

5 Year Strategic Plan for Physical Education

May 20, 2008



Taskforce members

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Review Team

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Holly Guntermann

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Deborah Craig

- Project Co-Director of Bay Area Physical Education-Health Project (Bay PE-HP), Physical Education Specialist at West Hillsborough Elementary, Hillsborough City School District, Lecturer at San Jose State University in Teacher Preparation

Background

- Physical Education Model Content Standards for California Public Schools
- Obesity Trends Report
- Advocacy for Physical Education

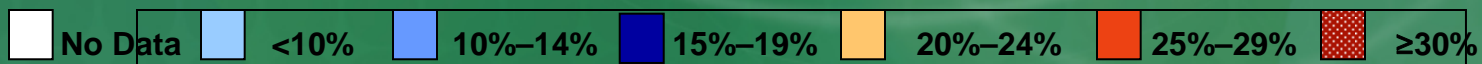
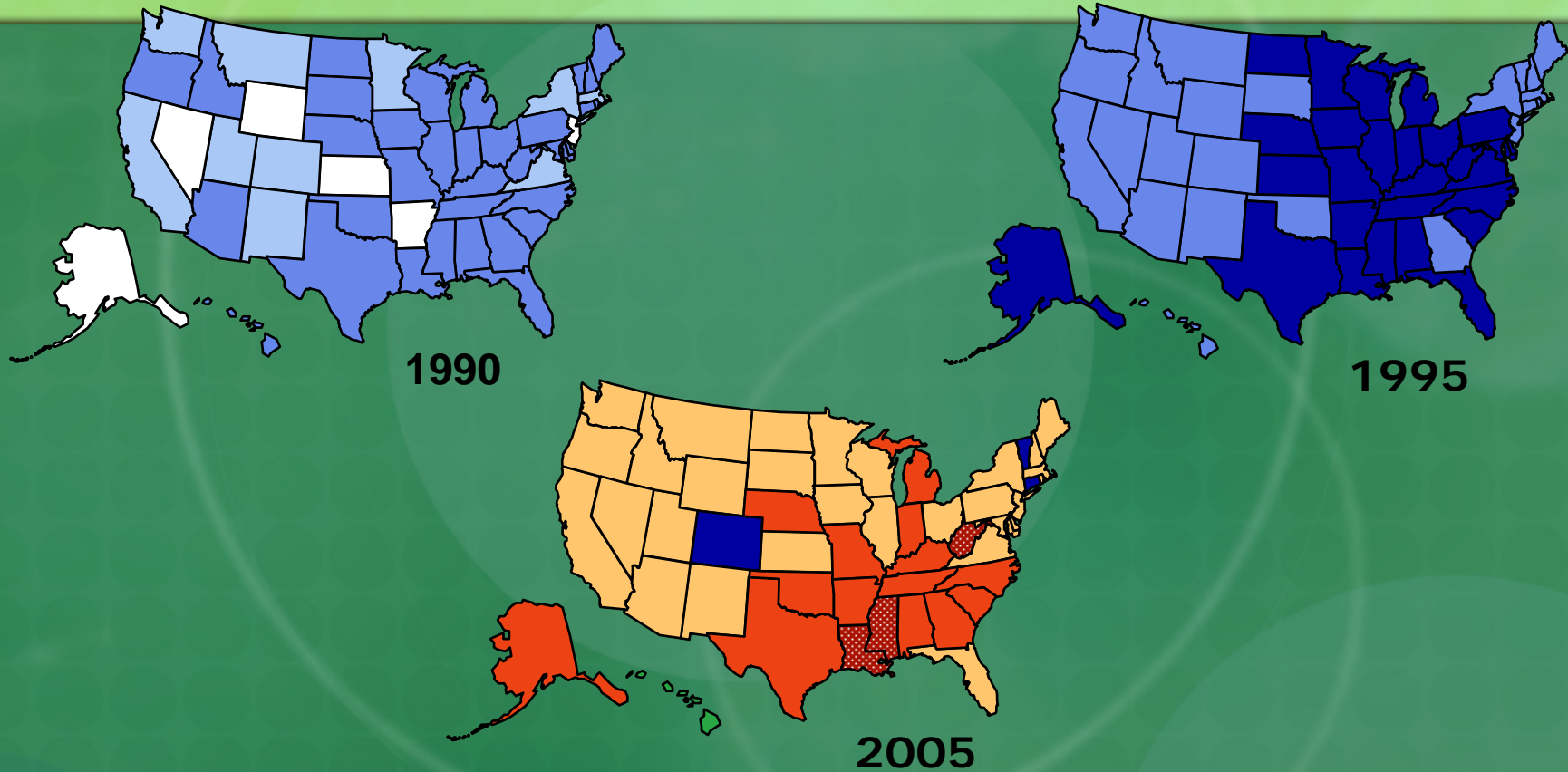
Physical Education Content Standards

- Guide the development of consistent, high-quality physical education instructional programs
- Provide a comprehensive view of what students should know and be able to do in Physical Education.
- 5 overarching Standards for grades K-8
- 3 overarching Standards for grades 9-12

Obesity Trends* Among U.S. Adults

BRFSS, 1990, 1995, 2005

(*BMI ≥ 30 , or about 30 lbs overweight for 5'4" person)



Physical Education Matters

Report funded by the California Endowment

- High levels of obesity and diabetes and low fitness levels in California children, particularly in Latino, African American and Native American youth, indicate the need for our schools to make Physical Education a priority.
- Quality Physical Education meets state standards and ensures adequate physical activity.

Rationale

- The Physical Education Strategic Taskforce was formed in the spring of 2007 to develop a five year strategic plan in order to provide all students with a comprehensive, high-quality K-12 physical education experience.
- It is the intent of the Taskforce to provide the San Leandro Unified School District with a district-wide, comprehensive plan which will direct and guide the future of physical education for all students.

Goal

To create and implement a high-quality, standards-based K-12 physical education program, taught by highly-qualified teachers which is aimed at increasing student learning and achievement by promoting lifelong engagement in, and an understanding of healthy lifestyles and physical activity.

Sections of Plan

- Rationale
- Definition of High-Quality Physical Education
- Goal
- Taskforce Members
- Timeline of Process
- Resources
- Curriculum
- Professional Development
- Advocacy
- Implementation Steps
- Assessment

Curriculum

- Is based on the Content Standards
- Integrates all 5 overarching standards at the Elementary and Middle School levels
- Integrates all 3 overarching standards at the High School level.
- Identifies Professional Development to further develop curriculum
- [Standards Mapping worksheet April Middle school.doc](#)

Timeline

Year 1 (2008-2009)

- Content standards as identified in Strategic Plan are taught
- Level 1a and 1b of Content Standards Training
- Professional development by Bay PE-HP on standards-based lesson design, assessment, and curriculum development
- Department meetings (by site and district-wide)

Timeline

Year 2 (2009-2010)

- Level 2 of Content Standards Training
- Continue to identify specific standards
- Continue to develop lessons
- Develop common assessments
- Professional development on standards-based lesson design and curriculum

Timeline

Year 3 (2010-2011)

- Level 3 of Content Standards Training
- Continue to identify specific standards
- Continue to develop lessons, rubrics, and common assessments.
- Professional development on standards-based lesson design and curriculum

Timeline

Year 4 (2011-2012)

- Level 4 of Content Standards Training
- Grade-level outcome brochures
- Professional development on standards-based lesson design and curriculum

Timeline

Year 5 (2012-2013)

- Level 5 of Content Standards Training
- Design standards-based report cards.
- Professional development on standards-based lesson design and curriculum

Assessment

