

CURRICULAR AND INSTRUCTIONAL RESOURCES FOR HEALTH & PE

Curriculum Adoption Tools

Health Education Curriculum Analysis Tool (HECAT). This tool helps LEAs conduct a clear, complete, and consistent analysis of health education curricula based on the Health Education Standards and CDC's Characteristics of an Effective Health Education Curriculum. HECAT results can help schools select or develop appropriate and effective health education curricula, enhance existing curricula, and improve the delivery of health education. The HECAT can be customized to meet local community needs and conform to the curriculum requirements of the state or school district.

<https://www.cdc.gov/healthyschools/sher/standards/index.htm>

Physical Education Curriculum Analysis Tool (PECAT). This tool is a self-assessment and planning guide developed by CDC. The PECAT is designed to help school districts and schools conduct clear, complete, and consistent analysis of physical education curricula based upon physical education standards. The PECAT analyzes outcomes, content, and assessment components of a curriculum that correspond to physical education standards for three grade levels: K–5, 6–8, and 9–12.

https://www.cdc.gov/healthyschools/physicalactivity/pdf/18_300595-A_PECAT_042619_508tagged.pdf

Evidence-Based Resources for Evaluating Curriculum

Recommended Instructional Materials System (RIMS): Searchable Database. The Utah State Board of Education provides state recommendation of instructional materials to provide the stakeholders with reviews core-related materials and to eliminate instructional materials that violate Utah Administrative Code or Utah State Board Rules. <https://delleat.schools.utah.gov/>

SHAPE America. SHAPE America offers a direct link to the effective instructional practices, curriculum and assessment tools that support 50 Million Strong. and help future professionals empower all children to lead healthy and active lives through effective health and physical education. programs. The Teacher's Toolbox is a valuable resource for curriculum, assessment, and professional learning. Some resources are only available with SHAPE America membership.

https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/Teachers_Toolbox.aspx

What Works Clearinghouse. Provides reviews of the existing research on different *programs, products, practices, and policies* in education to support educators with the information they need to make evidence-based decisions. <https://ies.ed.gov/ncee/wwc/FWW>

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Resources for Best Practices

Health Education Core Guides. The Core Guides for Health Education were created by teachers, community partners and Utah State Board of Education staff to support teachers in each grade. These guides have sample activities and reliable teacher resources for each standard. This is not intended to be curriculum, and all curriculum must be approved at the local level.

<https://schools.utah.gov/curr/health?mid=908&tid=2>

SHAPE America. SHAPE promotes and supports creative and healthy lifestyles through high quality programs in health, physical education, recreation, dance and sport, and to provide members with professional development opportunities that increase knowledge, improve skills, and encourage sound professional practices. <https://www.shapeamerica.org/standards/default.aspx>

Welcoming Schools. This resource provides diverse lesson plans, including in the areas of gender and LGBTQ inclusivity. The lessons are aligned with the Common Core Standards and are easily integrated into Social Emotional Learning (SEL) and anti-bullying programs.

<http://www.welcomingschools.org/resources/lesson-plans/>

Presidential Youth Fitness Programs The Presidential Youth Fitness Program (PYFP), managed by the National Fitness Foundation, is the national model for fitness education and assessment in schools. The program provides schools with access to best practices, including: training for educators, national youth fitness assessment standards, student recognition, grants for equipment. For more information and resources visit: <https://pyfp.org/>

High Leverage Practices. High-leverage practices are the basic fundamentals of teaching. These practices are used constantly, critical to helping students learn important content, and useful for supporting students' social and emotional development. These high-leverage practices are used across subject areas, grade levels, and contexts. <http://www.teachingworks.org/work-of-teaching/high-leverage-practices>

High Leverage Practices in Special Education. In partnership with the Collaboration for Effective Educator Development, Accountability and Reform (CEEDAR), the Council for Exceptional Children has developed a set of High Leverage Practices (HLPs) for special educators and teacher candidates. The HLPs are organized around four aspects of practice: collaboration, assessment, social/emotional/behavioral, and instruction. <https://highleveragepractices.org/>

High-Leverage and Evidence-Based Practices: A Promising Pair for All Learners. An article on how to integrate high-leverage practices and evidence-based practices. <http://www.readingrockets.org/article/high-leverage-and-evidence-based-practices-promising-pair-all-learners>

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Technology Integration

Applying Technology in Physical Education Class: Lots of Possibilities. This article describes how physical education benefits from technology integration. Examples include apps, wearable tech, virtual connections, gaming systems, and video resources.

<https://www.emergingedtech.com/2017/07/applying-technology-in-physical-education-class/>

Triple E Framework. A framework for educators to measure how well technology tools integrated into lessons are helping students engage in, enhance and extend learning goals.

<https://www.tripleeframework.com/>

Integrating Technology with Student-Centered Learning. A report to the Nellie Mae Education Foundation for the intent of expanding education beyond traditional boundaries. Student-centered learning focuses on educational practices and principles that: provide all students equitable access to the knowledge and skills necessary for college and career readiness in the 21st century, focus on mastery of skills and knowledge, and align with current research on how people learn.

<https://www.nmefoundation.org/getmedia/befa9751-d8ad-47e9-949d-bd649f7c0044/Integrating-Technology-with-Student-Centered-Learning>

Recommended Reading

The American Journal of Health Education. This is a peer-reviewed journal advancing the science of health behavior change and the art of creating a culture of well-being. Established in 1986, AJHP provides a forum for the eclectic disciplines that improve workplace, school and community health.

Journal of Physical Education, Recreation & Dance (JOPERD). This is SHAPE America's cornerstone journal, the peer-reviewed JOPERD has been continuously published since 1896. Appealing to practitioners and academics alike, it reaches 12,000 plus readers and provides a greater variety of information on health, physical education, recreation, and dance issues than any other publication in the field.

Creating the Schools Our Children Need: Why What We're Doing Now Won't Help Much (And What We Can Do Instead) by Dylan Wiliam. This book outlines a framework for evaluating new district initiatives, and guides school boards, administrators, and district leaders through a breakdown of why what we're doing right now isn't working, and what we need to be doing instead.

UDL Now!: A Teacher's Guide to Applying Universal Design for Learning in Today's Classrooms by Katie Novak. This book provides practical insights and savvy strategies for helping all learners meet high standards using the principles of Universal Design for Learning (UDL). UDL is a framework for inclusive education that aims to lower barriers to learning and optimize each individual's opportunity to learn. Novak shows how to use the UDL Guidelines to plan lessons, choose materials, assess learning, and improve instructional practice.

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Videos of High-Quality Instruction

GoNoodle. Movement and mindfulness videos created by child development experts.

<https://www.gonoodle.com/for-educators/>

Colorin' Colorado. A collection of classroom videos highlighting effective instruction of English language learners (ELLs). The videos are presented as professional development modules with related resources.

<http://www.colorincolorado.org/videos/classroom-video>

The Teaching Channel. A collection of teacher videos, strategies and lesson plans.

<https://www.teachingchannel.org/videos>