
Health & PE

Instructional Materials

Adoption Recommendations

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Belief Statement

All students are able to develop an understanding of their lifelong intellectual, social, emotional and physical well-being through physical and health education. Students will acquire skills and knowledge to promote and maintain lifelong wellness and fitness.

Our values and beliefs are based on the Idaho State Health and Physical Education, AAHPERD and NASPE standards.

HEALTH:

The goal of health education is to help students adopt and maintain healthy behaviors. It should contribute directly to a student's ability to successfully practice behaviors that protect and promote health and avoid or reduce health risks. The educator's role in contributing to this goal includes the following:

- Teaching functional health information (essential concepts)
 - Helping students determine personal values that support healthy behaviors
 - Helping students develop group norms that value a healthy lifestyle
 - Helping students develop the essential skills necessary to adopt, practice and maintain health-enhancing behaviors
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Belief Statement

PHYSICAL EDUCATION:

The goal of physical education is to help students adopt and maintain health enhancing levels of physical fitness. It is the educator's role to provide:

- Positive and safe environment
- Exposure and participation in a variety of physical activities
- Opportunities to find enjoyment through a variety of physical activities
- Understanding the relationship between physical fitness and lifelong health
- Improved physical health level for each individual student
- Provide opportunities for self directed learning and activities



Process of Health Material Selections

Review of Standards

- State Health Content Standards
- National Health Education Standards



Review of State Approved Materials

- The Children's Health Market - The Great Body Shop (PK-5)
 - Houghton Mifflin Harcourt - Health and Fitness (K-5)
 - Macmillan/McGraw Hill Health and Wellness Learning System (K-5)
 - Glencoe/McGraw-Hill Teen Health Courses 1 and 2 (6-8)
 - Macmillan/McGraw-Hill Health and Wellness (6-8)
 - Glencoe/McGraw-Hill Glencoe Health (9-12)
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Process of Health Material Selections

Review of Materials (Health)

- Great Body Shop(Elementary and Middle School)
- Nurture (Elementary)
- NASCO (Elementary)
- F.L.A.S.H. (Secondary)
- Glencoe Health (Secondary)

Selection of Materials (Health)

- Great Body Shop (PK-5 CORE) & Nurture (supplemental nutrition curriculum)
- F.L.A.S.H. (6-8) & DVD Supplemental Resources
- Glencoe Health (9-12) 2011 edition (online and textbooks)
- Discovery Girls Resources (Elementary Social Emotional Learning - Social Workers)

Development of K-12 Health Content Standards Map

Social Emotional Learning (Core Competencies)

School social workers and counselors provide social emotional learning in conjunction with a portion of the district health curriculum. They utilize a number of evidence based programs and deliver the lessons in a classroom setting. The curriculum is standardized, in that every student is instructed in the same content areas, such as personal safety and bully prevention. Additional social emotional learning topics are based on student needs and identified by the social worker, counselor and teaching staff.



CASEL Competency Clusters

Social Emotional Learning (SEL) programs improve students' social and emotional skills, attitudes about self and others, connection to school, positive social behaviors and academic performance.

Elementary Core Selections

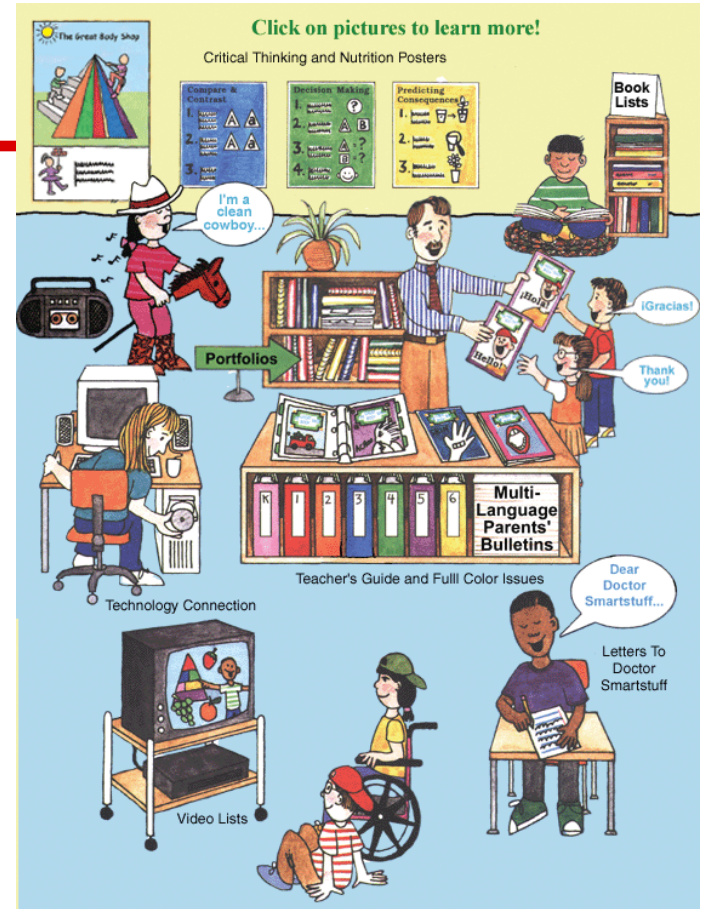
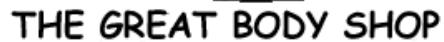


