

# CHESHIRE PUBLIC SCHOOLS SUBJECT AREA SUMMARY SHEETS

## PHYSICAL EDUCATION

### **Curriculum Review Cycle Schedule**

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

**SUBJECT/DEPARTMENT:      PHYSICAL EDUCATION**

**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?’*

Physical Education is an integral part of the Cheshire Public Schools’ total educational program. The Physical Education Department directs students’ participation in a well-planned and sequential program. Through physical activity we seek to provide enjoyable and successful experiences in order that we promote cooperation, teamwork, improved self-esteem, an awareness and appreciation of individual differences and an interest in lifelong fitness.

*Created: October 2008*

## **PERFORMANCE STANDARDS**

*Taken from CHS Program of Studies*

### **Collaborative/Cooperative Worker**

- Exhibit responsible personal and social behavior that respects self and others in physical activity settings.

### **Community Contributor and Effective Communicator**

- Values physical activity for health, enjoyment, challenge, self-expression and social interaction.

### **Complex Thinker**

- Demonstrate an understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.

### **Knowledgeable Person**

- Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

### **Self-Directed Learner**

- Demonstrate the knowledge and ability to use fitness concepts to achieve and maintain a health-enhancing level of physical fitness.

### **Skilled Information Processor**

- Realize the importance of a physically active life and participate regularly in physical activity.

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

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

Components	Annual Objectives
<b>Curriculum</b>	<ul style="list-style-type: none"> <li>• 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).</li> <li>• To continue the conversion of the K-12 Physical Education &amp; Health curriculum from Atlas to Google Docs</li> <li>• To add the remainder of the curriculum to Google Docs</li> <li>• To utilize release time to monitor the K-12 curriculum work: Google Docs</li> <li>• To review the adaptive curriculum and course offerings at all schools.</li> <li>• 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</li> </ul>
<b>Assessment</b>	<ul style="list-style-type: none"> <li>• To continue to address achievement of performance standards at all levels (common assessments, fitness testing).</li> <li>• To assess the performance standards with the thought of eventually adding them to the report card at all levels.</li> <li>• To continue to implement common &amp; formative assessments at all levels; district-wide, in order to monitor and reinforce student learning.</li> <li>• To discuss/revise the CT. Physical Fitness Assessment to meet new state mandates.</li> </ul>
<b>Instruction</b>	<ul style="list-style-type: none"> <li>• To increase the use of technology in all classes (BYOD, interactive Smartboard, chromebooks, educational apps, websites, google classroom, twitter)</li> <li>• To collaborate with district Physical Education/Health staff, as well as area staff to develop PE/Health specific SLO's.</li> <li>• 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).</li> <li>• 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</li> <li>• To work with the high school guidance department on health issues (Post High School/Career planning, Naviance)</li> <li>• To utilize the services of the drug counselor and school resource officer in the health classes at Dodd and CHS.</li> <li>• To utilize community resources and speakers to supplement the curriculum (Chesprocott, Liver Foundation, Mid-State Educational Consultant, Tricia Dahl-Vaping- Yale School of Medicine)</li> </ul>

<b>Resources and Technology</b>	<ul style="list-style-type: none"> <li>• 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</li> <li>• To increase communication with students and parents ( twitter, blog, websites, newsletters)</li> <li>• Utilize newly installed Smart TV @ CHS</li> <li>• To improve the locker rooms @ Cheshire High School (West Gym area) (paint, floor, fix lockers, ceiling tiles, stall doors)</li> <li>• 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 &amp; bench, barbell, weight plates, weight tree).</li> <li>• To look into Donors Choice for additional funding for all programs</li> </ul>
<b>Professional Development</b>	<ul style="list-style-type: none"> <li>• To promote K-12 Departmental Professional Development that is skill and lifetime activity based.</li> <li>• To promote staff attendance each year at the State Conference for Physical Education, Eastern District Conference and the National Conference for Physical Education.</li> </ul>

**WHAT WAS, WHAT IS, WHAT WILL BE**

<b>AREA</b>	<b>What Was</b>	<b>What Is</b>
Curriculum/ Objectives/ Guides	<ul style="list-style-type: none"> <li>• K-12 Curriculum will be updated and aligned with the state and national standards</li> <li>• Continue to advocate for Physical Education ...community collaboration</li> </ul>	<ul style="list-style-type: none"> <li>• K-12 Curriculum ¾ complete on Atlas</li> <li>• Curriculum aligned with Common Core through Atlas</li> <li>• Continue to advocate for Physical Education &amp; Wellness: Dodd PE/Health Teachers submitting articles for “Dateline Dodd”, Google sites- individual Teachers, PD days</li> <li>• District PE/Health Google website up and running – update annually</li> <li>• Adaptive Physical Education (PE Prep-enrichment) class continues at most elementary schools (not at Norton due to Kindergarten taking the time slot) – working well</li> <li>• Fitness class @ Chapman was well accepted – unable to continue due to insufficient staffing</li> <li>• Unified is going strong at Dodd MS</li> <li>• Leadership classes continue to advocate through classroom presentations and at district and state venues</li> <li>• Continue to update, revise and develop a minimum of 2 common formative and summative assessments annually at middle &amp; high school levels and a minimum of 1 CFA and CSA at the elementary level</li> <li>• PHE/PALS – hosted by National Guard – leadership day @CHS&amp; offsite annually</li> <li>• Club Fit and Kids Marathon @ Norton School</li> <li>• Wellness Class @ CHS – pilot 2015-16</li> </ul>
Texts, Manipulatives, Technology	<ul style="list-style-type: none"> <li>• Team with the athletic department to research possible funding for improvements to the weight room at CHS</li> <li>• Expand the use of heart rate monitors to all elementary schools</li> </ul>	<ul style="list-style-type: none"> <li>• CHS weight room –athletics has converted it to mostly free weights – inadequate for Physical Education Classes. Purchased Smart TV and free wts to incorporate Wellness Class</li> <li>• Dodd Fitness Room revamped (new bikes, elliptical, TV, floor, painted, fitness equipment)</li> <li>• Heart Rate monitors introduced at the HS level 9-12 classes &amp; Wellness (time consuming – but work well)</li> <li>• Smart board being used in CHS &amp; Dodd Health classes (PE use when possible at all levels). Chromebooks @ Dodd &amp; CHS.</li> <li>• Technology introduced at all levels)</li> </ul>

