

# Student Wellness Curriculum Proposal



Joshua Carpenter, Assistant Superintendent for Teaching and Learning

Tracey Jakaitis, Student Wellness Coordinator

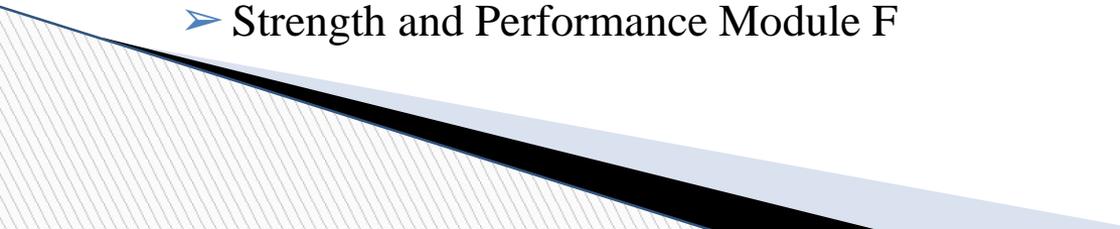
Carl Metzke, Elgin High School Physical Education Teacher

Trisha Shrode, Director of Curriculum and Instruction

Terri Wolff, Health Teacher Larkin High School

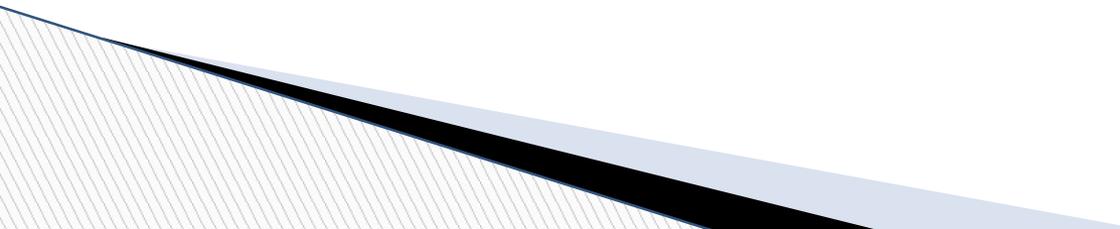
# Purpose

Propose the adoption of the new and revised curriculum frameworks, assessments, rubrics, and supporting resources for secondary health and physical education.

- Middle School Physical Education
  - Middle School Health Education
  
  - High School Health Education
  
  - Team Sports Coaching and Officiating Module E
  - Team Sports Coaching and Officiating Module F
  
  - Walking for Wellness Module E
  - Walking for Wellness Module F
  
  - Functional Fitness Module E
  - Functional Fitness Module F
  
  - Strength and Performance Module E
  - Strength and Performance Module F
- 

# Rationale

Student Wellness course outcomes should focus on:

- Skill development as well as content in health education.
  - Providing students the knowledge and skills that support accessing information and healthy decision making.
  - The varying interests, experiences, values, and abilities of students and the U46 community.
- 

# Rationale

Continued support of student choice in physical education and an increase in student interest in fitness courses.

School	2018-2019 Enrollment	2019-2020 Enrollment
BHS	204	844
EHS	594	1,602
LHS	330	603
SEHS	502	1,308
SHS	465	892
<b>Total Students in Fitness Focused PE Course.</b>	<b>2,095</b>	<b>5,245</b>

# Rationale

Updating fitness center and cardio room equipment to increase student engagement and activity time.

<b>School</b>	<b>Current Fitness/Cardio Stations</b>	<b>Proposed Fitness/Cardio Stations</b>
Bartlett High School	77	100
Dream Academy	18	34
*Elgin High School	50	55
Larkin High School	48	85
Streamwood High School	74	95
South Elgin High School	50	75

\*Number is lower due to space constraints and a focus on replacing outdated equipment.

