

BIG WALNUT

LOCAL SCHOOL DISTRICT

Curricular Change Proposal

Due by OCTOBER 18, 2021

Proposal to: ____ Add ____ Drop <u>X</u> Modify	Grade Level(s): 9,10,11,12
Course Name: Conditioning for life	Suggested Prerequisite
Course Description: Provide the students with the opportunity to enroll in a course that teaches them as well as provides time during the school day to focus on everyday fitness topics. These topics are physically focused as well as personally focused. The students will be able to acquire and perform activities that are fitness focused as well as other areas including fitness based nutrition, relaxation and stress relief, organizational strategies, as well as goal as well as other day to day personal wellness topics. This course is a less physically demanding source that offers students methods to address personal goals towards fitness.	Course Objectives: <ol style="list-style-type: none"> 1. Provide the students with the tools to focus on everyday fitness pertaining to their personal fitness goals. 2. Give the students an opportunity to practice learned techniques to develop personal fitness. 3. The students will practice techniques and methods to develop fitness, relaxation and self advocacy. 4. The students will develop goals and strategies for achieving the goals toward their personal fitness.
Rationale for Modification/Add: This course will provide an opportunity for students to participate in physical education driven curriculum that is lower physical demand and more day to day fitness of personal direction. The course will provide the students with opportunities to learn and practice methods of relaxation, nutrition, and organization that can have an impact on their fitness.	Impact on Curriculum/Sequencing: N/A
Cost: (Include initial and ongoing):N/A	Staffing Needs/Changes: n/a

Department Head Date	Principal Date
Director of Academic Achievement Date	Superintendent Date

Curricular Change Process:

- Department discussion and development of course(s).
- Complete the form and submit to administration by OCTOBER 14, 2021 .
- PAC review - considers the impact of the course and cross-curricular connections .
- District and Building Administration consider forms and feedback from PAC when making the final decision - November
- School Board will approve new courses at the second reading November/December
- Approved courses are prepared for course description book and scheduling December
- New information is shared with students and parents in January.