
Health and Physical Education

Curriculum Update

Fall 2019

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Presentation Overview

- Alignment with District Improvement Plan
- Curriculum Review 2016-2017: Overview and Findings
- MetroWest Data 2018
- Health & Physical Education Program Overview
- Curriculum Revisions and Additions
- Questions



District Improvement Plan for 2018-2021

Strategic Objective:

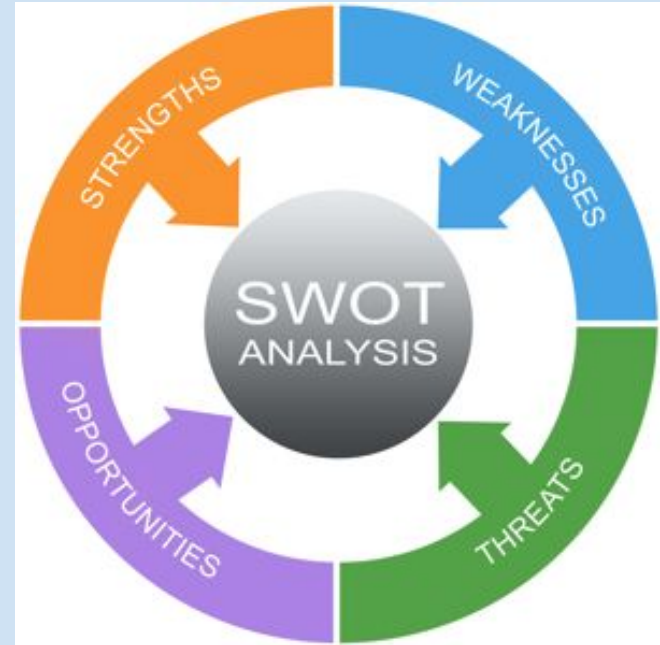
To ensure that all students are supported and challenged to reach their full potential, the Franklin Public Schools will align curriculum, instructional practices, and varied assessment opportunities to personalize learning and meet individual needs.

Health and Physical Education Action Item:

Continue to review outcomes from the 2016-2017 Health and Physical Education Curriculum Review, align and refine curriculum maps, unit plans, and lesson plans with the Massachusetts Frameworks in all areas as well as with best teaching practices based in research to meet the needs of all students.

Curriculum Review: Overview

- K-12 Health and PE teachers and Assistant Superintendent Joyce Edwards
- SWOT Analysis (Strengths, Weaknesses, Opportunities, Threats)
- Reviewed current practices
- Developed survey
 - Student (grades 6-12)
 - Parents (K-12)
 - Health/PE Staff (K-12)
 - Administrators (K-12)
- Reviewed survey data
- Developed recommendations and plan for next steps
- Curriculum update during professional development days and summer work



Curriculum Review: Major Findings

- Parents/guardians view the K-12 program as positive
- Students enjoy their health and PE classes
- Not enough PE time at all levels (reported by all groups surveyed)
- Not enough health education class time (middle and high school levels)
- Students/parents/guardians would like students to participate in health and PE electives at FHS
- FHS PE elective program in high demand, not all students get classes they want
- Students want more health class time dedicated to mental health (depression/suicide), consent, and gender inclusivity



Curriculum Review: Major Findings (continued)

- Continue to update and provide high quality health and PE curriculum
- Students should not receive health curriculum at the expense of active PE time
- Increased PD and common planning time needed
- Increased communication
- Increased use of social media
- All current health and PE units should continue to be offered
- High quality program
- Department staff feels supported by FPS administration

MetroWest Adolescent Health Survey Data

(Franklin)

METROWEST
HEALTH
FOUNDATION

K-12 Health & Physical Education Program

- No program structure or time changes
- Curriculum revisions

Elementary Program:

- 30 minutes of Health 1x per week
- 30 minutes of PE 1x per week

Middle School Program:

- ~17-20 Health classes per year
- ~36-40 PE classes per year

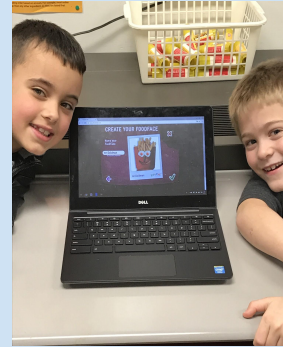
High School Program:

- ~18-20 Health classes in grades 9 and 10 per year
- ~18-20 PE classes in grades 9 and 10 per year
- Health, Physical Education, and Family Life/Consumer Science electives

