



To: Mr. Michael Testani, Superintendent of Schools

From: Dr. James Zavodjancik, Chief Academic Officer

Date: December 20, 2023

Re: Changes to the Health and Physical Education Curriculum Implementation

In the spring of 2023, the health and physical education departments met regarding anticipated changes to their curriculum implementation. Currently (2023-2024) students are required to enroll in a .25 credit health and a .25 credit physical education class each year. In doing so, students meet the FPS [graduation requirements policy 6146](#) when the courses are successfully completed (i.e., 1.0 credit(s) in each).

In order to better schedule the health and physical education credit each year, starting in the 2024-2025 school year, we will offer half (.50) credit course each year. This will allow students to take additional electives throughout high school.

The 2024-2025 school year will be a transition year. Thus, students currently in grades 9 and 11 will be offered the quarter credit next year. This will complete the current requirements of the .25 or .75 accumulated credit(s). Students entering grade 9 and 11 next year (current grade 8 and 10 students) will only be offered the half credit course next year.

Please see below the course offerings for physical education and health beginning in SY 24-25:

Health

Course	SY 23-24 credit allocation	SY 24-25 and beyond
Health 9	.25	.50 (Health 1)
Health 10	.25	Health 9 & 10
Health 11	.25	.50 (Health 2)
Health 12	.25	Health 11 & 12

Physical Education

Course	SY 23-24 credit allocation	SY 24-25 and beyond
PE 9	.25	.50 (PE 1)
PE 10	.25	PE 9 & 10
PE 11	.25	.50 (PE 2)
PE 12	.25	PE 11 & 12
Grade 11 & 12 Electives	.25	Incorporated in the PE 2 course



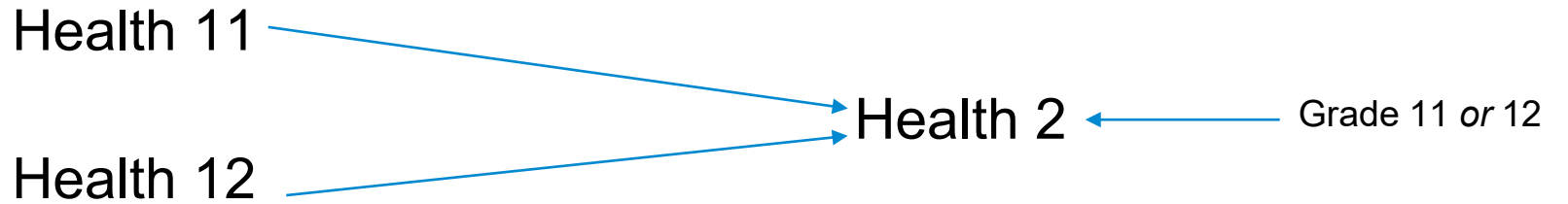
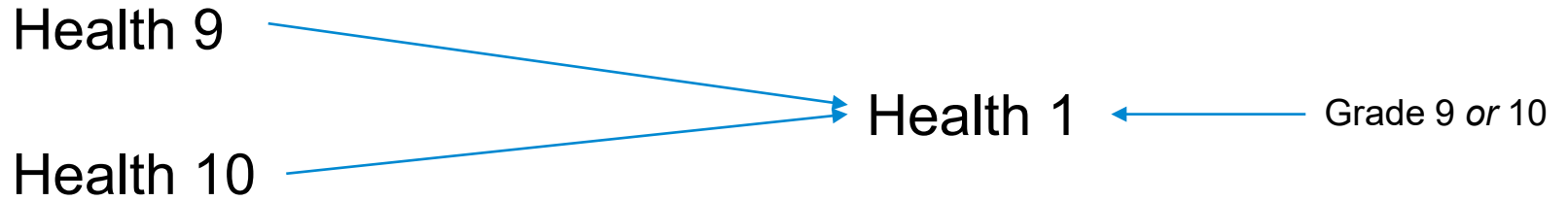
Health and Physical Education Curriculum Implementation

January 9, 2024



Health and Physical Education Update

- Course curricula are not eliminated but incorporated in Health and Physical Education 1 and 2.
- Physical Education electives (grades 11 & 12) will be student selected
- .5 credits in each discipline can be completed in a single school year



Health

Grade	23-24 Course Offering	24-25 Course Offering
9 & 10	Physical Education 9 (.25 credit) Physical Education 10 (.25 credit) Includes: <ul style="list-style-type: none"> • Racquet Sports • Team Sports • Cardio, Muscular Strength, and Endurance 	Physical Education 1 (.50 credit) Includes: <ul style="list-style-type: none"> • Same as PE 9 & 10
11 & 12	Physical Education 11 (.25 credit) Physical Education 12 (.25 credit) Includes: <ul style="list-style-type: none"> • Yoga • Self-Defense • Lifetime Games and Activities • Backyard Games • Strength and Conditioning • Coaching and Officiating • Fitness • Team Sports • Racquet Sports 	Physical Education 2 (.50 credit) Includes: <ul style="list-style-type: none"> • Rotation of offerings that students select on the course's first day.

Physical Education

Physical Education Rotation Example

Assumptions:

- 3 teachers have PE 2 during period 1
- Each teacher offers up to 4 rotations during the semester
- Students select based on offering

Example:

	Rotation 1	Rotation 2	Rotation 3	Rotation 4
Teacher 1	Yoga	Yoga	Yoga	Yoga
Teacher 2	Backyard Games	Self-Defense	Lifetime Games	Racquet Sports
Teacher 3	Fitness	Strength & Conditioning	Team Sports	Coaching and Officiating



Current Student Schedule 1 (Freshman)

Day 1	Day 2
World Language	Biology
Elective / Study Hall and Health 9	Elective
Global Studies	Elective / PE 9 and Study Hall
Algebra I	English 9



Current Student Schedule 2 (Senior)

Day 1	Day 2
Physics	World Language
PE / Study Hall	Health / Study Hall
AP Psychology	Elective
Probability and Statistics	English 12

Enrollment 23-24 (Enrolled/Requested)

Course	Fairfield Ludlowe High School	Fairfield Warde High School
Physical Education 9	359 / 363	316 / 338
Physical Education 10	368 / 379	369 / 419
Physical Education 11	144 / 161	262 / 346
Physical Education 12	210 / 225	276 / 354
Coaching	0 / 2	0 / 1
Yoga I	165 / 186	132 / 186
Yoga II	51 / 60	5 / 51
Backyard Games	97 / 111	49 / 89
Self-Defense	45 / 61	18 / 41
Strength and Conditioning	14 / 19	15 / 36
Lifetime Games/Activities	17 / 34	0 / 6



Questions and Comments
