



Curriculum Proposal for Board of Education Curriculum Committee

Guidelines for Curriculum Proposal

Please provide clear, concise, and thorough statements for each of the following that apply.

- A. Current Curricular Description
- B. Standards for Learning
- C. Expected Student Learning Outcomes
- D. Time Requirements
- E. Personnel Requirements
- F. Facilities/Equipment Requirements
- G. Teaching Strategies and/or Methodologies
- H. Material/Textbook Needs
- I. Costs
- J. Schedules
- K. Evaluation Procedures
- L. Follow-up
- M. Other Staff Affected

Building Administrator: Bobbi Jo Stoner **Date:** 12/30/2025

Dept./Gr. Level Chair: Jalon Simpson **Date:** 12/30/2025

Other Staff Affected: Kandyce Coffelt

CURRICULUM PROPOSAL FORM

Proposal must be submitted to the Director of Curriculum & Instructional Technology

2 weeks prior to presentation before the Board of Education Committee

Proposal / Course Title: **Strength & Fitness: Female Focus**

Staff Member Requesting: Jalon Simpson

Department/Grade Level: 9-12 PE

THIS IS A PROPOSAL FOR (italicize all that apply):

New Course Course Content Change Instructional Methods Change Textbook Review or Change Other

Number of Classes: 1-2

Total Number Students: 30-60 (depending on student interest; average class size is 30)

Total Number of Teachers: 1 (Kandyce Coffelt)

Requirements (facilities, materials, textbooks, anticipated costs, equipment): n/a, PE department will supply all necessary materials out of the current PE departmental supplies and curriculum

A Current Curricular Description

This course is designed to support students who may be underrepresented or less engaged in traditional PE settings, with a focus on developing strength, fitness, and overall wellness. Students explore exercise fundamentals, strength training, and health strategies tailored to meet diverse needs and goals. While the curriculum emphasizes female engagement, the course is open to all students who wish to participate. Girls Fitness was last offered to Gull Lake High School students in the 2015-16 school year.

Strength & Fitness: Female Focus Course Curriculum Guide Description:

This course provides instruction in exercise fundamentals, strength training, and overall fitness with a focus on engaging female students. Compared to the co-ed Strength & Fitness course, this version offers a learning environment and class structure designed to increase participation, comfort, and outcomes for students who may be less engaged in traditional physical education settings. All students are welcome to enroll. This course may be repeated with teacher approval.

B. Standards for Learning

Michigan's PE standards (2017 K-12 Physical Education Standards) are designed to support quality physical education programming. They provide a framework for what students should know and be able to do as a result of quality physical education instruction:

- Development of motor skills and movement concepts
- Knowledge and skills to achieve and maintain a healthy, active lifestyle
- Fitness concepts and their application
- Personal and social responsibility in physical activity settings
- Lifelong physical activity and health promotion

C. Expected Student Learning Outcomes:

By the end of Strength & Fitness: Female Focus, students will be able to:

- ➔ Exercise Fundamentals

- ◆ Demonstrate correct form and technique for a variety of strength and conditioning exercises.
- ◆ Apply principles of warm-up, cool-down, and safe movement practices in all activities.

→ Strength and Conditioning

- ◆ Perform structured strength training routines targeting major muscle groups.
- ◆ Assess personal fitness levels and track progress in muscular strength and endurance.

→ Health and Wellness

- ◆ Understand and apply concepts of cardiovascular fitness, flexibility, and overall wellness.
- ◆ Make informed decisions about nutrition, recovery, and lifestyle choices that support physical health.

→ Physical Activity Participation

- ◆ Engage consistently in moderate to vigorous physical activity appropriate for individual fitness levels.
- ◆ Demonstrate perseverance, effort, and self-motivation in PE activities.

→ Knowledge and Application

- ◆ Learn and apply fitness terminology and concepts in practical settings.
- ◆ Adapt exercises and routines to individual needs while maintaining safety and effectiveness.

→ Lifelong Fitness and Engagement

- ◆ Develop habits and strategies for maintaining personal fitness beyond the classroom.
- ◆ Demonstrate an understanding of how physical fitness contributes to overall quality of life.

D. Time Requirements:

1 trimester

E. Personnel Requirements

Instruction provided by a highly qualified teacher on staff

F. Facilities and Equipment Requirements

n/a, gymnasium & weight room

G. Teaching strategies and methodologies:

The course uses differentiated instruction and hands-on learning to meet students' varying fitness levels and goals. Emphasis is placed on progressive skill development, demonstration of proper technique, and formative feedback to ensure safety and effectiveness. Students engage in peer collaboration, goal setting, and self-assessment to monitor progress, while inclusive teaching practices create a supportive environment for all participants.

H. Materials and Textbook needs:

n/a, all materials already exist within GLHS PE & Health Dept

I. Costs

no additional costs

J. Schedules

1 trimester course, may be repeated with teacher permission

K. Evaluation Procedures

Student performance is assessed with a letter grade, in alignment with departmental grading policies. Assessments are designed to reflect equitable practices, ensuring that all students' participation, effort, skill development, and understanding of fitness concepts are fairly evaluated.

L. Follow up

The course offering will be reassessed at the end of each term to evaluate effectiveness, gather student feedback, and identify opportunities for improvement in curriculum, instruction, and course structure.

M. Other staff affected

n/a