

Health/Physical Education Phase III Design Team Update

HEALTH & PE DESIGN TEAM LEADERS

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Personal, Local, Immediate -
Keep a Spotlight on Race -

Gather Multiple Perspectives -
Establish Parameters -

Establish A Racial Equity
Transformation Plan -

**PHASE I:
LOOKING INWARD**
KNOW THYSELF

- Teacher Self-Reflection
- Examine Disaggregated Data
- Hear and Reflect upon Students Voice and Community Input
- Unpack Standards
- Driven by R.E.P. Statements
- Intersection of IB, AP, & Immersion & CRP
- Engage in Courageous Conversation

**PHASE II:
LOOKING AROUND**
*DISTINGUISH KNOWLEDGE FROM
FOOLISHNESS*

- Research and Visit Regional, National, and International Exemplars
- Engage Scholars of Culturally Relevant Pedagogy, Content Specific Pedagogy and Tech Enrichment
- Establish Criteria for Adopting New Materials (Pilot Curriculum or PD)
- Engage in Courageous Conversation

**PHASE III:
LOOKING OUTWARD**
BUILD FOR ETERNITY

- Develop Content Area Belief Statements
- Adopt New Curriculum with Fidelity or Engage in Curriculum Writing
- Establish Collaborative Team and PD Plans
- Develop 3, 5, and 8 year benchmarks
- Engage in Courageous Conversation



Belief Statement

We believe that all students should be exposed to a comprehensive Health & Physical Education curriculum that is delivered in a culturally relevant manner. We believe students should be exposed to a variety of physical activities and health lessons that provide opportunities to achieve physical, emotional and social well-being.



HPE Essential Literacy Skills

Health Literacy

- An individual's capacity to access and understand information, resources and services necessary to maintaining and promoting health for themselves and others.

Physical Literacy

- An individual's ability to move with competence and confidence in a wide variety of physical activities in multiple environments that benefits the healthy development of the whole person.

2024 National PE and Health Standards

2024 SHAPE America National Health Education Standards

Students will be able to ...

Standard 1: Use functional health information to support health and well-being.

Standard 2: Analyze influences that affect health and well-being.

Standard 3: Access valid and reliable resources to support health and well-being.

Standard 4: Use interpersonal communication skills to support health and well-being.

Standard 5: Use a decision-making process to support personal and community health and well-being.

Standard 6: Use a goal-setting process to support health and well-being.

Standard 7: Demonstrate practices and behaviors to support health and well-being.

Standard 8: Advocate to promote health and well-being for self and others.

2024 SHAPE America National Physical Education Standards

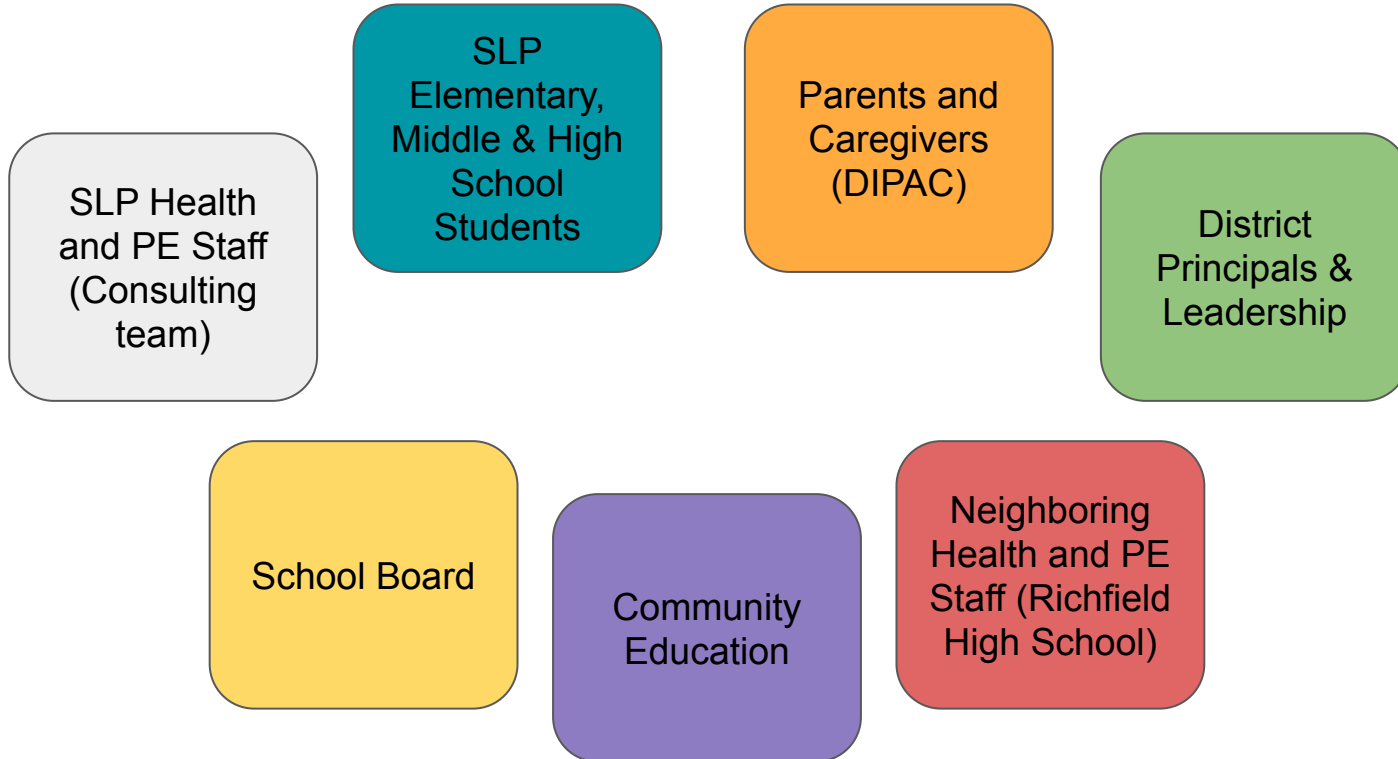
Develops a variety of motor skills.

