

# High School Health and Physical Education

**Information Item  
for 30 Day Review**

**June 25, 2009**



Park Hill School District

# Curriculum Content Team

- **Taralyn Garner- Park Hill High School**
- **Gretchen Farmer- Park Hill High School**
- **Mark Gourley- Park Hill High School**
- **Daniel Joiner- Park Hill South High School**
- **Ron Litchfield- Park Hill South High School**
- **Karen McConnell- Park Hill South High School**
- **Amy Schneider- Park Hill South High School**



# Motivation for Change

- **Current curriculum 1995 or older**
- **Research related to nutrition and personal fitness has changed**
- **State updated Health and Physical Education standards in 2007**
- **Students' needs have changed**
- **Relevant content for variety of students**
- **Focus needs to be health and fitness for life**



# Process

- **High school principals prioritized those courses to be revised and recommended members of each course's content team.**
- **Team members received PD in the UbD curriculum design model**
- **Completed the templates currently present in Board Docs**



# Changes from Previous Curriculum

- **Connects to the changes K-8 Health and PE**
- **FITT Principles used to identify individual health and fitness goals (current research and best practice)**
- **Self monitoring and adjusting level of fitness activities**
- **Teacher nutrition and fitness coach and instructor**
- **Lifelong health and fitness based upon individual goals and needs vs. the one size fits all**



# QUESTIONS?



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