# Aligned to the Strategic Plan



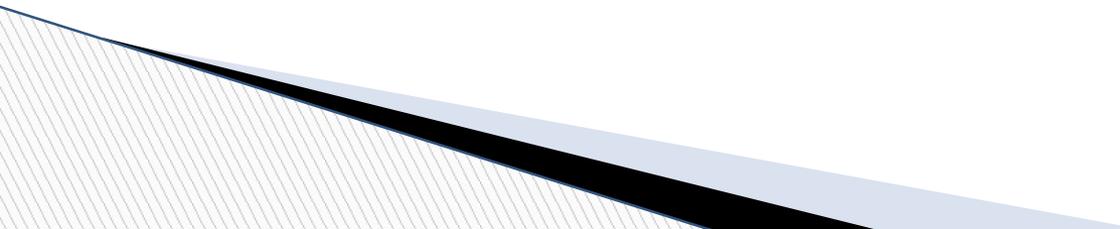
# Curriculum Writing Teams

- Bartlett High School
  - Natalie Simons, Brittney Leiber, Jaron Baker, John Glorioso
- Dream Academy
  - Danika Sev, Jason Svehla
- Elgin High School
  - Carl Metzke, Peg Corcoran, Dawn Larsen, Megan Sischo
- Larkin High School
  - Terry Wolff, Beth Hinkles, Lupe Coronado, Steve Knapp, James Koehler
- South Elgin High School
  - Amy Robinson, Andrea Milazzo, Jay Bartholomew, Stephanie Katzenberger, Nicole Maciorowski
- Streamwood High School
  - Rob Wise, Kristin Duffy, Ryan Markgraf



# Process

**Resources used by the committee to help develop quality health and physical education programs:**

- Illinois Physical Development and Health Standards
  - National Health Education Standards
  - Mandated Illinois School Code Content
  - Certification program curriculum (ACE Personal Trainer, Group Fitness Instructor, ASEP Coaching, IHSA Officiating)
- 

# Process

Curriculum and Instruction Cycle for developing and reviewing curriculum documents prior to final Board of Education presentation.

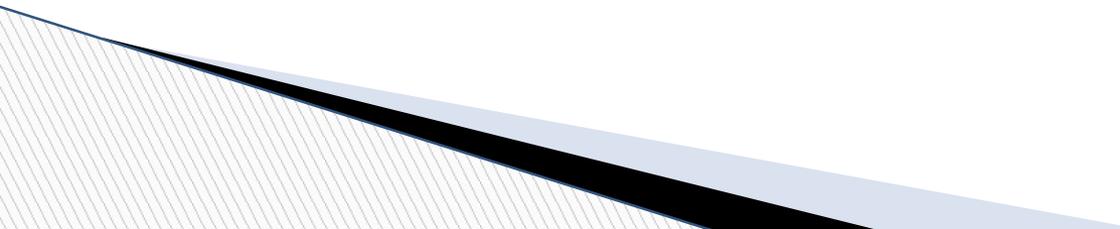
Curriculum Development HS Health Curriculum Development MS PE/Health Module E and F Physical Education	August 2017 – December 2019 January 2019 – December 2019 January 2019 – December 2019
Curriculum and Instruction Plus	January 17 2020
Instructional Cabinet	January 28, 2020
Presentation PD Committee	February 6, 2020
Instructional Council	February 20, 2020
Board of Education	April 6, 2020

# Proposal Recommendations

- Physical education is a year long class in seventh grade.
  - Physical education is a one semester course in eighth grade.
  - Health education is a one semester course in eighth grade.
  - Health education curriculum and resource adoption.
  - Students in grades 10-12 will have access to module E courses for first semester and module F courses for second semester.
  - Dance, Team Sports, Freshman PE, Sophomore PE, JR/SR PE, Personal Fitness, and Conditioning and Weight Training courses will be dropped.
- 

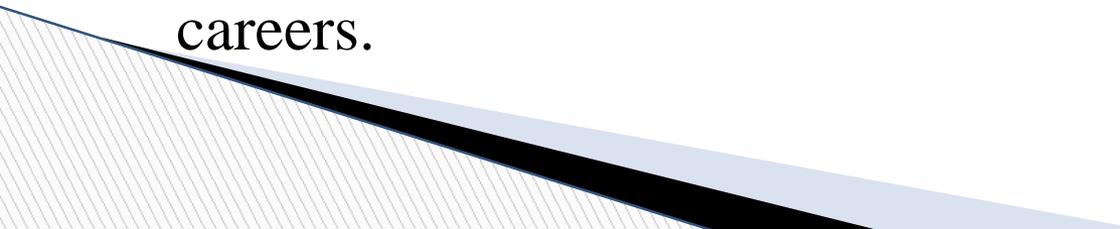
# Student Wellness Course

## Objectives- Health Education

- **Critical Thinking** – Understand wellness related topics and ideas through questioning, analysis, discussion, and debate.
  - **Analyze influences-** Demonstrate the ability to access valid information, products, and services to enhance personal wellness.
  - **Health literacy-** Use a variety of text and online resources to be able to access valid and reliable information that supports individual and group decision making.
  - **Communication-** Demonstrate the ability to use interpersonal communication skills to enhance health, skill development, teamwork, and avoid or reduce health risks.
  - **Decision-making-** Demonstrate the ability to use decision-making skills to improve wellness.
  - **Advocacy-** Demonstrate the ability to advocate for personal, family, and community wellness.
- 

