**Physical Education & Wellness System (Kit) Program**

1. To provide on-going Professional Development (PD) for Health and PE Teachers within our component districts. Examples of PD:
   1. Curriculum Development
   2. Best Practices in Student Discipline
   3. PE Plan Development
   4. Introduction of New Units
   5. Focus/Networking Groups

\*PD would be developed according to the school district’s needs

\*\*Currently Nassau County BOCES, Southern Westchester BOCES and Erie 1 BOCES all have P.D. Health and PE Professional Development Consortiums

Example: SW BOCES has approximately 40 district that each buy in for $1365.00. This cost covers their PE and Health staff for their entire district. The BOCES then hires a PE Coordinator to provide services.

1. PE System (Kit) Creation
   1. Develop kits that include a unit plan, necessary equipment regarding new and upcoming units
   2. School districts can rent out the kits without having to purchase and store equipment (like the science/health kits)
   3. Professional Development trainings would be developed for these kits
      1. Through technology
      2. On-site trainings

**Rationale**

**Meeting PE NYS Regulations: Many NYS School Districts are at a basic level**

* 107 approximately over 700 NY school districts have turned PE Plans into NYSED
  + 3 of the PE Plans out of the 700 were considered great
* Less than 5% of NYS School Districts are meeting the time mandates for PE -(NYS Comptroller’s Report, 2008)
  + \*K-3 Daily PE
  + \*K-6, 120 min/week
* School Districts Directors of PE/Athletics need support while coming into compliance with PE NYS Regulations.
  + If a school decides to create a PE Integrated Elementary Program, if not provided with proper assistance/guidance there can be a major detriment to a school district’s morale and inner workings as districts are currently experiencing (between elementary teachers, PE teachers, administration, unions)
  + For example:
* NYSED is introducing DRAFT lessons as to how to come into compliance with PE Regulations. These examples demonstrate what an Integrated PE Program should consist of. Currently, there are no School Districts in NY State who have created a program that would be considered best practice or truly Integrated PE. After the Draft is finalized the few districts that have created integrated programs have to revamp their full curriculum.

**PE/Health Teachers Need On-going and Updated Inexpensive Professional Development**

* Presently there are limited opportunities
* Professional Organizations are the main places where PE/Health Teachers are able to get PD
* Initially and Professional Certificate holders need 175 hours of PD every 5 year
* For ONE PE Teacher to go to NYS AHPERD’s Annual conference they must:
  + Pay for a membership: approx. $100
  + Pay Conference Registration: $125-$160
  + Extra Trainings: $25-$170
  + Room: $200

**Availability of “NEW ERA” PE & WELLNESS SYSTEMS (KITS):**

* Teachers will receive up-to-date Systems (Kits) that will align with NYS PE Learning Standards and be crafted to support lifetime activities, fun and FITNESS.
* Time efficiency for teachers: trainings/webinars can be developed so it is fun for teachers to reinvent their curriculum
* Website access through password providing:
  + Recordings of webinars
  + Resources to improve curriculum
  + Videos/ Instructional Tutorials (made by me) that can align with Kits
  + Links to helpful resources and materials to improve PE
* Students will be getting quality and fun units meeting NYS PE Learning Standards
* Teachers can develop a rotation of units: Variety is KEY!
* No long term storage
* Inexpensive