<p>Organizing for Instruction</p>	<ul style="list-style-type: none"> <li>• An increase in co-educational physical education class time at the middle school</li> <li>• Continue to advocate for increased contact time in physical education at the elementary level</li> </ul>	<ul style="list-style-type: none"> <li>• Discussions on limiting class sizes at Dodd and CHS for safety and instructional purposes. Class size has grown by 4-5 students at CHS – 1 less teacher. (Juniors in Senior classes due to limited # of classes)</li> <li>• Continue to advocate for increased contact time at the elementary level (presently once a week)(we continue to be below the current State recommended standard)</li> <li>• Disc Golf course completed at Bartlem field – introduced into Sr Classes</li> </ul>
<p>Assessment</p>	<ul style="list-style-type: none"> <li>• Review common assessments and make curriculum adjustments where necessary</li> <li>• Adaptive Physical Education services are becoming systematic from school to school and level to level</li> </ul>	<ul style="list-style-type: none"> <li>• Common assessments at all grade levels...continue to assess and update (data collection ongoing)</li> <li>• Formative assessments developed and administered at all levels</li> <li>• revisit the idea of an Elementary Unified Program in the future</li> <li>• SEED (SLO's being developed and implemented)</li> <li>• Wellness Class introduced at CHS (accommodate injuries/failures/issues passing)</li> </ul>
<p>Professional Development</p>	<ul style="list-style-type: none"> <li>• K-12 Department Meetings (release day)</li> <li>• K-12 attend State Conference (1 or 2 days)</li> <li>• CPS represented at the National PE/Health Conference</li> </ul>	<ul style="list-style-type: none"> <li>• The opportunity to attend the annual CT. PE/Health Conference in Nov. (CTAHPERD) continues annually</li> <li>• The opportunity for Department Specific PD:K-12 Health/PE 2X a year</li> <li>• Department teachers attended conferences throughout the year (bicycling, multi-units, sexual health education, substance abuse, PASS – Physically Active Classrooms, Eastern State Conference, National Conference)</li> </ul>

AREA	What Will Be 2022
Curriculum/ Objectives/ Guide	<ul style="list-style-type: none"> <li>• To research consistency of instruction @ each elementary grade level throughout district... common assessments... curriculum = release time)</li> <li>• To transfer the K-12 curriculum from Atlas to Google Docs and to complete the missing categories and units</li> <li>• To review annually the K-12 curriculum (make adjustments due to increased class sizes, current research, student needs and new knowledge)</li> <li>• To review the adaptive curriculum and course offerings at all schools (update curriculum)</li> <li>• Reinstate PE prep at all elementary schools and increase the Wellness Class offerings at CHS</li> <li>• Advocate for additional Physical Education teachers and contact time to align with other schools within our DRG and to coincide with state recommended times (to aid in social-emotional health)</li> </ul>
Texts, Manipulatives, Technology	<ul style="list-style-type: none"> <li>• Revision of CHS weight room</li> <li>• Purchase wireless heart rate monitors and wrist monitors for CHS</li> <li>• To develop and instruct with lessons that utilize technology at all grade levels.</li> <li>• Increase the elementary school budget for supplies (yearly large budget rotation schedule)</li> </ul>
Organizing for Instruction	<ul style="list-style-type: none"> <li>• To collaborate with district Physical Education/Health staff, as well as area staff to develop PE/Health specific SLO's.</li> <li>• To broaden student's interest in lifetime sports, introduce new activities and build upon existing skills (i.e.: bicycling, Tri-bikes, Tri-Federation ball)</li> <li>• Incorporate standards based grading within a common unit at Dodd MS</li> <li>• Research ways to accommodate 3 classes per period at Dodd MS</li> </ul>
Assessment	<ul style="list-style-type: none"> <li>• 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</li> <li>• To increase communication with students and parents ( twitter, blog, websites, newsletters)</li> <li>• To improve &amp; update the locker rooms in the West Gym area (CHS)...they both need paint, floor, fix lockers, ceiling tiles, stall doors)</li> <li>• Research the development of a standards based report card at Dodd MS</li> <li>• Research a new midterm/final assessment at CHS</li> </ul>
Professional Development	<ul style="list-style-type: none"> <li>• To promote K-12 Departmental Professional Development that is skill and lifetime activity based.</li> <li>• To promote staff attendance each year at the State Conference for Physical Education, Eastern District Conference and the National Convention for Physical Education/Health</li> <li>• Research the possibility of hosting a Wellness Fair at CHS (Spring of 2018 or 2019)</li> <li>• Provide annual K-12 PE/Health release time for collaboration</li> </ul>



## TEXTBOOK INFORMATION

**SUBJECT/DEPARTMENT:**      **PHYSICAL EDUCATION**

<b>Course/Level</b>	<b>Curriculum Last Updated</b>	<b>Title of Textbook Used</b>	<b>Date of Publication</b>
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