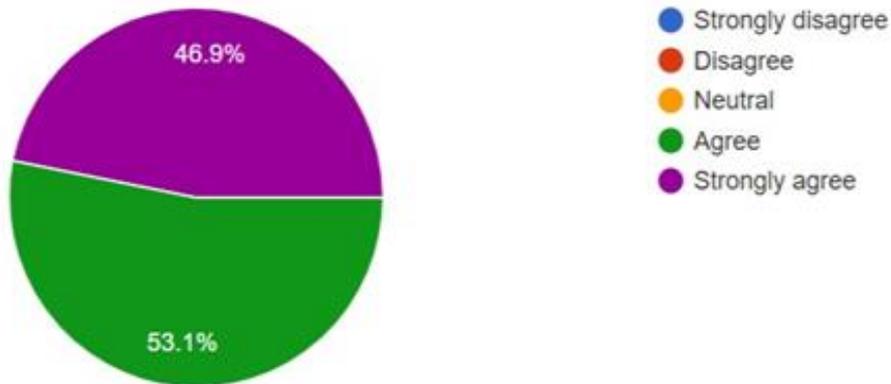
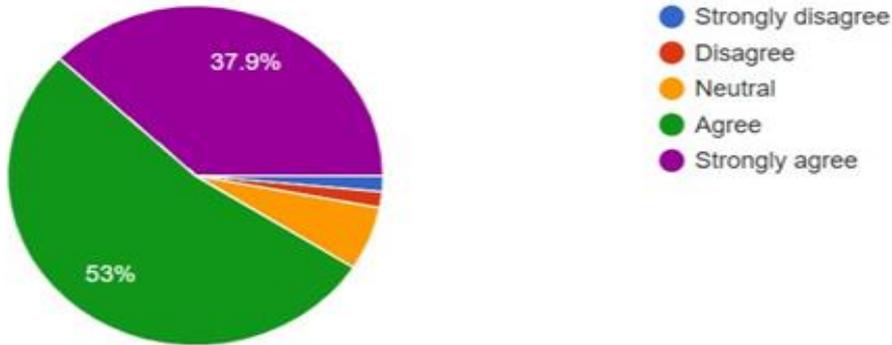
# Student Wellness Course

## Objectives- Physical Education

- **Critical Thinking:** Students will develop critical thinking skills necessary to understand and analyze information to support decisions that will improve their physical health.
  - **Physical Literacy:** Students will develop the ability to move with competence and confidence in a choice activity that benefits the healthy development of the whole person.
  - **Career Exploration:** Students will be exposed to the knowledge and skills needed for certification in fitness focused careers.
- 

# Physical Literacy

**I recognize the benefits of physical activity in my life?**



Students were asked this question the first week of school and then again the last day of the semester.

Students found a PE course activity that benefits their life!

# Curriculum Implementation

- PE/Health teachers: Teams collaboration/Newsela resource training
    - Summer 2020
  
  - PE/Health teacher: Distribute curriculum documents/Infinite Campus overview/Goodheart Wilcox health resource training/Inclusion in Physical Education/Fitness Training Outside a Fitness Center/Sport Education/Technology in PE
    - August 2020 DCD
  
  - PE/Health teachers: Newsela resource training/Goodheart Wilcox health resource training
    - September 2020 PPD
  
  - PE/Health teachers: Instructional Technology training
    - September 2020 PPD
- 

# Professional Development

PD Target Group	Description	Date	Cost
25 PE teachers/25 Health teachers	Teacher collaboration	Summer 2020	\$4,537.50
10 HS Health teachers (curriculum writing team)	Newsela Resource Training	Summer 2020	\$3,907.50
MS PE teachers	Inclusion in PE- includes a set of equipment for each MS program	August 2020 DCD	\$6,450.00
HS PE teachers	Curriculum overview/Technology in PE/Sport Education/Training Outside of a Fitness Center	August 2020 DCD	\$2,450.00
HS Health teachers	Curriculum overview/Goodheart Wilcox resource training	August 2020 DCD September 2020 PPD	\$3,000.00
All PE/Health teachers	Technology in PE/Health Education	September 2020 PPD	\$3,000.00
All PE/Health teachers	Newsela resource training	September 2020 PPD	\$3,000.00
All MS/HS PE teachers	Inclusion lesson planning-SPARK text review as resource	September 2020 PPD	\$0.00
			<b>Total Cost: \$26,345.00</b>

