

Physical Activity Goal 9

<p>GOAL 9: Physical education classes shall encourage students to participate in moderate to vigorous physical activity for at least 50% of the physical education class time.</p>	
<p>Objective 1: The District will provide a physical education curriculum and professional learning opportunities to K-12 physical educators that include an instructional framework that includes at least 50% of physical education class to be in the moderate to vigorous physical activity zone.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<ul style="list-style-type: none"> • The Teaching and Learning Department will provide a Physical Education Curriculum Instructional Model that ensures at least 50% of the physical education lesson is in the moderate to vigorous physical activity level zone. • The Teaching and Learning Department will provide annual professional learning for physical education teachers that focuses on planning lessons that include at least 50% of the physical education lesson is in the moderate to vigorous physical activity level zone. • The campus principal will ensure that physical education teachers are utilizing the PE Curriculum At-A-Glance to ensure that all students have the opportunity to participate in a variety of physical activities that will promote life-long fitness. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual Campus Wellness Committee Report <p>Resources needed:</p> <ul style="list-style-type: none"> • Physical Education Curriculum's Instructional Model • Physical Education professional learning opportunities <p>Obstacles:</p> <ul style="list-style-type: none"> • Access to resources
<p>Objective 2: The campus will ensure that teachers are following the Physical Education Curriculum's Instructional Model, which includes at least 50% of moderate to vigorous physical activity during class time.</p>	
<p>Action Steps</p>	<p>Methods for Measuring Implementation</p>
<ul style="list-style-type: none"> • The campus administrator will ensure that all physical education teachers are using the Physical Education Curriculum Instructional Model when planning lessons. 	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none"> • Annual Campus Wellness Committee Report • Currently physical activity lesson plans <p>Resources needed:</p> <ul style="list-style-type: none"> • Instructional strategies

	<ul style="list-style-type: none">• Physical Education Curriculum Instructional Model <p>Obstacles:</p> <ul style="list-style-type: none">• Access to resources• Staff attrition
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