

PHILLIP A. SHARP MIDDLE SCHOOL HEALTH AND WELLNESS REPORT

RATIONALE:

Phillip A. Sharp Middle School has accumulated a wealth of information to stress the importance of physical activity in promoting health and wellness. Physical activity and Health education are an important part of our curriculum with a strong focus on educational goals and the meeting of students' needs. Meeting physical activity standards includes both promotion of physical activity among youth and promotion of lifelong physical activity that will enhance workplace skills, fitness, and wellness associated with quality of life. Achieving lifetime physical activity standards results in learning real life skills. Higher-order skills include decision making and problem solving required to become informed, lifetime physical activity consumers.

STUDENTS:

Students in 6th, 7th, and 8th grade participate in physical education and health education for a total of 18 weeks of combined instruction.

PROGRAM DESIGN:

Phillip A. Sharp Middle School has established a sequential, developmentally appropriate curriculum to help students develop the knowledge, motor skills, self-management skills, attitudes, and confidence needed to adopt and maintain physical activity throughout their lives. The activities included in our physical and health education programs include:

- Instruction on how physical activity improves personal health and well-being;
- Aerobic activities designed to improve cardiovascular fitness on all days of the week;
- Activities designed to improve strength and flexibility on all days of the week;
- Development of motor skills through instruction in a variety of movement forms, such as circuit training, specific sports, and dance;
- Development of self-management skills, such as self-monitoring, self-evaluation, and self-reinforcement.
- Physical, social, and mental health benefits of lifelong physical activity and physical fitness;
- Competency in movement forms;
- Components of health related fitness;
- Phases of a workout;
- Safe and unsafe weight management and conditioning practices;
- Balancing food intake and physical activity;
- Personal assessment of one's own health-related fitness;
- Development of safe and effective personal activity plans;
- Monitoring progress toward achieving personal activity goals;
- Social aspects of physical activity, including practicing responsible behaviors;
- Overcoming barriers to physical activity;
- How to find valid information or services related to physical activity in the community;
- Dangers of using performance-enhancing drugs such as steroids;
- Weather-related safety; and

- Disease and injury prevention and proper emergency response.

Phillip A. Sharp Middle School uses the standards and/or curriculum framework for physical education based upon the KASC Core Content and Kentucky's Program of Studies. This framework is designed to help students gain knowledge and skills necessary for a lifetime of regular physical activity. This framework:

- Provides students with physical activity choices so they can select activities that appeal to them;
- Features cooperative as well as competitive activities;
- Meets the needs of all students, especially those who are not athletically gifted
- Develops in all students' self-confidence in their physical activity abilities;
- Eliminates practices that humiliate students, such as having captains, or choosing team members;
- Assesses students on their progress in reaching personal physical activity and fitness goals and not on whether they meet an absolute standard;
- Uses strategies to keep students active for a large part of class time (e.g., waiting in line to use equipment);
- Teaches self-management skills to help students learn how to overcome barriers to physical activity during childhood and adulthood; and
- Makes physical education an enjoyable experience for students.

EXTRA-CURRICULAR PHYSICAL ACTIVITY PROGRAMS:

Phillip A. Sharp Middle School provides every student with opportunities to voluntarily participate in extracurricular physical activities that meet his or her needs, interests, and abilities. Some activities that are offered include:

Interscholastic programs:

- Soccer, Basketball, Cheerleading, Volleyball, Cross-Country, Track, Golf, Football, Baseball, Fast-Pitch Softball, and Archery.

Intramural programs:

- Soccer, Basketball, Baseball, and Fast-Pitch Softball.
- Recreational Football

Clubs:

- Ski-club
- NJROTC
- Wildcat Club

OTHER OPPORTUNITIES FOR PHYSICAL ACTIVITY:

Phillip A. Sharp Middle School works with the Pendleton County Recreation Program, the Pendleton County Community Education Program, and the Pendleton County Cooperative Extension Agency to coordinate and enhance opportunities available to students for physical activity during their out-of-school time.