



# Physical Education and Wellness Curriculum Review Update Year One

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*Health –*

*a state of complete...well-being and not  
merely the absence of disease or infirmity.*

*Preamble to the Constitution of the World Health Organization*

## Year One

# Physical Education and Wellness Curriculum Review

- Summarize research
- Collect and summarize data
- Review Massachusetts Comprehensive Health Curriculum Framework and Health and Physical Education as addressed in MA General Laws and suggest areas for alignment
- Recommend curriculum pilots for 07-08

# National Wellness Model

- Balance in six dimensions  
physical, spiritual, social, emotional, intellectual, and occupational
- Shift from Athletic/Physical Education alignment to Physical Education/ Health Education alignment
- “Wellness” as the vehicle for integration

# Why Wellness?

- Builds on exemplary health and physical education programs in Lexington
- Incorporates exemplary programs currently existing in classrooms
- Integrates wellness in many areas
- Connects and coordinates community resources

# Evidence-Based Curricula

- Considerations:
  - Audience, alignment with MA standards, topics addressed, cultural considerations, time and resources available.

**data, data, data, data, data...**

- CDC School Health Index (K-12)
- Massachusetts Comprehensive Health Curriculum Framework Alignment (K-5)
- Youth Risk Behavior Survey (9-12)
- Jump Up and GO! (middle school)
- *Fitnessgram* (K-8)
- Visits to Exemplary programs

# Strengths

## Grades K-5

- Wellness policies
- Cooperation of staff
- Open Circle
- Curricular avenues for integration
- New “PE”
- Parent support for wellness

# Strengths continued

## Grades 6-8

- Wellness policies
- Cooperation of staff
- “Planet Health” pilot
- Health aligned in areas addressed
- Numerous physical activity offered
- Health promotion
- Parent involvement

# Strengths continued

## Grades 9-12

- Wellness policies
- Cooperation of staff
- Health aligns with standards in areas addressed
- Variety of support and counseling
- Variety of activities offered in PE
- Numerous physical activities offered
- Numerous enrichment activities offered
- Community programs promoted in school
- Connectedness of students, families and LHS staff

# Recommendations

## Health, Safety, and Environment:

- Continue to renew and update curriculum through the review process
- Provide professional development to support wellness integration
- Increase communication of wellness information to families
- Connect schools to town wide wellness initiatives
- Continue to address facility and playground safety inspections, repairs and renovations

# Recommendations continued

## Health Education:

- Pilot recommended curricula and evaluate
- Update targeted curricular areas of wellness
- Address integration and alignment of Massachusetts Comprehensive Health Curriculum Framework in grades 6-12
- Support wellness integration with staff to teach, model, facilitate, train, organize and support teachers and to plan for faculty wellness and parent education

# Recommendations continued

## Physical Education and Other Physical Activities:

- Implement health related fitness assessments with communication to families
- Increase activity during the school day with Open Circle professional development for playground staff, guidelines for recess and alternatives and enhancements for activity
- Develop staff wellness programs

# Recommendations continued

## Families and Community:

- Increase the use of list serves, newsletters, and local media to promote and expand the understanding of wellness in the schools
- Assure curriculum has a component for parent connections
- Expand the integration of Community Resources into the schools
- Select and promote “National Months” related to wellness

# Next Steps.....

## June 2007

- Professional development, curriculum development, prepare pilot programs

## Summer 2007

- NEASC curriculum development workshops
- Continue data analysis
- Articulate and align Physical Education curriculum

## Next Steps..... continued

### Year Two

- Pilot selected curricula
- Survey grades 6-12 on curriculum integration of MA Comprehensive Health Curriculum Framework
- Evaluate pilot curricula for full implementation
- Professional development
- Communicate data collected year 1
- Finalize recommendations for wellness integration



**“LEX-B-FIT”**  
- A Plan for Wellness -