

Health and Physical Education Curriculum Adoption

2015-2016

Health

Every school district must have locally developed health standards, ISD 709 adheres to the National Health Education Standards through the Health and Physical Education Quality Teaching Network (HPE QTN), District Health Education Standards and Benchmark Model from 2007. Minnesota State Statute [120B.021](#) requires districts to adopt their own local standards for health.

The Middle School (MS) and High School (HS) health teachers have worked to align the curriculum to the standards. Elementary health is taught by the classroom teachers and implementation of the health curriculum has been inconsistent. Budgetary constraints have limited elementary opportunities to align curriculum to standards and update resources. Last summer, the elementary health teachers began the process of writing an elementary health curriculum aligned to standards. New materials are needed to complete this process.

The last curriculum adoption for K-12 Health was approximately 2007.

K-5 Health Proposal: Continue writing curriculum that is aligned to current standards and develop lesson plans: \$20,000

Process

Teachers from each grade level reviewed possible curriculum resources, and included textbooks from McGraw Hill, Health and Wellness, Human Kinetics (WOW), Health Teacher (Online curriculum), and materials from Great Body Shop (online and consumables)

Decision

Lack of consensus by grade levels led to a decision to write own resources/materials. Rationale:

- Few standards/benchmarks per grade level
- Time constraints of current school day
- Incorporate into other curriculum areas when possible.
- Low cost of creating booklet, can add current trends, new ideas each year.

Proposal

Two teachers per grade level K-5 will develop lesson plans incorporating other curriculum areas when possible.

- 30 hours per teacher, June 2016
- Curriculum coach and health teacher for resources
- Lessons stored on Google Drive and hard copy booklet for each grade level.

Middle School (8th grade) and High School Health Proposal: \$27,000 (Textbooks and Manikins)

Process

High school health teachers, middle school health teachers, representative from Office of Education Equity, parents and community health nurse reviewed curriculum options including digital resources such as chromebooks.

Decision

- Textbooks-\$19,000
 - High School: Comprehensive Health-Goodheart Wilcox publisher
 - 8th Grade: Teen Health-McGraw Hill publisher
 - Mental and Emotional Health
 - Building Character and Preventing Bullying
 - Healthy Relationships and Sexuality
- Manikins-Channing Bete Co. \$8,000
 - CPR required in Health Curriculum
 - Current manikins are worn out
 - Currently short on number of manikins for class sizes 30-40

Total for Health Curriculum Adoption: \$47,000

Physical Education

Minnesota has adopted the *National Standards for Physical Education* which were developed by the National Association for Sport and Physical Education (NASPE) in 2004. Minnesota State Statute [120B.021](#) requires districts to adopt the National Standards for Physical Education. The *Society of Health and Physical Educators* (SHAPE America) and NASPE appointed a task force to revise the *National Standards for K-12 Physical Education* in 2014 to provide a curriculum framework. Last summer, ISD 709 began work to aligning our physical education curriculum K-12 to these standards.

The last PE curriculum adoption was approximately 2000. This curriculum area was postponed for the last adoption cycle.

K-5 Elementary Physical Education Proposal \$59,000: New equipment to replace and supplement current equipment available for newly aligned curriculum using best practices in elementary physical education.

- Elementary physical education teachers took inventory and discussed common equipment needs for newly aligned curriculum during PLCs and professional development days.
- Elementary physical education programs have supplemented their depleted equipment by school funds, Boxtops for Education, grants and donations.
- Approximately 1400 equipment items for 11 elementary PE programs.

- Best practice is for each student to have their own piece of equipment when possible and appropriate.
- Equipment included for successful inclusion of students with special needs.
- Life of PE equipment varies from 1 year to 10+ years

6-8 Middle School Physical Education (PE) proposal \$40,000: New equipment to replace and supplement current equipment available for newly aligned curriculum using best practices in secondary physical education.

- Middle school physical education teachers took inventory and then discussed common equipment needs during PLCs and professional development days.
- 6-8 physical education programs have varied budgets for PE equipment.
 - School principals determine what amount is allowed for equipment.
 - Fitness Center equipment is expensive to repair or replace
 - \$3000 Fitness Center equipment repair budget is on 4 year rotation schedule.
 - Some schools have new or different equipment due to staff searching for additional resources through grants or donations.
- Approximately 700 equipment items for 4 middle school PE programs.
- Life of PE equipment varies from 1 year to 10+ years
- Equipment included for successful inclusion of students with special needs.
- 6-8 PE includes 4 different components -gym, pool, outdoor facilities and Fitness Center.

High School Foundations of Fitness, Personal Wellness, and CITS Physical Education Proposal \$67,000: New equipment to replace and supplement current equipment available for newly aligned curriculum using best practices in secondary physical education.

- High school physical education teachers took inventory and then discussed common equipment needs during PLCs and professional development days.
- High school physical education programs have varied budgets for PE equipment.
 - School principals determine what amount is allowed for equipment.
 - Fitness Center equipment is expensive to repair, replace or add.
 - \$3000 Fitness Center equipment repair budget is on 4 year rotation schedule.
 - Some schools have new or different equipment due to staff searching for additional resources through grants or donations.
- Approximately 1025 equipment items for 4 high school PE programs.
- Life of PE equipment varies from 1 year to 10+ years.
- Equipment included for successful inclusion of students with special needs.
- Foundations of Fitness, Personal Wellness and CITS includes 3 different components-gym, outdoor facilities and Fitness Center.

Total for Physical Education K-12 Curriculum Adoption: \$166,000