



Fairbanks North Star Borough School District

# K-12 PHYSICAL EDUCATION CURRICULUM



## INTRODUCTION

**ADOPTED: MAY 3, 2016**

# TABLE OF CONTENTS

<b>ACKNOWLEDGEMENTS .....</b>	<b>2</b>
<b>PHILOSOPHY &amp; MISSION STATEMENTS .....</b>	<b>3</b>
<b>EXPLANATION OF TERMS .....</b>	<b>4</b>
<b>ONGOING LEARNER GOALS.....</b>	<b>5</b>

# ACKNOWLEDGEMENTS

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## ADDITIONAL RECOGNITION

We would also like to recognize the Board Curriculum Advisory Committee, the Fairbanks North Star Borough Board of Education and the many teachers, administrators, parents, and community members who have so willingly given of their time and expertise in the planning and revision process of this document.

# **PHILOSOPHY & MISSION STATEMENTS**

## **Philosophy**

Physical education is an essential and unique part of elementary and secondary school curriculum and is vital to every student's education and lifelong well-being. It is critical to have highly qualified physical education teachers delivering a standards-based curriculum that will assist students in adopting and maintaining healthy lifestyles. Physical education not only teaches the knowledge, skills, and confidence individuals need to be physically active and healthy, but also contributes to student success, academic achievement, and brain development. Physical education builds a foundation for balancing physical activity and healthy eating throughout a lifetime.

## **Mission Statement**

The Fairbanks North Star Borough School District will provide all students with a physical education program that reflects the National Standards for Physical Education and Alaska Standards for Physical Education taught by highly qualified, certified physical educators. In a safe and respectful learning environment, students will develop the skills for selecting, performing, and evaluating recreational and wellness activities for a lifetime of involvement.

# EXPLANATION OF TERMS

## **Alaska Content & Performance Standards (GLEs)** (Revised March, 2006)

Standards adopted by the State Board of Education for what students should be learning in core subject areas. These standards are general statements of what Alaskans want students to know and be able to do as a result of their public school experience.

<https://education.alaska.gov/akstandards/standards/>

## **Alaska Cultural Standards**

Standards endorsed by the State Board of Education that serve to encourage enrichment of the content standards. They are used as a guide to ensure that schools are aware of and sensitive to their surrounding physical and cultural environments.

<https://education.alaska.gov/akstandards/#c3gtabs-cultural>

## **Society of Health & Physical Education (SHAPE)**

SHAPE America's National Standards define what a student should know and be able to do as result of a quality physical education program. States and local school districts across the country use the National Standards to develop or revise existing standards, frameworks and curricula.

## **Benchmark**

A point of reference against which individuals are compared and evaluated. In relation to the Alaska Performance Standards, a benchmark identifies a level of expected achievement and is measured at the end of the 3<sup>rd</sup>, 6<sup>th</sup>, and 8<sup>th</sup> grades (benchmark exam). The high school benchmark equivalent, called the College & Career Readiness Assessment, is also required of students before they can receive a high school diploma.

## **Performance Objectives**

Statements that document specific, essential tasks students are expected to accomplish in a given grade level or course.

## **Ongoing Learner Goals**

Objectives that are consistently reinforced. Mastery is not assigned to a specific grade level or course.

## **Readiness Standards**

Expected indicators of student readiness for entering each grade level.

## **Guaranteed and Viable Curriculum (GVC)**

A guaranteed and viable curriculum is one that guarantees equal opportunity for learning for all students. Similarly, it guarantees adequate time for teachers to teach content and for students to learn it. A guaranteed and viable curriculum is one that ensures that the curriculum being taught is the curriculum being assessed. It is viable when adequate time is ensured to teach all determined essential content.

# ONGOING LEARNER GOALS

## K-12

These goals incorporate the standards of the Society of Health & Physical Education (SHAPE). They should be incorporated regularly throughout all physical education instruction. Mastery is not assigned to a specific grade level or course.

### **STANDARD 1**

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

### **STANDARD 2**

The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

### **STANDARD 3**

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

### **STANDARD 4**

The physically literate individual exhibits responsible personal and social behavior that respects self and others.

### **STANDARD 5**

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.