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School District U-46

Middle School Physical Education (PE)/Health Curriculum Proposal 2026-2027

Board of Education Presentation

Celia Banks, Director of Curriculum and Instruction
Tracey Jakaitis, Interim Student Wellness Coordinator
Mary Juvingo, Student Wellness Teacher Leader

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Purpose

Recommend the adoption of the Middle School PE/Health curriculum frameworks, equipment, and resources for:

- New 6th Grade Health
- Updated 8th Grade Health
- New 6th Grade PE
- Updated 7th and 8th Grade PE

Alignment to Strategic Plan

Goals for Student Success



Process Timeline

Curriculum Development	2023-2025 School Years
Instructional Council Steering Committee	August 25, 2025
Instructional Council	September 11, 2025

Rationale

- Update the 6-8 middle school PE/Health curriculum to meet the Illinois Instructional Mandates and the increase in day count for 6th grade classes.
- Request additional equipment, resources, professional development to support changes to the curriculums.

Teacher Feedback

Curriculum was developed with support and feedback from the following:

Middle School Dual Language Health Teacher	Middle School MLP Health Teacher	Middle School 8 th grade Health Teacher	Student Wellness Teacher Leader
Middle School PE PLC Teachers	Surveys to 7 th and 8 th grade PE teachers to share feedback of curriculum drafts	K-6 Curriculum Writing Team provided feedback on additions to 6 th grade	Student Wellness Teacher Leader

Process Timeline

Resources used to help define what a student should know and be able to do as result of a quality Physical Education and Health Education program.

- Illinois Physical Development and Health Standards 19-24
- National Health Education Standards
- Illinois Instructional Mandates
- U-46 Middle School Health Education Curriculum Templates
- U-46 6th Grade Physical Education Curriculum
- Health Smart Resource to support unit planning

Program Overview - PE

Content in Bold is new to the curriculum

Illinois Learning Standards for Physical Education	6th Grade Content/Skills Focus	7th Grade Content/Skills Focus	8th Grade Content/Skills Focus
Illinois Learning Standard 19	<ul style="list-style-type: none"> •Football •Badminton 	<ul style="list-style-type: none"> •Soccer •Pickleball •Basketball •Volleyball 	<ul style="list-style-type: none"> •Lacrosse •Golf
Illinois Learning Standard 20	<ul style="list-style-type: none"> •Health-Related Fitness components •Target Heart Rate 	<ul style="list-style-type: none"> •FITT Principle •Target Heart Rate •Skill-Related Fitness Components 	<ul style="list-style-type: none"> •Smart Goal •Strength/Fitness focus
Illinois Learning Standard 21	<ul style="list-style-type: none"> •Teambuilding •Group Fitness Teaming 	<ul style="list-style-type: none"> •Adventure Ed •Backyard Games •Teambuilding •Orienteering 	<ul style="list-style-type: none"> •Create a Game •Modified Games for Inclusion

Program Overview - Health

The content and skills **in bold** are new to the curriculum for the 2026-2027 school year and content **highlighted** are Illinois Instructional Mandates.

Standard	6th Grade Content/Skills Focus	8th Grade Content/Skills Focus
NHES 1	<ul style="list-style-type: none"> •Goal Setting •Dimensions of Wellness •Communication 	<ul style="list-style-type: none"> •Promoting Healthy Habits •Dimensions of Wellness Interconnectedness
NHES 2	<ul style="list-style-type: none"> •Values and Beliefs •Self Esteem •Decision Making 	<ul style="list-style-type: none"> •Goal Setting •Analyzing Influences and Roadblocks on Goals
NHES 7	<ul style="list-style-type: none"> •Emotions and Feelings •Stress and Resiliency •Mental Health vs Mental Disorders •Depression and Anxiety •Where to go for Help 	<ul style="list-style-type: none"> •Eustress/Distress •Creating a Resilience Plan •Social Media and Mental Health •Depression/Anxiety •Suicide Prevention •Where to go for Help

Program Overview - Health

Standards	6th Grade Content/Skills Focus	8th Grade Content/Skills Focus
NHES 4	<ul style="list-style-type: none"> •Communication with Peers •Healthy vs Unhealthy Relationships •Bullying •Consent •Communicating Safely Online 	<ul style="list-style-type: none"> •Types of Abuse •Violence in schools, community, and family, dating relationships •Communication Skills •Consent and Dating •Erin's Law/Sexual Abuse/Assault
NHES 3	<ul style="list-style-type: none"> •Hygiene/Sleep/Physical Activity •Disease Prevention (cancer, heart disease, diabetes) •Getting Accurate Health Information and Help 	<ul style="list-style-type: none"> •Nutrition •Mental Health and Eating Disorders •Food Labels •Healthy Food/Drink Choices
NHES 1	<ul style="list-style-type: none"> •Tobacco •Vaping •Advertising •Marijuana/Alcohol •Addiction 	<ul style="list-style-type: none"> •Addiction/Tolerance •Vaping/Alcohol •Fentanyl/Steroids/Other Drugs •Peer Pressure and Refusal Skills •Where to go for Help

