



# Wellness Curriculum Adoption

*May 7, 2024*

# Wellness Curriculum: Philosophy, Delivery and Standards

The aim of the Madison Public Schools Wellness Curriculum is to provide an educational experience that embraces the intersection of **Health, Physical Fitness, and Social-Emotional Skills**.

Students will engage in learning experiences which provide opportunities for students to **prioritize their overall well-being** by making healthy choices on a daily basis to help **reduce stress, improve physical fitness, encourage socialization and support mental health to achieve optimal wellness**.

The curriculum is based on the Connecticut Health and Balanced Living Standards, the Comprehensive School Counseling Framework, the Vision of Madison Public Schools and the Profile of a Graduate capacities. The standards emphasize learning through a **skills-based approach** that targets **lifelong health and well-being through physical fitness and social, mental, and emotional health**. Student instruction also includes mandates from the Connecticut State Department of Education.

# Wellness Units for Board Adoption

PHYSICAL EDUCATION	HEALTH
<ul style="list-style-type: none"><li>● <i>K - 3 PE (12 units)</i></li><li>● <i>4 - 5 PE (6 units)</i></li><li>● <i>Net Games (4 units)</i></li><li>● <i>Outdoor Adventure (4 units)</i></li></ul> <p><i>June Adoptions</i></p> <ul style="list-style-type: none"><li>● <i>6 - 8 PE (14 units)</i></li><li>● <i>Leisure PE (4 units)</i></li><li>● <i>Lifetime Pursuits (4 units)</i></li></ul>	<ul style="list-style-type: none"><li>● <i>K - 5 Health (10 units)</i></li></ul>

# Health K - 5: Vertically Developed for Developmental Level

K - 3	4 - 5
<p><i>Health Units:</i></p> <ul style="list-style-type: none"><li>• <i>K - 1: Self-Management</i></li><li>• <i>2 - 3: Decision Making</i></li></ul> <p><i>Health and PE (HPE) Unit:</i></p> <ul style="list-style-type: none"><li>• <i>K - 3: Cooperative Learning and Living</i></li></ul>	<p><i>Health Units:</i></p> <ul style="list-style-type: none"><li>• <i>Grade 4: Social Health</i></li><li>• <i>Grade 5: Coping Skills</i></li><li>• <i>Grade 4-5: Optimal Wellness</i></li></ul> <p><i>Health and PE Unit:</i></p> <ul style="list-style-type: none"><li>• <i>Grade 4: Health and Personal Fitness</i></li><li>• <i>Grade 5: Health and Personal Fitness</i></li></ul>

# Mandated health content presented at a developmentally appropriate level.

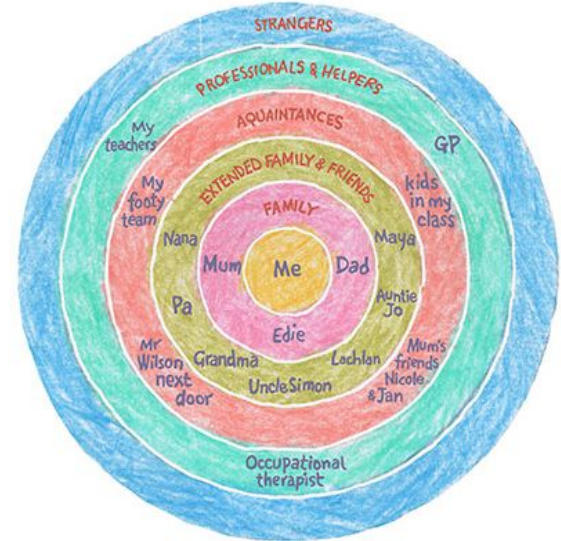
## Sexual Assault and Abuse Prevention (SAAP)

- K- 4: Focus on consent, personal space, appropriate behaviors in different relationships
- Grade 5: Delivered by SCSW. Inappropriate touch, uncomfortable situations, trusted adults.

## Alcohol, Nicotine, and Other Drugs (ANOD)

### K - 5: Focus on household concerns

- Cleaners, detergents
- Medicine: OTC vs. Rx
- Role of adults in administration of medicine.