Elementary Program Overview

Physical Education Program

- ***Concepts taught include:*** Locomotor Movements, Hand-Eye Coordination, Kicking/Punting Manipulatives, Throwing and Catching, Volleying, Body and Spatial Awareness, Fitness Concepts
- ***Concepts taught through:*** Tag Games, Basketball, Soccer, Football, Floor Hockey, Lacrosse, Tennis, Volleyball, Gymnastics, Parachute, Cooperative Activities



Health Education Program

Units: Bullying Prevention, Fitness, Nutrition, Disease Control and Prevention, Mental Health, Safety and Injury Prevention, Tobacco and Alcohol, Human Growth & Development

Curriculum Revisions & Additions

Elementary:

- Human Growth & Development/Puberty Unit for Grades 4 & 5
 - Lexington program visits (2018-2019)
 - Research
 - Gender inclusive
 - Normalizing
 - November vs. May
 - 2 lessons per grade level
 - Grade 4 - social, emotional, and physical changes (hygiene focus) happening to all people
 - Grade 5 - reinforces Grade 4 lessons with focus on puberty based on biology
- Curriculum updates and revisions to enhance current lessons
- Addition of vaping education in Grades 4 & 5 (future PD work)

Middle School Program Overview



Physical Education Program

Students participate in a warm up that includes cardio, strength and flexibility to start the class

Units will include but are not limited to:

- Fitness
- Team Sports
- Individual Sports
- Dual Sports
- Cooperative Games

Health Education Program

Grade 6 - Growth & Development, Nutrition, Violence Prevention

Grade 7 - Violence Prevention, Tobacco, Alcohol, Drug and Other Substances Use/Abuse, Mental Health, Growth & Development

Grade 8 - Disease Prevention and Control, Nutrition, Social/Emotional Health, Violence Prevention

Curriculum Revisions & Additions

Middle School:

- Curriculum updates and revisions to enhance current lessons
- Implementation of Keys to Literacy strategies
- Vertical alignment of vaping curriculum in Grades 6-10
- Revision of vaping education in Grades 6-10 (future PD work)
- Addition of gender inclusive language during Human Growth & Development/Human Sexuality Unit in Grades 6-8 (future PD work)

Franklin High School Program Overview

- ***Wellness 9 (required)***

- 2 classes per 7 day cycle
- Health Education - Semester 1
- Physical Education - Semester 2

- ***Wellness 10 (required)***

- 2 classes per 7 day cycle
- Physical Education - Semester 1
- Health Education - Semester 2

- ***Adaptive Wellness 1 and 2***

- ***Health Education & Family Life/Consumer Science Electives***

- Kinesiology, Athletic Training, Exercise Physiology, Everyday Nutrition, Early Childhood Education I & II, Introduction to Special Education

- ***Physical Education Electives***

- Team Sports 1 & 2, Speed & Strength 1 & 2, Lifetime Activities, Yoga 1 & 2



FHS Health Education Overview

Wellness 9:

Mental Health

- Time Management
- Stress Management
- Self-Esteem
- Mental Health Disorders
- Depression
- Suicide (SOS Curriculum)
- Eating Disorders

Violence Prevention

- Bullying & Cyberbullying
- Teen Dating Violence

Tobacco, Alcohol, & Other Substances

- Alcohol
- Marijuana
- Vaping



Wellness 10:

Safety & Injury Prevention

- CPR
- First Aid

Tobacco, Alcohol, & Other Substances

- Opiates, Prescription, & Non-Prescription Drugs
- Vaping

Human Sexuality

- Anatomy and Physiology of the Reproductive Systems
- Sexually Transmitted Infections
- Disease Prevention
- Contraceptives
- Sexually Transmitted Infections

Curriculum Revisions & Additions

High School:

- Curriculum updates and revisions to enhance current lessons
- Implementation of Keys to Literacy strategies
- Vertical alignment of vaping curriculum in Grades 6-10
- Revision of vaping education in Grades 6-10 (future PD work)
- Revisions and addition of gender inclusive language during Human Sexuality Unit in Grade 10

K-12 Next Steps

- Continue to increase parent/guardian communication
 - Twitter
 - Newsletters
- Interim benchmark survey of some MetroWest data points
- Continue to research and provide best practices in the field for students
- PD dedicated to health curriculum revisions and updates
- Create innovative lessons to meet student needs and teach 21st century skills
- Further strengthen Keys to Literacy strategy use
- Continue to align curriculum with district-wide SEL goals
- Continue to align curriculum with Substance Abuse Task Force goals



Thank you, Questions?

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