Applies knowledge related to movement and fitness concepts.

Develops social skills through movement.

Develops personal skills, identifies personal benefits of movement, and chooses to engage in physical activity.

Data, Ideas & Feedback collected from several groups



HPE Design Team Recommendations

1. Adjust the format in which Elementary PE is delivered to our students by going from double classes to single classes.
2. Aligning Health curriculum 5th through 12th grade using the ETR HealthSmart curriculum.
3. Work towards including swimming into Secondary School PE.
4. Update HPE district curriculum according to the newly updated 2024 National Health and Physical Education Standards.
5. Aligning the Physical Education curriculum 6th through 12th grade using the new National Standards.
6. Increasing physical activity participation levels among high school students, especially high school female and female identifying students, using National Standards, CDC Guidelines, and student voice.

Recommendation 1: Elementary PE Scheduling

Why- double and triple class size is a safety and space issue. Reducing class size will increase development of student teacher relationships. Higher levels of student engagement. Reflects Best Practice within the profession.

When- Fall of 2024

How- Collaboration with elementary principals and elementary PE teachers to make shifts in elementary school instructional schedules and increase kinesthetic learning in all classrooms.

Recommendation 2: 5-12 Health Curriculum Alignment

Why- competing priorities kept us from having a consistent and viable Health Education program across grades 5-12. The scheduling of MS classes with IB in mind, creates a gap in Health Education - health standards are not being met at the MS level. Create content consistency across elementary schools and through middle and high school. Build upon knowledge and skills.

When- multi year process that began 2023-2024

How- Continued implementation of ETR HealthSmart at the high school. Begin implementation of the HealthSmart curriculum at the Middle School fall 2024 and at the 5th Grade level fall 2025.

New Health Curriculum from ETR HealthSmart



***HealthSmart* is a K–12, skills-based health education program that empowers students to think, choose, and act in healthy ways**

See how *HealthSmart* can meet your classroom needs



Recommendation 3: Swimming

Why- racial equity, DIPAC families asked for it, students ask for it, create safer SLP community by working to close the swimming gap.

When- multi year process. Goal is to have swimming return to the MS by fall 2027.

How- Start with Community Ed. partnership to build capacity for safe and well-planned implementation for secondary students

Drowning is a Leading Cause of Death in Children

Racial Disparities:

- Nationally, almost **70%** of African-American children cannot swim compared to **40%** of White children.
- **Disparities are higher among Black youth ages 10-14 at almost 4x higher than White people.**
- In Hennepin county, Black youth account for **1 in 3** drowning deaths.



Recommendation 4: Update HPE curriculum to meet the 2024 National Standards

Why - So that our SLP District HPE curriculum reflects up to date Best Practice and alignment with MN State Standards (which align with SHAPE America National Standards.)

When - 2024-25 school year.

How - District PD and Design Team release time to train our HPE teachers in the district.

Recommendation 5: 6 - 12 PE Curriculum Alignment using National Standards

Why - So that our SLP District HPE curriculum reflects up to date Best Practice and alignment with MN State Standards (which align with SHAPE America National Standards). So our students are being taught consistent, progressive skills that are built upon as they advance to the next grade level.

When - 2024-25 school year.

How - District PD and Design Team release time to train our HPE teachers in the district.

Recommendation 6: Increase participation in physical activity among high school students, especially females.

Why- lack of engagement and students are not getting the recommended amount of physical activity to be healthy. Phone use has increased low activity levels and mental health issues.

When- multi year process beginning 2025-26

How-

- Repairing and updating the cardio room equipment at the high school. Currently there is nothing in place to maintain the equipment (repairs).
- Schedule two PE 9 classes, same periods, each semester.
- Request that the firm phone and food policies at the middle school follows into the high school
- Use student voice to improve PE9 curriculum and create PE electives students want to take.
- High School Course Proposals (3 courses): Basketball, Soccer, and Lifetime Activities.

Resources to Guide our work:

