



Curriculum Advisory Council Meeting Minutes

January 4, 2021 | 3:30 – 5 p.m. | via Zoom

Members Present: Roberta Kramer, Chris Franklin, Grace Grow, Stephanie Bray, Cameron Grow, Garren Shannon, Juston Pollestad, Trish Blehm, Kelly Laird, Madison Dissmore, Jason Bledsoe, Kellie Glaze, Kellie Laird, Julie Udy, , Tina Zweigle, Lani DeBuhr

Guests: David Cofer, Kate Agnew, *PHS Health & Fitness Teachers*

New Business:

• **Comprehensive Sexual Health Education**

Roberta Kramer reported the implementation of the new Comprehensive Sexual Health Education won't create much change in the district. The key things they will need to ensure is for students to have instruction related to confirmative consent and bi-standard training. The instruction will also need to be offered twice per school year beginning 2021-22. Roberta will be discussing the changes and requirements with Fitness & Health teachers during the next LID day on January 15th.

• **Fitness II Courses (PHS Health & Fitness Department)**

David Cofer and Kate Agnew presented a proposal to offer new courses and improved courses in the Health & Fitness department at PHS. These changes and additions are designed to expose students to a variety of fitness activities they can enjoy and participate in after high school. Studies have found adults are hesitant to try different activities/sports if they have had no experience with it. The goal is to introduce students to a variety of activities available in their community with the hope it will lead to a lifetime of physical activity. Additional goals are to improve the current structure for upper grade level offerings, offering courses that target specific needs of students and to adapt to new changes concerning sexual health education.

New Courses:

PE 30 ADVANCED LIFETIME FITNESS

Prerequisite: SENIORS ONLY

**Offered: 2ND Semester
ADD FEE**

This one-semester (2nd/Spring) class is designed for SENIORS of all physical ability levels, with a focus on access to community resources that promote healthy habits and participation in activity outside of high school. The Adv Lifetime Fitness activities that will be included in the course are: tennis, ultimate frisbee, ice skating, disc golf, badminton, pickleball, softball, bowling, golf, swimming and yoga. Other activities may be included throughout the semester as well. A fitness and conditioning portion of the class will be integrated in all units. Students are expected to participate in all conditioning activities & fitness assessments, meeting ALL components of fitness.

Noted:

- We will seek teacher recommendations for the course as needed (not required) to ensure that students can handle the added responsibilities of accessing community resources off campus.
- Course fee to cover the cost of bus transportation and possible admission into facilities. Individual student cost is depended on the final number of students enrolled in each section, estimated between \$60-80 for the semester. Scholarships will be available, counselors will have details.
- Transportation: we will reserve busses well in advance for field trips within the specified class period – no other class time will be impacted. For a 2 hour round trip, bus estimates will range from \$70 - \$120 depending on distance traveled per Joe Thornton, Director of Operations.

PE 37 ADVANCED PERSONAL WELLNESS

Offered: Semester

Prerequisite: SENIORS ONLY

This advanced health course is designed to offer seniors a comprehensive curriculum focusing on health and wellness as many of them prepare for life away from home. Lessons will expand on information presented in personal wellness, a course taken during freshman year. Topics include; Fitness Planning, Nutrition, Coping with Stress, Mental Health, Sleep, Substance Abuse, Addiction, and Sexual Health. Curriculum will be designed to expand on these topics and offer up to date materials that apply to the many challenges young adults face in regard to health and well-being. This course can satisfy the health credit required for graduation.

Noted:

- Expands on personal wellness that was taught during 9th grade
- Focused on issues related to graduating seniors as they prepare for life after high school
- Offers a second year of sexual health education

Comments/Questions:

- Will there be assistance to pay fees for students whose families can't afford it?
Yes. There has been discussion on using department funds to assist students with associated fees. Roberta noted this will need to be a part of the plan to ensure equity when presenting it to the School Board. Cameron Grow suggested talking to the Booster Club to see if they could help with the fees also.
- It will be important to advertise fee assistance when courses are offered since students will be hesitant to register for the course if it isn't put out there right away their fees could be covered.
- Would the time to transport students to and from the activity location interfere with other classes?
No. In a block schedule they would be given an extended period of time to accommodate for the time. Ideally it would be a 6 period class in the event it went a few minutes long. Kate said she has taught this before in this format and didn't have any obstacles with the time factor.
- Would teacher recommendations to leave campus be required?
No. All students will be given an opportunity to participate. Leaving campus is a privilege and they will be instructed on the responsibility they will have leaving campus and representing the district. If there are behaviors identified that pose a safety risk to the student and others it will be looked at individually. Roberta said the teacher recommendation policy may need to be revised.

