

Comprehensive Health and Physical Education Instructional Model

Purpose:

- To establish equitable instructional practices that connect the resources, standards, and assessments to accelerate student learning.
- APS Instructional Models provide content instruction that is differentiated by language proficiency levels in order to teach students the academic language necessary to engage in grade level standards.

Equitable Health and PE instruction is grounded in...				
Elements of Instruction	<ul style="list-style-type: none"> • Movement Based Instruction • Standards Based Instruction • Skill Theme, Sport Ed, Tactical, TPSR (Teaching Personal and Social Responsibility) • Learning Outcomes Focus • Both Health and PE concepts are used 			
Parts of a Lesson	<ul style="list-style-type: none"> • Warm Up • Instruction • Practice (Should be the majority of lesson) • Health Concept • Cool down/Review 			
Standards	Movement Concepts	Life Long Fitness	Relationships	How to be safe
Best Practices	Students should be moving for a majority of the time. This includes practicing skills, incorporate those skills into game play, and revising those skills after specific feedback from the instructor and/or peers.	Students should have an understanding of what it takes to keep their body healthy. This includes knowledge on nutrition and fitness. These skills will be used for the rest of their lives.	Students will be able to determine what a healthy relationship is. They will know where to go to seek out information that pertains to their health and well-being as well as who to talk to.	Students will understand that we live in a challenging world and they need to make sure that they are thinking about their actions. All actions have consequences that need to be evaluated for effective decision making
Resources	Adopted Curriculum PE Central APS PE Dropbox PE Metrics	FitnessGram Tests Wellness Portfolios Community partnerships Grant funds	APS Health Kits Healthteacher.com	Community Organizations Pacing Guides
Assessments	Skill Assessments Summative Assessments Formative Assessments Performance Assessments	FitnessGram Goal Setting Health and Activity for Life Portfolio	Bullying Program PBIS Formative Assessments	Health Assessments End of Unit Assessments
Implementation Phases				
The best practices implemented by teachers at each phase are foundational and build on each other to				

produce rigorous and relevant instruction at each phase.

Phase I	Phase II	Phase III
Pacing of one instructional strategy Classroom Management/Transitions Create Relationships in the building District PE procedures Mentee/Complete Induction	Revise and Refine from Phase 1 Unpacking the standards Increase differentiation Get involved at the building or district level Begin Cross Curricular integration Get ELA certification	Revise and Refine from Phase 1 and 2 Sharing with other colleagues Experiment with other instructional strategies Build capacity for leadership Continue Education through PD's Get involved at the state or national level