

Physical Education, Guidance, & Health Curriculum Updates and Overview:

Keeping student learning outcomes at the forefront, a committee of specialist teachers participated in a thorough review of the Physical Education, Guidance, and Health curriculum during the 2016-2017 school year. The review process was a four phase plan which included: evaluation, curriculum renewal and design, implementation, and continuous improvement. The committee further completed a thorough analysis current research to determine areas of focus for the review. The 2017-2018 school year will be the implementation year of the revised fine arts program.

Physical Education Overview:

Based on the findings from the curricular and programmatic review process, the following updates were made to the physical education program

- A wider variety of units will be offered
 - Team sports, Individual sports, Cooperation games, dance
- Increase fitness testing from 2 times a year to 3 times a year.
 - Students will set personalized fitness goals
- Students unable to participate due to injury will have the opportunity to:
 - Officiate games, complete a written assignment, keep statistics, develop new games/rules
- Increased utilization of small gym to facilitate leveled small group instruction and assessment.

Guidance Overview:

- **Kindergarten-5th Grade- Second Step Curriculum**

The *Second Step* program is building a strong foundation for a new generation of socially and emotionally savvy children. Through the program, Early Learning–Grade 5 students gain the skills and know-how to be kind, caring, and responsible members of society. Today students learn to solve problems on the playground; tomorrow they'll manage conflicts in the workplace and everyday life.

- **6th grade Academic and Career Planning**

6th grade students will be introduced to Career Cruising which is a middle school career exploration program offered throughout the state by the Wisconsin Department of Public Instruction. Students will participate in interest inventories, create portfolios of interests, skills, and accomplishments, and will learn about and set ongoing SMART Goals.

- **7th and 8th : Signs of Suicide Curriculum**

The Signs of Suicide (SOS) program is unique among school-based suicide prevention programs as it incorporates two prominent suicide prevention strategies into a single program: an educational curriculum that raises awareness about suicide and depression, and a brief screening for depression. The Signs of Suicide (SOS) Programs uses a simple and easy-to-remember acronym, ACT® (Acknowledge, Care, Tell), to teach students action steps to take if they encounter a situation that requires help from a trusted adult..

Health Overview

- **Kindergarten-3rd Grade**

The health curriculum in kindergarten through 3rd grade is focused on two major themes; social emotional health and nutrition and physical activity. Content and themes build year over year to provide students a comprehensive understanding of both physical and emotional health

- **4th-6th Grade**

Students in 4th through 6th grade participate in units on social and emotional health, and nutrition and physical activity that build on the concepts learned in kindergarten through 3rd grade. New to the 4th grade curriculum is an introductory unit of study on alcohol, tobacco and other drugs. This introductory unit is built upon in grades 5 and 6.

- **7th-8th Grade**

7th grade students participate in a comprehensive unit of study on alcohol, tobacco and other drugs, while the focus of the 8th grade curriculum is human growth and development. All 7th and 8th grade students this year will participate in the Wisconsin Department of Public Instructions mandated shaken baby syndrome, CPR, and suicide awareness and prevention trainings.