

CHESHIRE PUBLIC SCHOOLS SUBJECT AREA SUMMARY SHEETS

HEALTH

Curriculum Review Cycle Schedule

18-19	Analyze/Plan – Presentation to CCC
19-20	Implement I
20-21	Implement II
21-22	Implement III
22-23	Evaluation – Subcommittee is Formed

SUBJECT/DEPARTMENT: HEALTH

MISSION STATEMENT

Your mission should answer: Why? It provides clarity of purpose. Your mission gives focus to the question, 'Why does this curricular area exist?'

The concept of “a sound mind in a sound body” is the basis of the district-wide health curriculum. The health department strives to support and guide the Cheshire students’ personal and academic achievement through the development of health enhancing skills and information. The curriculum is organized so that each student has the opportunity to engage in a vast array of age-appropriate health concepts. The curriculum’s design establishes and encourages knowledge and decision-making skills in all health related fields. Students will participate in a well planned and sequential program that will enable them to comprehend concepts related to health, as well as be able to use the knowledge and skills learned to implement realistic plans for a healthy life.

Created: May 1, 2007

PERFORMANCE STANDARDS

Collaborative/Cooperative Worker

- Demonstrate the ability to advocate for personal, family and community health

Complex Thinker

- Demonstrate the ability to access valid health information and health-promoting products and services

Effective Communicator

- Demonstrate the ability to use interpersonal communication skills to enhance health

Knowledgeable Person

- Demonstrate the ability to practice health-enhancing behaviors and reduce health risks
- Comprehend concepts related to health promotion and disease prevention

Self-Directed Learner

- Demonstrate the ability to set goals and make decisions to enhance health

Skilled Information Processor

- Analyze the influence of culture, media, technology and other factors on health

**ANNUAL PROGRAM/DEPARTMENTAL GOALS/STRATEGIC PLANNING
INITIATIVES**

What are the goals for your program or department for this curriculum area for this year 2018-2019?

Program: Health K-12

Components	Annual Objectives
Curriculum	<ul style="list-style-type: none"> • To review annually the K-12 curriculum (make adjustments due to increased class sizes, current research, student needs and new knowledge) and to align it with state and national standards (common core). • To continue the conversion of the K-12 Physical Education & Health curriculum from Atlas to Google Docs • To add the remainder of the curriculum to Google Docs • To utilize release time to monitor the K-12 curriculum work: Google Docs • To review the adaptive curriculum and course offerings at all schools. • To organize and host the 2nd CPS Health and Wellness Fair to highlight the CPS programs as well as the community in terms of Health and Wellness offerings
Assessment	<ul style="list-style-type: none"> • To continue to address achievement of performance standards at all levels (common assessments, fitness testing). • To assess the performance standards with the thought of eventually adding them to the report card at all levels. • To continue to implement common & formative assessments at all levels; district-wide, in order to monitor and reinforce student learning. • To discuss/revise the CT. Physical Fitness Assessment to meet new state mandates.\
Instruction	<ul style="list-style-type: none"> • To increase the use of technology in all classes (BYOD, interactive Smartboard, chromebooks, educational apps, websites, google classroom, twitter) • To collaborate with district Physical Education/Health staff, as well as area staff to develop PE/Health specific SLO's. • To broaden student's interest in lifetime sports, introduce new activities and build upon existing skills (i.e.: bicycling, golf/birdie ball, GaGa ball, Low Organizational Games, disc golf @ Bartlem, Tri-ball: Tri-Ball Federation presentations, Self Defense (Alan), Tchoukball). • To continue to provide/research the Physical Education Wellness Class (students referred who have medical issues that could interfere with their ability to participate/pass a regular PE class) and the PE Prep class at the elementary level • To work with the high school guidance department on health issues (Post High School/Career planning, Naviance) • To utilize the services of the drug counselor and school resource officer in the health classes at Dodd and CHS. • To utilize community resources and speakers to supplement the curriculum (Chesprocott, Liver Foundation, Mid-State Educational Consultant, Tricia Dahl-Vaping- Yale School of Medicine)

Resources and Technology	<ul style="list-style-type: none"> • To continue to update the town-wide PE/Health website to provide parents and students with access to important departmental information. Linked to each school's/teacher's website • To increase communication with students and parents (twitter, blog, websites, newsletters) • Utilize newly installed Smart TV @ CHS • To improve the locker rooms @ Cheshire High School (West Gym area) (paint, floor, fix lockers, ceiling tiles, stall doors) • To look into additional equipment to update/improve program @ Humiston (new pool table, 3 stationary bikes, smart TV on wall, dumbbells, portable bb hoop, portable pickleball net, squat rack & bench, barbell, weight plates, weight tree). • To look into Donors Choice for additional funding for all programs
Professional Development	<ul style="list-style-type: none"> • To promote K-12 Departmental Professional Development that is skill and lifetime activity based. • To promote staff attendance each year at the State Conference for Physical Education, Eastern District Conference and the National Conference for Physical Education.