Pre-K Kit: (NAEYC informed & Developmentally Appropriate)

- 1 Big Book, complete with Circle Time lessons printed on the back of each page.
- 1 Interest Area Activity Book, includes ideas for infusing health education into every aspect of the classroom through Words of the Week, Puppets, Song Lyrics, and through a variety of learning centers.
- 1 set of three cloth puppets, featuring Dr. Smartstuff, Cool Dude, and Betsy.
- 20 CDs containing all ten of **THE GREAT BODY SHOP** theme songs.
- 20 copies of each of the ten months™ Family Issues.
- Stickers of all your favorite **THE GREAT BODY SHOP** characters!



<http://www3.thegreatbodyshop.net/frame.asp?NT=undefined>



Required Health Units of Study

Kindergarten (Injury Prevention and Personal Safety, Nutrition, and Community Health & Safety)

First Grade (Growth & Development/The Cycle of Family Life, Disease & Illness Prevention, and Environmental & Consumer Health)

Second Grade (Functions of the Body, Self-Worth, Mental & Emotional Health, and Substance Abuse Prevention)

Third Grade (Functions of the Body, Disease & Illness Prevention, Environmental & Consumer Health)

Fourth Grade (Nutrition, Substance Abuse Prevention, Self-Worth, Mental & Emotional Health)

Fifth Grade (Injury Prevention and Personal Safety, Growth & Development, Community Health & Safety)

Nurture Curriculum -Supplemental

<http://www.nurtureyourfamily.org/introduction/>



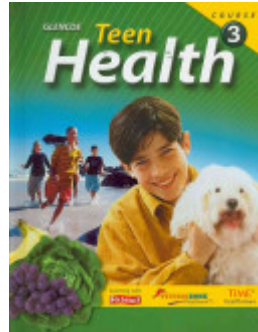
Middle School Health Selections

F.L.A.S.H. - 8th Grade Health

- Addresses such issues as physical development, promotion of sexual health, prevention of disease, affection, interpersonal relationships, body image, and gender roles.
- Values family involvement.

Video Library

- Human Body - Pushing the Limits
- Facebook Follies
- Cyberbullying
- Nutrition Superpack



2009 (still used as core source)

High School Health Selections



Glencoe Health (edition: 2011)

<http://glencoe.mcgraw-hill.com/sites/0078913284/>

Click Here to Enter
STUDENT CENTER

Click Here to Enter
TEACHER CENTER

Scholastic: Choices <http://choices.scholastic.com/>



Process of PE Material Selections

Review of Standards

- State Physical Education Standards
- NASPE (National Association of Sport & Physical Education) Standards

Development of Maps

- District K-5 PE Units
- Alignment with Idaho Content Standards
- IB-MYP Maps and Unit Plans (developed at WRMS and WRHS)

Selection of Materials (PE)

- Elementary: varies, depending on needs of each school needs to teach district agreed upon units
- Secondary: depends on interests of each school



Physical Education K-5

Hemingway

Hockey sets/goals

Scooters

Bean bags

Balance master

Broomball set

Balls (variety)

Bowling pins

Cup stacking set

Jump ropes

Scoops & Paddles

Kowa Bunga balls

Wiffle bats

Hailey

Cage ball w/gladder

Rebounder nets

Agility maze

Jump ropes

Parachute

Volleyball trainers

Balance boards

Beach balls

Inflator

Physical Education K-5 (continued)

Woodside/Alturas

Kowa Bunga balls
Rip Flag System

Multi-Dome
Inflator

Rainbow putting pack
Alley Oop and Junior Goal

Bellevue

Scooter boards
Broomball set
River Raft set

Snowshoe pack
Bowling pins & bowler
Scremin' Soft Score

Balance master Pathway tunnels
Juggling feathers Balls (varieties)
Hands-on basketballs

Carey

Broomball set

Cup stacks

Physical Education 6-12

WRMS

Yuki-ball set and barriers

Scooter hockey and stacker

Skyblazer foam discs

Hurdles

Boundaloons

Foam crossbars

Chinning bar

Agility ladder

Flexikone

Strength spots

Badminton Nets

Stopwatches

WRHS

Fitnessgram Software

Heart Rate Monitors

Scale Bundle

Redfeather Snowshoes

Carey

Fitnessgram Software

Redfeather Snowshoes

Budget & Expenses

Budget = \$60,000

Expenses < \$60,000

Thanks for your support of our Health and PE curriculum and programs!
