

K-12 Curriculum Updates

K-12 PE/Health and Counseling



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**K-12 PE/Health
Resource
Recommendation**

Introduction and Purpose



Purpose of the presentation:

- Provide an overview of the process and criteria used for selecting curricular resources. Please feel free to ask questions.

The Team

Team

- Kennedy Stanley - Elem. PE
- Claire Johnson - Inter. PE
- Nick Ginapp - MS PE/Health
- Jack Shadley - MS PE/Health
- Becki Deisley - MS PE/Health
- Drew Garrison - 26-27 MS PE/Health
- Paul Heusinkvelt - HS S & C
- Tony Siske - HS PE
- Mark Newmyer - HS Health
- Cole Wiseman - HS PE

Credentials

- 10 educators totaling 112 years of experience.
- 3 educators each have 20+ years of experience
- Degrees in Physical Education & Health Education
- 6 hold Master's Degrees
- Additional endorsements: Sports Management, PE & Health (K-12 & 7-12), Coaching, Strength & Conditioning
- Committed to professional growth and developmentally appropriate practice



Curriculum Process



Overview what has been completed as part of the curriculum process

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Crete Public Schools Curriculum Process

A “guaranteed” curriculum means we ensure the same content is taught in every classroom teaching the same grade or course. We ensure all students have an opportunity to learn the critical content identified. Viable means we are able to teach it to the level of understanding in the time available to do so.

Pre-Stage Set-Up



Form Committee

Plan Timeline

Define Responsibilities

Gather Research

Stage 1 - (Year 1) Analysis



Internal Review

External Research

Standards Unpacking

Establish the Vision

Stage 2 - (Year 2) Development



Course Offerings

Instructional Materials
Review

Selection and Approval
of Instructional
Materials

Curriculum
Development

Stage 3 - (Year 3) Implementation



Professional
Development

Committee Meetings

Implementation Checks

Revisions

Data Tracking

Stage 4 (Yrs. 4-7) Effectiveness Monitoring



Fidelity Checks

Analyze Data

New Hire Materials
Training

Content Standards

- **2016 Nebraska Physical Education Standards**
(updates currently sitting in draft form)
- **SHAPE National Health Education Standards**



Selection Criteria & Review Process



What We Looked At:

- **SPARK PE**
 - Lower elementary focused, wide range of skills covered, not accommodating for a variety of skill levels
- **CATCH Global Foundation**
 - K-8 physical/health education, mental health aspects included, whole child focused
- **Human Kinetics**
 - 7-12 focused, supplementation resource (workbooks)



What We Looked At:

- **HealthSmart**
 - Health curriculum, includes workbooks and variety of lesson plans to fit needs of students, not as up-to-date with trends/topics
- **Goodheart - Wilcox (G-W)**
 - 6-12 (PE/Health), online supports, fitness for life curriculum as well (6-12)
- **McGraw Hill**
 - 6-12 health education, up-to-date with health trends, student friendly
- **PLT4M**
 - K-12 physical education, easy to navigate, digital resources for teacher & students



What We Recommend:

- **PLT4M - Physical Education**
 - K-12 physical education
 - Strength & conditioning elements included
 - Digital resources for students and teachers
 - Modifications/best practices for varying abilities included
 - Covers state/national standards
 - Continuously being updated with new content
- **McGraw Hill - Health Education**
 - Student friendly language/layout
 - Current trends included
 - Covers standards/units that are being taught
 - Print & digital resources available





Section 1

1: MB Squat, Sit Ups, & Conditioning

2: Pull Up, MB Overhead Press, & Burpee

3: Jump Rope, Press, & Squat

4: MB Deadlift, MB Lunge, Core, & Conditioning

FIT102.1 - Mobility



Shooting A Ball GIF

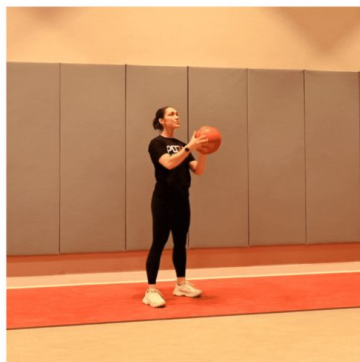
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1. Balance:
Feet shoulder-width apart, knees bent.
- 

2. Elbow:
Elbow under the ball; ball rests in the shooting hand; other hand is placed on the side to help balance the ball in the shooting hand.
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3. Eyes on Target:
Focus on shooting the ball just over the rim.
- 

4. Follow Through:
Bend your wrist - wave good bye to the ball with your shooting hand or pretend you are reaching into a cookie jar on a high shelf!



3 Wins...Wins!

A small-sided skill practice activity designed to get students engaged in shooting a basketball.

Standard Aligned:

- **3-8: 15.17** Demonstrates sending and receiving an object in a variety of practice tasks.

Equipment:

- 6 Basketballbells
- 6 Rainbow colored poly spots (optional)
- 3 Basketball hoops



Game Set Up: Divide students into 6 groups. Have two groups in a line at each basket. Place a colored poly spot on the floor to serve as a visual so color groups can line up at their color spot. The spot also serves as a suggested shooting distance, but students are allowed to move closer if they choose.



Directions:

1. On the signal, the first person from each group takes one shot at the basketball hoop.
2. After their shot, they get their rebound (make or miss), give the ball to the next player, and go to the end of the line.
3. If a student makes a basket, the group gets a point and yells out "ONE!" If they miss, they simply rebound the ball and give to next player.
4. The first team to make 5 baskets at their hoop earns a "win" and rotates to the next hoop. The team that lost stays at their hoop to challenge the winners from another hoop. (Note - the winning teams from each hoop will wait until all games are finished before starting the next round).
5. The first team to win (make 5 shots) at all 3 hoops wins!

Best Practices:

- Modify the number of points required to win. (5 works well for 3rd-5th graders).
- After a team gets 3 wins, create new groups to give students opportunities to play with people of varied ability levels instead of always going with their best friends or grouping the the most skilled players together.
- Lower the height of the hoop (if possible) or hang a hula hoop over the rim as a target for younger or less skilled students to be successful.
- If you have 6 hoops available, play 2 games at once. All set up and directions are the same but now you have smaller groups and more shooting practice for each student!

Cost and Sustainability



- **Cost**
- **Timeframe**
- **Training and support**

What is the cost?

- **PLT4M - Physical Education**
 - \$11,760
 - 7 years of online program and content for unlimited staff
 - 500 student licenses for 7 years
 - Professional Development Sessions
- **McGraw Hill - Health Education**
 - \$36,702.70
 - 2 courses, classroom set of textbooks, online access for each students, teacher materials



■ Total = \$48,462.70

Implementation Plan



- **Timeline and logistics for implementing**

What is the plan?

- *July 13-17, 2026 - Curriculum Writing Meetings*
- *Student materials arrive before start of 2026, everything else in online*
- *PLC implementation support*
- *Curriculum check-ins*
- *Summer 2027 for modifications*



Monitoring and Evaluation



- **Monitoring effectiveness over time**

What will we monitor?

- *Implementation feedback from teachers*
- *Students engagement and feedback*
- *Student performance*