Estimated Fees:

Bus Transportation Needed?	Venue/Facility	Estimated Cost
Yes: 6.5 miles ~\$77.00	Zeppoz	\$5/person
Yes 24 miles ~\$121.00	Ice Skating - Moscow	\$50 / hour
No	Water aerobics/swim	free
Yes 14 miles ~\$96.00	Airway Hills Putt Putt/Driving Range & Par 3	\$5/person
Yes 5 miles ~\$73.00	Disc Gold - Sunnyside Park	Free
Yes 4 miles ~\$70.00	Sanctuary Yoga	\$5/person
Yes 22 miles ~\$116.00	Palouse Empire Gymnastics	TBD

Adjusted Courses:

PE 20 FITNESS II LIFETIME FITNESS/SPORT

Offered: Full Year/Semester

Prerequisite: PE 12 or Enrolled in grades 10-12

This one-semester class is designed for students of all physical ability levels, with a focus on promoting lifelong habits for health & wellness. The Lifetime sport activities that will be included in the course are: tennis, ultimate Frisbee, badminton, pickle ball and softball. Other sport activities may be included throughout the semester as well. A fitness and conditioning portion of the class will be integrated in all units. Students are expected to participate in all conditioning activities & fitness assessments, meeting ALL components of fitness.

PE 20 FITNESS II YOGA

Offered: Full Year/Semester

Prerequisite: PE 12 or Enrolled in grades 10-12

This one-semester class is designed to improve all fitness components through regular yoga practice and a variety of cardio activities: walk/jog, bike, step aerobics, zumba, etc. Each class period will be organized to meet multiple fitness components and strong emphasis will be placed on mental health through the practice of mindfulness and relaxation for stress relief. Through exposure to a variety of yoga styles throughout the semester, you'll be prepared to participate in community yoga classes. The walking portion will involve campus walks, on and off the track as long as the weather permits. Students are expected to participate in all conditioning activities & fitness assessments, meeting ALL components of fitness.

PE 20 FITNESS II CARDIO FITNESS

Offered: Full Year/Semester

Prerequisite: PE 12 or Enrolled in grades 10-12

This one-semester class is designed for students of all physical ability levels, focusing on fitness with an emphasis on cardiovascular fitness activities. Group activities will include weekly cardio running/biking, circuit training and weight training. Students will have access to all department facilities and equipment, but the majority of time will be spent in the fitness room. Individual and team sport activities will not be part of the curriculum and this class should be taken by those who do not like participating in traditional PE games. Students are expected to participate in all conditioning activities & fitness assessments, meeting ALL components of fitness.

Noted:

- Courses aren't new but are restructured to meet the needs of the student population better. The traditional PE model comes to a halt when you have too many students in a class with different interests. It is challenging offering activities that entice all students, the restructuring will differentiate the courses with the hope of creating more interest.
- A concern was students taking another Fitness II class and having it being repetitive. Differentiating the courses will give students new opportunities to participate in activities they are interested in.

Questions/Comments:

- All classes are under the title Fitness II. Will this pose as an issue when they are listed on a student's transcript?
Kellie Glaze said no, it wouldn't affect how colleges view a student's transcript.
- Will any of these courses become a requirement? If so, PHS would need to give up an existing requirement.
No, right now they would only be offered as elective courses. It was recommended to not make the courses a requirement.
- Kellie noted the classes would be built based on interest. During the registration process student's would specify their first, second and third choice. Kate recommended creating a tutorial video to show students how to register with the preference option.
- Will students with physical/social/emotional needs be able to fully participate in these courses?
Yes. All students will be welcome to participate and accommodations will be provided when

necessary.

- Aquatics isn't mentioned in the course description, will this no longer be offered? Juston Pollestad said they would like to drop aquatics since there continues to be low enrollment for the course. In addition, it was a difficult level course and students who couldn't swim were taking it which was challenging. Locker room supervision was also an issue at times. Juston feels they could better serve the student population with other resources and classes.
- Will nutritional literacy be a part of these courses? Maybe a component that will help young adults identify and buffer themselves against things that are not good for their bodies? Not directly. Nutrition is taught in the Health classes with a unit dedicated to nutrition. This course focuses more on how to read food labels and FDA requirements. Upper health classes expand on questions that arise in fitness courses regarding nutrition and diet. Mimmi Dissmore recommended it to be considered in the future to address the goal of helping students create healthy habits and to gain the knowledge to identify what is nutritionally good and bad for them in real life. (*protect against fad diets, false information, ect.*)

ACTION:

Roberta called for a vote on approving the Fitness II courses as presented.

Approve: 15 (*all members present*); Reject: 0

The motion to approve the Fitness II courses as presented passed unanimously.

Miscellaneous:

- Roberta noted a new psychology book may be coming up in the future.
- The ELA curriculum review/adoption has been placed on hold. This is because materials need to be tested with students in class, especially since it will be such a large purchase for the district. The review process will begin again when students are back in class.

4:20pm – Roberta Kramer adjourned the meeting.

Next Meeting: Monday, March 8, 2021 | 3:30 – 5:00pm | via Zoom