# K - 5 Physical Education

## Skill-Based Units

- **Vertically developed**
  - Provides increasing complexity as student grow physically and developmentally.
- **Goals**
  - Lifelong physical fitness through an active lifestyle
  - Social-Emotional development through collaboration and social activities
- **Implementation**
  - Integration with health topics throughout the lessons



# Polson: *June Adoption*

Grade 6	Grade 7	Grade 8
<ol style="list-style-type: none"><li>1. <i>My Active Lifestyle</i></li><li>2. <i>Cooperation and Team-Building (ropes)</i></li><li>3. <i>Responsible Personal and Social Behavior</i></li><li>4. <i>Spartan Challenge</i></li><li>5. <i>Invasion Games</i></li></ol>	<ol style="list-style-type: none"><li>1. <i>Strategies and Tactics</i></li><li>2. <i>Cultural Games</i></li><li>3. <i>Responsible Personal and Social Behavior</i></li><li>4. <i>Track and Field</i></li><li>5. <i>Lifetime Pursuits</i></li></ol>	<ol style="list-style-type: none"><li>1. <i>Personal Fitness</i></li><li>2. <i>Outdoor Adventure (ropes)</i></li><li>3. <i>Responsible Personal and Social Behavior</i></li><li>4. <i>Lifetime Fitness</i></li></ol>

# Daniel Hand

- **Net Games (8 sections)**
  - Collaborative
  - Competitive
  - Strategic
- **Outdoor Adventure (2 sections)**
  - Individual or small group
  - Skill-Based
  - Social-Emotional

## *June Adoption:*

- **Leisure PE (3 sections)**
  - Collaborative and individual
  - Alternate Pathways
- **Lifetime Pursuits (2 sections)**
  - Collaborative and individual
  - Alternative pathways

## BEFORE:

High School PE and Health	
Grade 9	PE/Health .25/.25
Grade 10	PE/Health .25/.25
Grade 11	PE 11 or Self-Defense, Jr/Sr. Health
Grade 12	Jr./Sr. Health

## AFTER:

Grade	P.E. Course Options
9	Choose one: <ul style="list-style-type: none"><li>• Leisure PE</li><li>• Recreational Games</li></ul>
10 & 11	Choose one: <ul style="list-style-type: none"><li>• Lifetime Pursuits</li><li>• Net Games</li><li>• Outdoor Adventure</li><li>• Personal Fitness</li></ul>

**Grade 12:** If your 1.0 PE credit has been satisfied, you may take one of the Grade 10 & 11 P.E. course offerings as an elective.



## Wellness Profile of a Graduate Capacity Chart

		Kindergarten Grade 1 Grade 2 Grade 3 Grade 4 Grade 5					Kindergarten Grade 1 Grade 2 Grade 3				Kindergarten Grade 1 Grade 2 Grade 3 Grade 4 Grade 5 Grade 6* Grade 7* Grade 8*					Net Games Outdoor Adventure Leisure P.E.* Lifetime Pursuits*									
		HEALTH					HPE				P.E.														
CRITICAL THINKING	Inquiry																								
	Analyzing										X	X	X	X			X	X	X	X			X		
CREATIVE THINKING	Idea Generation																X	X							X
	Design																					X		X	
COLLABORATION/ COMMUNICATION	Collective Intelligence						X	X	X	X					X	X	X	X	X	X	X	X	X	X	X
	Product Creation																		X	X	X	X	X	X	
SELF-DIRECTION	Self-Awareness	X	X								X	X	X	X	X	X	X	X	X						
	Decision Making			X	X	X	X										X	X	X	X	X	X	X		
GLOBAL THINKING	Citizenship				X	X																			
	Alternate Perspectives																	X							

\* The course will be ready for adoption on June 4th, 2024.

## WELLNESS TEAM

- *Jennifer Amasino*
- *Patrick Barnett*
- *Michael Battipaglia*
- *Clarence Bell*
- *Michelle Bond*
- *Marissa Brown*
- *Michael Carr*
- *Christine Coyle*
- *Susan Daub*
- *Charlene Doane*
- *Heidi Dripchak*
- *Shantae Fyffe-Simpson*
- *Brian Gouin*
- *Missy Hartmann*

- *Jennifer Hawley*
- *Eliza Hayes*
- *Kyle Heins*
- *Olga Herrera*
- *Stephanie Jarvis*
- *Claire Keenan*
- *Rachel Kilian*
- *Rachel Lynch*
- *Jourdan Milardo*
- *Tyler Pucci*
- *Maryssa Romano*
- *Deborah Rossi*
- *Sarah Sandora*
- *Cynthia Skarsten*
- *Sydney Sutcliffe*