# Resources- Health Education

<b>Vendor</b>	<b>Resource Description</b>	<b>Cost</b>
Goodheart Wilcox	6 year license for teacher access to resources and student text in English and Spanish (25 teachers)	\$17,400.00
Goodheart Wilcox	Technology support one time set up \$350.00 per school	\$2,100.00
Newsela	SEL/Health text aligned with our curriculum full Spanish translation 6 year license	\$96,000.00
Human Kinetics	Lesson Planning for Skills Based Health Education teacher resource text	\$924.48
		<b>Total Cost: \$116,424.48</b>

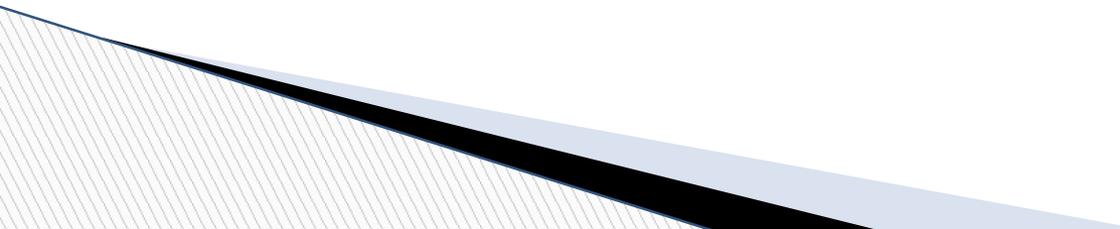
# Resources/Equipment- Physical Education

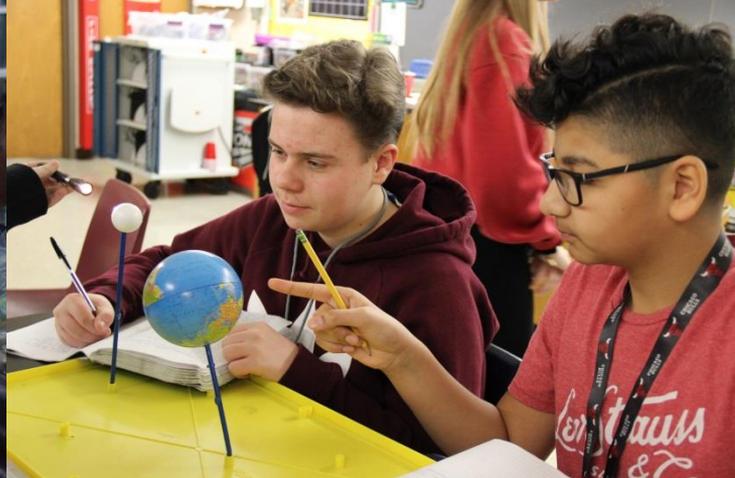
<b>Resource/Equipment Item</b>	<b>Cost</b>
Wall monitors for fitness facilities (20)	\$8,866.00
Wall mount hardware (19)	\$2,720.42
Mobile TV cart with wheels (EHS)	\$60.00
Wireless video/audio touch receiver (20)	\$3,843.60
Penalty Box fitness equipment	\$1,917.00
Fitness center strength and cardio equipment	\$277,875.00
<a href="#"><u>SPARK-Inclusive PE text resource</u></a>	\$ 4,496.25
	<b>Total Cost: \$299,778.27</b>

# Student Wellness Curriculum Proposal Total Cost

Professional development cost	\$26,345.00
Health education proposal cost	\$116,424.48
Physical education proposal cost	\$299,778.27
Total student wellness proposal cost	<b>\$442,547.75</b>
Per pupil cost (7895 PE fitness focus/health students)	<b>\$56.05</b>

# Next Steps

- Provide districtwide physical education teachers collaboration time for lesson planning.
  - Provide continued Infinite Campus and technology integration support for assessment and grading.
  - Review and revise curriculum templates, rubrics, and assessments.
  - Development of modules G and H for physical education.
  - Fitness certification course development module I (Group Fitness Instructor/Personal Trainer Certification).
- 



**U46**  
ACADEMIC  
SUCCESS  
FOR ALL

