

## Physical Education and Health Position Proposal – REVISED May 2018

### **Proposal:**

- 1) **Recommended Change:** Advertise for a K-8 teacher with Health certification and including middle school athletic director responsibilities (Currently: K-12 PE and Health plus MS Athletic Director)
- 2) **Recommend Change:** Keep the required HS Health Class but use a team teaching model. (Currently: Mostly taught by PE Teacher)

The state has a requirement that each graduate completes a health class.

Our goal would be to address these health practices: "Every day, students make decisions affecting their health and well-being: what foods to eat, what company to keep, what risks to take and what to do for physical activity. These decisions often lead to habits that stay with them throughout life. Instruction guided by the health education standards will help students make better decisions about their health. Through achievement of the health education standards, students learn that their decisions can affect their health and set a pattern for their lives."

<http://www.maine.gov/doe/healthed/standards/index.html>

We would create a more comprehensive health class using a team teaching approach and the curriculum would use the health standards and be created this summer for use in September of 2019.

The class would be organized around these essential questions:

New Health Teacher: What are the elements and habits of good health?

Jess Woods: What types of kind of decision making strategies do you have to maintain good health? What company do you keep? What are the risks to be aware of?

Ryan Martin and Pete Anderson: What kinds of food can you grow and prepare to support healthy eating habits?

- 3) **Recommended Change:** Switch out HS Gym classes with Intramurals  
Current Offering: 2 High School Physical Education Classes  
Proposal: Offer 2-3 High School Intramural offerings, depending on the schedule and specific to the individual interests of the available students

Instead of study hall and general HS P.E. classes, high school students could sign up for quarterly intramural offerings throughout the year if they have a study hall and an opening in their schedule. This would be scheduled in the same way that current high school offerings are but with more flexibility in sign ups and participation. Using students' interest and availability, we would offer intramurals specific to the students who are scheduled to take PE and make the offerings more personalized and relevant to their own fitness goals and interests.

- 4) **Recommended Change:**

All high school students would be awarded additional credit for participating in an ICS sport or an approved sport that takes place outside of school.