



CREATING THE  
NEXT GENERATION  
OF HEALTHY KIDS

# CASE STUDY

VAL VERDE - UNIFIED SCHOOL DISTRICT



## OVERVIEW

- DrumFIT platform supports personal fitness and MVPA goals set by the Department of Education
- Platform utilized for all students K-12 and for professional learning sessions for teachers
- Only guaranteed viable curriculum available in Physical Education providing quality and sustainable curriculum in all schools.

## CUSTOMER

Val Verde, Unified School District  
Perris, California 92571 USA



2018 YEAR IMPLEMENTED DRUMFIT

## DISTRICT PROFILE



75th largest district in  
California out of 977

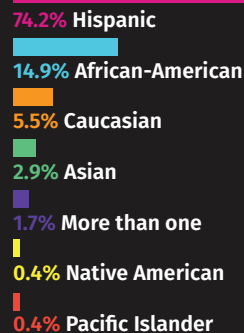


20,000 students



21 schools

## DEMOGRAPHICS



## IMPLEMENTING A SUCCESSFUL PHYSICAL EDUCATION PROGRAM TO SUPPORT STUDENT HEALTH AND ACADEMIC SUCCESS

*"We exist in a world today where more and more kids are on tablets and devices and aren't as physically active as we were a generation or two ago."* Say Mark Le Noir, a former PE teacher and current Assistant Superintendent for Val Verde ISD.

*"When you look at all the research, the new "smoking" is "inactivity", this is the first generation predicted to live a shorter life span than the generation before them. Increases in teen depression, potential suicide attempts, because they aren't feeling good about things or themselves, and I feel like if we*

*are going to be exposing our kids to new 21st century devices and gadgets, which are beneficial, we also need to be offering balance and ensuring that our kids are staying active."*

In February 2018, Mark attended the California Association of Healthy, Physical Education, Recreation and Dance (CAHPERD) conference looking for a solution to provide more physical activity to his students and meet the minimum state requirement of 115 minutes of activity a week in his elementary schools where there are no Physical Education teachers employed.



***DrumFIT immediately grabbed the Staff's attention [...] it was fun, engaging, and super-high cardio. We were sweating like crazy! DrumFIT was super easy to implement, and students didn't look to each other for peer support/pressure, they were too busy watching the videos, that are interesting, fast paced, and fun. I highly recommend this program to anyone who is looking for a way to battle childhood obesity, as well as, reach fitness goals.***

- Corby Warren, Principal, Mead Valley Elementary

## PREPARING FOR ACADEMIC LEARNING

***"Quality PE is important and helps our kids become ready for academic learning. Research shows our brains are prepared to learn if the kids are more physically active. Physical activity sets the stage for learning. Kids that are more active are more likely to learn and benefit from teacher's instruction. Teachers have to employ more classroom management when kids aren't ready for learning because they aren't active."*** continues Mark.

## COMBATING BEHAVIOR ISSUES WITH ACTIVITY

***"More is being required of school districts, from the state level, to implement a positive culture and climate in their schools. We are being mandated to find other means of correction by implementing positive behavior intervention systems and multi-tiered systems of support. That, in essence, is the problem in education we are facing right now. How do we make our environment safer, more positive, more welcoming?"*** Mark believes a quality physical activity program is an essential key to the solution.

## RAPID IMPLEMENTATION AND QUICK ADOPTION

Mark said once he started piloting DrumFIT, teachers became so excited and his students wanted to do it too. It wasn't long before the school board heard about DrumFIT through their social media efforts and Mark was able to get approval to implement DrumFIT across his district. The goal is to do 30 minutes of DrumFIT daily.

***"Everyone wanted DrumFIT for their campus and now the teachers are coming in and asking more questions than they ever have about the fitnessgram testing. Awareness is critical***

***and because of DrumFIT, our board has adopted physical activity goals. They are picking up journals and reading about the importance of activity. There is so much more research out there that when I read it, I'm convinced even more - almost like a moral obligation -that we need to be taking physical activity seriously, as educators."***

## THE OVERWHELMING CHOICE

In California, a lot of elementary campuses lack primary physical education teachers. DrumFIT's lesson planning software and video curriculum library of over 600+ videos make teaching a high-intensity cardio PE class easy for anyone.

All the resources are packaged together, and teachers can project the videos on the classroom wall and the students follow along. Great music, cardio-drumming and newly updated content keep the kids engaged and having fun. All students are participating in this non-competitive program and time on task is almost 100%.

## MEASURABLE OUTCOMES

Mark says he is continually monitoring attendance, discipline and fitnessgram. ***"Those are the three most important measures, but there are other ones, like the CA Healthy Kids Survey, we could take a look at. These are all metrics I would challenge people to look at as they are implementing a physical activity program."***



***DrumFIT is something you can use with things that you are already doing, it is not something that will take you away from other initiatives.***