

# Wellness / Fitness Department Review



K - 12 Curriculum Review  
2020 - 2025



# Wellness / Fitness Department Review Team



K - 12 Department Chair: Jen Kukowski

Department/Contributing Members:

Elementary - Jason Blocher, Shauna Chilton

Middle - Jeremy Donmoyer

High School - Chris Hastie, Josh Kline, Lauren Rood

Director of Curriculum: Dr. Michael Donnelly

# Progress Review

## *A look at the previous 5 - year plan (2015-2020)*

- Increased health education at the elementary level.
- Resequencing of the high school health program, PE electives at the HS were developed, online course scheduling and course standards were established, and sportsmanship education was emphasized.
- Middle school was awarded two grants for implementation and training of the LifeSkills evidence based program.
  - Elementary and high school staff trained in LifeSkills programs
- Improved collaboration with phys ed department, athletics, and community programs over facility and equipment usage.
- Field trip exposures for our students.
  - 5th graders to FreeFall Trampoline Park.
  - Vermont ski trip at the HS.

# MISSION *and* Vision

We seek to empower students to make informed decisions so that they can lead healthy, active lives.

F - Foster a positive learning environment that motivates students.

I - Inspire life-long healthy decision makers.

T - To provide students with the knowledge and skills to live an active lifestyle.

# Current Program

## *Highlights*



### **Phys Ed. Department K-12**

- Moved entire K-12 curriculum to a virtual setting.

### **Elementary**

- Field Days at each of the elementary buildings, as well as a Virtual Field Day.
- Developed a new elementary health class and curriculum for grades K-5.
- 4th and 5th grade track meet at the high school stadium.
- 5th grade field trip to Freefall Trampoline Park to promote lifelong fitness activities.
- Implementation of the LifeSkills program into Health classes grades 3-5.
- Guest speakers from NOVA and A Woman's Place.

# Current Program

## *Highlights*



### **PALMS**

- We were awarded two grants for training and implementation of the LifeSkills Program
- Staff trained as Trainer of Trainer for LifeSkills Program
- Team Unity Day and Field Days organized and run by Physical Education staff, including a virtual field day.
- Many guest speakers for all three levels of health grade 6-8; Southeastern Council of Pennsylvania, NOVA, Maternity Care Coalition, North Care Clinic, Ron Rolon from Bucks Co. IU
- Alcohol Interrupted and CATCH My Breath Vaping Education Programs implemented into the 8th grade health curriculum
- Leads in the facilitation of the PALMS mentoring program

# Current Program

## *Highlights*

### High School



- Adding CPR to PE 1 curriculum
- Staff trained in LifeSkills program and implemented into Health curriculum.
- Offer virtual learning opportunities in Phys Ed, Health, and Driver's Ed.
- Offer various PE electives to elevate student interest and participation.
- After school PE events-volleyball and dodgeball tournaments
- Enhanced our mental health education in Health classes
- Provided guest speakers through NAMI, Bucks County Health Department, A Woman's Place, and NOVA.
- Provided opportunities for extra physical activity sessions after school on a regular basis.

# Bucket #1

## **K-12 Exploration of Mindfulness Training**

### Measurable Goal

Mindfulness training will be examined by the department. Discussions with administrators and department staff will lead to determinations of how mindfulness skill development would be implemented. Research will be conducted for training as well as discussions with schools currently implementing Mindfulness in their schools/districts. Department will make decisions, under advisement of administration, to be trained in mindfulness and setup implementation timeline into health curriculum.



# Bucket #2

## **Career exploration within wellness and fitness at secondary level**

### Measurable Goal

Students at MS and HS levels will be made aware of various career fields within wellness and fitness through learning opportunities. The students will learn about these opportunities through guest speakers from individuals in those fields, job/career research and field trips. Students will gain understanding of the many potential careers in wellness and fitness.

# Bucket #3



## Healthy Boundary Education grades 3-12

### Measurable Goal

Students will participate in healthy boundary education programs within the health curriculum to align with PA academic standards for health, safety and physical education. Factors focused on how relationships and digital/technology use will affect overall health.

# Bucket #4



## **Add a second semester of health at the high school**

### Measurable Goal

Implementing an additional semester of health at the high school level to address the increased needs for mental health education, social and emotional learning, and other health related topics being mandated by the state.

# Next Steps...

- **CPR instruction in the high school curriculum to meet state mandate**
  - Adult CPR education program will be implemented in PE 1.
- **Virtual learning available at all levels**
- **LifeSkills program integrated into the elementary and high school health curriculum.**
- **Continue to serve as a go-to in the area of social and emotional learning**

**2020 - 2025 goals by level**



# **Collaborative Goals Guiding Document**