

Executive Summary: MJHS Strength and Agility Elective Course Proposal

Strength and Agility is a proposed semester-long elective designed to enhance the existing Fitness and Wellness curriculum. The course is intended to be paired with the SOAR program (e.g., one semester of Strength and Agility followed by one semester of SOAR) to provide enriched learning opportunities beyond the standard physical education requirements. For its inaugural year, enrollment will be limited to 15 interested 8th-grade students per semester. This proposal was discussed with the Education Committee on March 25th, and it was decided to bring the idea to the entire board for consideration.

Core Objectives and Instructional Methodology

The primary focus of the course is to promote strength, agility, flexibility, and overall wellness. Instruction is centered on a station-based model where students engage in:

- **Safe Weightlifting Techniques:** An introduction to resistance training that prioritizes proper form and movement benefits over heavy lifting.
- **Lifelong Fitness:** Emphasis on bodyweight exercises that students can continue to utilize throughout their lives.
- **Station-Based Training:** Targeted workouts including core (planks, crunches), upper body (push-ups, bench press), lower body (squats, lunges), and functional power using medicine balls, kettlebells, and heavy ropes.

Comprehensive Wellness and Career Integration

In addition to physical activity, the course includes dedicated classroom days to connect physical training with academic and professional concepts:

- **Career Exploration:** Introducing students to professions such as athletic trainers and physical therapists through guest speakers. Additionally, careers that require physical testing (i.e. firefighters, police, military, etc.) may be included.
- **Nutrition and Self-Care:** Instruction on nutrition as the foundation of fitness, as well as strategies for recovery and self-care.
- **Technology and Data:** Students will learn to use fitness technology to track growth and engage in personal goal setting.

Cost

This new elective course is not expected to add any additional cost to District expenditures.

Recommendation

The administration recommends the Board of Education consider the approval of the proposed MJHS Strength and Agility Elective Course for the 2026-2027 school year. By offering this elective to 8th graders, the District will provide a platform for students to build consistency and determination. The curriculum is designed to make physical education more engaging and enjoyable while equipping students with the knowledge to improve their performance and maintain a healthy lifestyle long-term.