholic Charities

MARIN ♦ SAN FRANCISCO ♦ SAN MATEO

CYO PHYSICAL EDUCATION YOUTH & CHILD DEVELOPMENT SERVICES

Services and financial data for July 2017 through June 2018

ABOUT

Catholic Charities CYO Athletics Physical Education provides essential skills and knowledge that all students need to maintain a physically active and healthy lifestyle. Our goal is to develop a standard based physical education program which creates an individualized learning platform for physical, cognitive and social achievement. Our integrative learning environment incorporates a variety of fun activities, including a nutrition and gardening program, that inspire dedication to successful lifelong learning and health.

Students experience a variety of traditional sports and are also introduced to new activities with a curriculum such as yoga, martial arts, and dance. In addition, the physical education classes teach about healthy lifestyles and how the body's muscles work. The program also includes a monthly cooking class utilizing specific curriculum-focused on USDA nutritional guidelines with a chef and nutrition assistant that introduces students to the joy and social dimensions of food preparation, dining, and education for living a healthy and productive life.

SERVICES

- Provides on-site physical education, nutritional cooking, and garden programming for K-8 schools
- Includes 8-32 hours of instruction per week through the school year
- Builds leadership and team skills with lifelong benefits
- Develops integrative learning within the school's curriculum

CHANGE MODEL

The Need

Bay Area children at local schools lack:

- Opportunities to improve fitness
- Knowledge of good nutrition practices

Our Response

- Provide regular PE and nutrition classes
- Use well-researched, child-focused curriculum
- Hire and train qualified PE and nutrition teachers
- Host workshops and showcases for parents

Client Outcomes

- Improved fitness
- Improved eating habits
- Increased physical activity
- Improved resources and education available to families

Community Impact

- Healthier families
- Community-wide decrease in childhood obesity

CONTACT

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