

PJH P.E. Curriculum/ Assessment Proposal

Current Curricular Situation

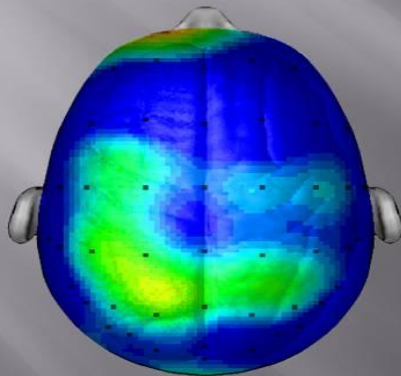
- Team Sport Based Curriculum.
- Written Test after each unit.
 - Each test day takes away an opportunity for students to be physically active.
- Two three-week units where students visit the fitness center 2-3 times a week.

Researched Based Studies

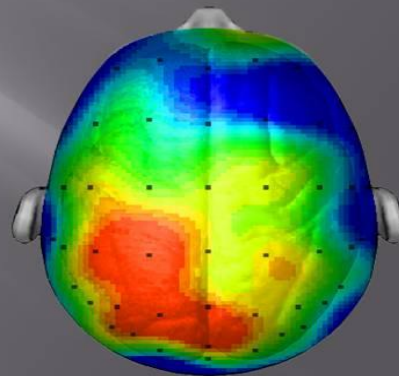
- In supporting academics our goal is to keep students active. Research shows that physical activity increases brain activity.
- Our goal is to increase student's physical activity in order to increase their brain activity. Doing this keeps kids engaged and ready to learn in their academic classes. Daily exercise also helps students recall prior knowledge more efficiently.

Average composite of 20 students brains taking the same test

BRAIN AFTER SITTING QUIETLY



BRAIN AFTER 20 MINUTE WALK



Research/scan compliments of Dr. Chuck Hillman University of Illinois

Proposed Adjustments to Curriculum

Eliminate	Implement
Eliminate three-week weight training unit.	Once a week a class goes to the fitness center or participates in fitness activity.
Current Physical Fitness Testing Schedule (Pre/Post Physical Fitness Assessment -ONLY)	Pre, Mid, and Post Physical Fitness Assessment <i>* See Below</i>
	Fitness Vocabulary Word Wall <i>* See Below</i>
End of Unit Test	Pre, Mid and Post Written Fitness Test
Current Unit Schedule	Revised Tentative Unit Schedule <i>* See Below</i>

Physical Fitness Testing Adaptations:

Pre, Mid, and Post physical fitness assessments will measure the ½ mile run, push up test, sit up test, shuttle run, and sit and reach test.

** Implementing the Mid Year assessment will allow students to remain focused on personal goals previously set after receiving pre assessment results.

Fitness/Cross- Curricular Vocabulary:

** A fitness vocabulary **Word Wall** will be located in the fitness center. This wall will be updated periodically. All words found on the word wall will be vocabulary words students will be expected to know.

Tentative 2014 - 15 P.E. UNITS

	<u>Ryan</u>	<u>Rom</u>	<u>Nina</u>	<u>Russ</u>	<u>Marilyn</u>
9/2-9/9	----- PHYSICAL FITNESS TESTING -----				
9/10-9/26	Flickerball	Flag football	Softball	Soccer	Softball
9/29-10/17	Soccer	Soccer	Flickerball	Softball	Flickerball
10/20-11/7	Handball	BB	Floor Hockey	Speedball	Table Tennis
11/10-12/5	Table Tennis	Handball	Speedball	VB	BB
12/8 - 1/9	Floor Hockey	VB	Table Tennis	BB	Speedball
1/12-1/16	----- PHYSICAL FITNESS TESTING -----				
1/20-2/6	Speedball	Flickerball	BB	Handball	VB
2/9-2/27	VB	Speedball	Handball	Table Tennis	Floor Hockey
3/4-3/27	BB	Table Tennis	VB	Floor Hockey	Handball
4/7-4/24	Softball	Softball	Soccer	Flickerball	Soccer
4/27-5/1	----- PHYSICAL FITNESS TESTING -----				
5/4-6/5	Flag Football	Ultimate Frisbee	Softball	Softball	Ultimate Frisbee
	-----Softball / Cardio Games/Ultimate Games-----				