WHAT WAS, WHAT IS, WHAT WILL BE

	What Was	What Is
Curriculum/ Objectives/ Guides	<ul style="list-style-type: none"> • High School curriculum revision completed 10/2009 • Middle School curriculum revision is on-going • The elementary (K-6) curriculum was completed in 8/2005 • Offer leadership courses (Peer Health Educators Class) that focus on collaboration with the community • CHS teacher certification in CPR/AED in June 2006 – renewals offered each spring • Town wide Curriculum Committee acts as a resource 	<ul style="list-style-type: none"> • K-12 Curriculum will be updated and aligned with the state and national standards • Continue to advocate for Health Education ...school & community collaboration
Texts, Manipulatives, Technology	<ul style="list-style-type: none"> • Discussions progressing concerning improvements to the weight room at CHS (geared towards a wellness facility) • Piloting a program on heart rate monitors at Doolittle School • Updated Health Books at Dodd MS- Spring 2007 • Limited technology in instruction 	<ul style="list-style-type: none"> • Team with the athletic department to research possible funding for improvements to the weight room at CHS • Expand the use of heart rate monitors in the schools • Update Health books at CHS- Spring 2009 • Enhance instruction with the addition of a SMARTboard at CHS
Organizing for Instruction	<ul style="list-style-type: none"> • Revision of the curriculum at Dodd MS is ongoing • Research the use of heart rate monitors at the MS and HS level • American Red Cross certification for CPR available to all Juniors at CHS 	<ul style="list-style-type: none"> • Align the curriculum- K-12 (sequential, on-going)(dep. meeting K-12 Health) • Advocate for increased contact time with a certified health teacher at the elementary level (additional teacher) • Add AED certification to the Jr. Curriculum • Add First Aid Certification to the Freshmen Curriculum • Revise the Elementary Curriculum guide for the Elem. Teachers (teacher friendly) and update curriculum • Review Policies: revisit Curriculum: Sex Education in the schools
Assessment	<ul style="list-style-type: none"> • Incorporate our newly developed common assessments at all grade levels 	<ul style="list-style-type: none"> • Review common assessments and make curriculum adjustments where necessary. • Begin data collection and analysis to make necessary changes in the curriculum and instruction • Administer the New State Physical Fitness test (training and administration)
Professional Development	<ul style="list-style-type: none"> • CHS –NEASC (limited dept. time) • K-12 attend 1 day of State Conference • K-12 meeting one per year (1 day) 	<ul style="list-style-type: none"> • K-12 Department Meetings (release day) • K-12 attend State Conference (1 or 2 days) • Health specific days • CPS represented at the National PE/Health Conference • Provided PD/guidance for the elementary teacher on health instructions

WHAT WAS, WHAT IS, WHAT WILL BE

	What Will Be
Curriculum/ Objectives/ Guides	<ul style="list-style-type: none"> • All revisions to the health curriculum will be written using the online curriculum mapping software; Atlas • The Common Core Standards that pertain to Health will be aligned at all levels • Continue to offer Leadership conferences annually through the PHE class. • To maintain the Cheshire Community rating as a HEART safe community – completion of renewal application every 3 years. • To annually update and incorporate “real life application” of the Health curriculum into classes • Complete a district website for the Health Department • Collaboration between all teachers who administer the health curriculum at a school level at least once every five years
Texts, Manipulatives, Technology	<ul style="list-style-type: none"> • Refurbishing weight room/fitness facility @ Dodd and CHS • Purchase 15 Heart rate monitors for use at Dodd (fitness room) • Incorporate Heart rate monitors into the Freshmen Health curriculum • Introduce technology (iPads, Chromes, iPhones, YOD.....Heart rate monitors, pedometers) into the curriculum at the HS/Dodd • Align the Dodd health curriculum to the new technology initiative
Organizing for Instruction	<ul style="list-style-type: none"> • Offer PE/Health specific professional development annually • Review implementation of Elementary Health program (how to help the elementary teachers with implementation using binders and PD time) • Continue Am Red Cross course in CPR/AED for juniors, First Aid for freshmen. Determine the feasibility of adding First Aid renewal for juniors • Form a committee to review the Sexual Health Education Curriculum at CHS. • Annually advocate for increased contact time at all levels.
Assessment	<ul style="list-style-type: none"> • Annually update, revise and develop common assessments at all levels. • Annually evaluate and develop SLO’s (SEED)
Professional Development	<ul style="list-style-type: none"> • Annually provide at least one K-12 PE/Health specific PD day(s) and/or release time • Every PE/Health Teacher will be given the opportunity to attend the State Conference at least every other school year. • At least 4 representatives of the CPS PE/Health Department will be given the opportunity to attend the Eastern or National PE/Health Conference every 5 years

TEXTBOOK INFORMATION

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Course/Level	Curriculum Last Updated	Title of Textbook Used	Date of Publication
7-8th grade Health	2012	<u>Teen Health</u> Course 3 Bronson, Cleaty & Hubbard	2011 McGraw Hill (Glencoe)
9th grade Freshmen Health	2015	<u>Fitness For Life</u> Foresman/LaMasurier	2014 (yellow) 1993 (blue)
9th grade Freshmen Health	2001	<u>Holt Health</u> Gold & Greenberg	1999
9th & 10th grade Health	2003	<u>Health Skills For Wellness</u> , Pruitt, Crumpler & Stith	2001
11th grade Health	2012	<u>Invitation to Health</u> , Dianne Hales	2010