

**School Board Meeting:**

September 22, 2014

**Subject:**

K-12 Health & Physical Education  
Curriculum Adoption Proposal  
(CAP) Approval

**Presenters:**

Pam Miller

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**SUGGESTED SCHOOL BOARD ACTION:**

Recommend approval of:

1. the locally-selected standards for K-12 Health and K-12 Physical Education programming
2. the locally-developed written curriculum for K-12 Health courses
3. the purchase of the selected materials, books, manipulatives, equipment, software, technology and other instructional resources to support the goals, objectives, and standards of K-12 Health and K-12 Physical Education programming

**DESCRIPTION:**

**BHM K-12 Health Recommendations**

The K-12 Health Curriculum Team recommends adopting the locally-developed standards for BHM Schools. These standards will serve as the framework for our K-12 scope and sequence for both instruction and assessment of health programming for students. The team also recommends adoption of the digital curriculum and recommended instructional resources as presented by the writing team. This digital curriculum and instructional resources adoption will require monitoring and revisions as needed on an annual basis, but will provide the flexibility desired and the accurate and current information necessary for quality health education instruction.

**BHM K-12 Health Standards (adopted 2014)**

1. Students will comprehend concepts related to health promotion and disease prevention.
  2. Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
  3. Students will demonstrate the ability to access valid information, products and services.
  4. Students will demonstrate the ability to use skills in communication, decision-making and goal setting to enhance health.
  5. Students will demonstrate the ability to practice healthy behaviors and avoid health risks.
  6. Students will demonstrate the ability to advocate for personal, family, and community health.
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## **BHM K-12 Physical Education Recommendations**

The K-12 Physical Education Team recommends adopting the National Physical Education Standards for BHM Schools. These standards will serve as the framework for our K-12 scope and sequence for both instruction and assessment of physical education programming for students. The team also recommends adoption of the selected equipment, software, technology, and instructional resources to aide in program improvement and achieving our goal.

### **BHM K-12 Physical Education Standards (adopted 2014)**

1. The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.
5. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

### **BHM K-12 Physical Education Goal**

The goal of physical education is to develop physically literate individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity.

### **Elementary Physical Education Resource Requests**

1. Pedometers: measure both steps and MVPA (moderate to vigorous physical activity) and allow for efficient use of instructional time.
2. Projectors: allow efficient use of instructional time while maximizing MVPA to allow all students to view digital information at the same time.
3. iPads: to be used in station work, to video and observe skills, and as a resource to enhance the learning of concepts and strategies.
4. Teacher Instructional Resources: specifically designed for planning and assessment purposes.

### **Middle School Physical Education Resource Requests**

1. POLAR GoFit: allows for individual student feedback and the ability to set personal goals.
2. Stationary Bikes: creates more personal fitness opportunities with larger class sizes.
3. Fitness for Life e-books, iPads, & Chromebooks (shared with Health classes): online curriculum, assignments, and assessments.
4. Nets: custom nets for the sport courts that are already in place in both gymnasiums.

### High School Physical Education Resource Requests

1. POLAR GoFit, Fitness for Life e-books, & Chromebooks: technology with the POLAR GoFit heart rate monitoring system, "Fitness for Life" e-book, a department set of Chromebooks.
2. Updating equipment: allows for more student choice and replenishes outdated equipment.

### K-12 Physical Education Resource Request

FitnessGram: The K-12 PE staff are considering the implementation of the FitnessGram software. Additional exploration will take place prior to committing to the purchase to ensure this will meet the goals and outcomes desired for a fitness tracking software system.

### **Financial Implications:**

<u>Health</u>		<u>Physical Education</u>	
Curriculum Writing	\$ 50,000	Technology	\$103,000
Materials	<u>\$ 50,000</u>	Equipment	\$ 31,000
Total	\$100,000	Other	<u>\$ 2,000</u>
		Total	\$136,000

This total of \$236,000 is below the projected \$250,000 budget projected to fulfill the K-12 Health & Physical Education needs as a part of the continuous improvement process.

### **Next Steps**

Core district expectations of implementation will be established for each level. Evaluation of the materials and resources implemented will be assessed through the continued phases of the continuous improvement process as we measure student mastery and achievement of the health and physical education standards.