Program Overview - Health

Standards	6th Grade Content/Skills Focus	8th Grade Content/Skills Focus
NHES 1 - 6 th NHES 5 - 8 th	<ul style="list-style-type: none"> • Puberty • Reproductive Anatomy • Problems with Reproductive Systems • Menstruation 	<ul style="list-style-type: none"> • Menstruation and pregnancy • Pregnancy/Pregnancy Options/Safe Haven • Contraception/Abstinence • STI's/STD's • HIV/AIDS
NHES 7		<ul style="list-style-type: none"> • Understanding Risk and Unintentional Injury/Allergic Reactions • Avoiding Abduction • CPR/First Aid/AED/Heimlich • School, Weather, Fire Emergencies • Resisting Dares

Recommended Resources

WHY CLASSHOOK?
Because students need relevance in their lessons
www.classhook.com

ClassHook helps K-12 teachers make learning relevant by connecting students' interests to the curriculum using educational scenes from popular TV shows and movies. ClassHook's videos are organized by topic, aligned to standards, and accompanied by discussion and engagement tools.

6 innovative ways teachers and instructional coaches use ClassHook:

- ✓ **As a Hook**
Capture student attention with an engaging TV or movie clip.
- ✓ **Exemplify Real World Scenarios**
Present ethical dilemmas, showcase science experiments, and explore controversial topics.
- ✓ **Teach Social Emotional Learning**
Conflict, emotion, and motivation are core elements of many of Hollywood's masterpieces.
- ✓ **Encourage Deeper Discourse**
Challenge students to think critically about the clips and practice key skills with Live Discussions.
- ✓ **Monitor Comprehension**
Create Pause Prompts to check for student understanding while playing a clip.
- ✓ **Build Vocabulary**
Find key words used authentically, in context, and with pronunciation using Vocabulary Finder.

ClassHook



HEALTHSmart
where good health starts

Explore the nation's leading skills-based health education curriculum.

A photograph of a female teacher in a white lab coat standing at the front of a classroom, talking to a group of students seated at desks.

ClickView

Reach every student through video

Nothing replaces great teaching but the right video, at the right time, can make a great lesson unforgettable.

A screenshot of the ClickView website interface. It shows a video player on the left and a multiple-choice question on the right. The question asks to choose the correct answer from four options: A, B, C, and D.

Choices
THE CURRENT HEALTH & LIFE-SKILLS MAGAZINE FOR TEENS

STRESS? DON'T SWEAT IT, RESET IT!

SCHOLASTIC

GO ONLINE: Choices.Scholastic.com

QUIZ: Got the buzz on caffeine?

POKE: Should your meals be cartooned?

A young man with curly hair is smiling and holding up a red t-shirt. The t-shirt has a colorful graphic design with the text 'STRESS? DON'T SWEAT IT, RESET IT!' and 'SCHOLASTIC'.

Professional Learning

Physical Education	Spring 2026 PPD August PPD/DCD September 2026 School Day	Frameworks/Assessments/ Unit Planning Polar Heart Rate Monitors Golf, Lacrosse, Orienteering, Teambuilding
Health Education	Spring 2026 PPD August PPD/DCD September 2026 School Day	Frameworks/Assessments/ Unit Planning Classhook and ClickView Health Smart Resource Overview Choices Magazine Overview

Cost

<u>Item</u>	<u># of Years of Access</u>	<u>Quantity</u>	<u>Unit Cost</u>	<u>Discount</u>	<u>Shipping</u>	<u>Total Cost</u>
Online Licenses - Health Smart	6	26	\$190.65	-\$1,808.28		\$27,933.12
Online License MS Health-ClickView/Classhook	3	1	\$1,750.00	-\$525.00		\$4,725.00
Supplementary Materials-PE Equipment (BSN Sports)	N/A	Varies	Varies		\$112.77	\$5,751.41
Supplementary Materials-PE Equipment (Amazon)	N/A	Varies	Varies			\$3,648.90
Supplementary Materials-PE Equipment (School Health)	N/A	Varies	Varies			\$11,073.45
Supplementary Materials-PE Lacrosse Equipment (Rallee Sports)	N/A	340	\$35.00		\$481.00	\$12,381.00
TOTAL						\$65,512.88

Proposed Results

- Students will demonstrate the ability to make informed and responsible decisions about their health and wellness, both in and outside of school.
- Through inclusive sports and activities, students will learn to appreciate diverse skills and personalities, fostering an inclusive environment.
- Develop strategies to manage stress, anxiety, and emotions through physical activity and mindfulness techniques.
- Long-Term Engagement and Participation in Physical Activity.

Plans for the Evaluation of Change

- Teacher feedback surveys identifying the strengths and areas of growth for the curriculum templates, resources, and assessments. (Winter/Spring 2026-2027)
- Review and revise frameworks, rubrics, assessments based on feedback. (Spring 2027)
- Plan professional learning based on feedback. (Spring 2027)
- Share updates with teachers via professional learning. (Spring/August 2027)



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