

Physical Education Curriculum Meeting

MS and HS Crossfit Collaboration

9:00 – 3:30 Soldotna Prep PD Room

Present: Adam Anders, Jeff Baker, Eric Pomerleau, Angela Brown, Joel Burns, Shannon Dwyer, Matt Fischer, Darcy Mueller, Ted Riddall, Ken Roser, Pam Rugloski, Cathy Zorbas, Al Plan, Melissa Linton, John O'Brien

The teachers reviewed and discussed the recently revised curriculum and determined the curriculum was written based on Alaska and National Physical Education and Fitness standards, not a specific program such as Crossfit. The Crossfit program is considered a core material that is used to implement the curriculum. Other supplemental programs may be used as needed and teachers determine use based on student needs and skills.

District student injury data as it relates to Physical Education classes was reviewed and discussed. Overall, Crossfit injuries happen much less than general PE injuries (i.e. injuries from dodge ball). However, teachers did note in conversation that students who do not exercise regularly, or who may be less active, do exhibit sore muscles when performing repetitions of an exercise, such as those used supported in the Crossfit program.

Communication strategies were discussed. Teachers will link outside websites within their PowerSchool account and on the PE curriculum website. Resources, videos and other materials will be added as needed so that parents and students have access to credible sources and research. It was also recommended the teachers with students present at a school board meeting in the fall, and teachers develop a survey to give to students.

Middle School teachers will develop the syllabus and course outline for advanced Middle School PE classe so there is consistency between schools within the district. Cathy Zorbas, Ted Riddall, Matt Fischer, and Adam Anders will meet in August to develop the expectations for this course. It was also agreed any MS student qualified to move to an advance PE class be required to turn in a parental consent form.

General safety and spotting expectations were agreed upon. The notes from this part of the discussion are attached.