

# Goals In the Short Term (1-3 Years) Physical Education

**Ensure Students Have Fun Goal:** My first goal is to promote students having fun in PE with a variety of creative, fun, and inclusive activities. I'm targeting 20% more participation per school year.

## Implementation Methods:

- *Different Activity Offerings:* For different types of students, I will structure lessons based on traditional sports, outdoor, dance, and non-competitive activities to make the students feel like they are having fun.
- *Cross-Curricular Integration:* I will link to PYP and MYP values, supporting the complete child. By way of illustration, by integrating experiential and inquiry-based methods from the IB program, students will have the opportunity to research topics about personal fitness and wellbeing that are of interest to them.
- *Student Feedback:* Asking for student opinions at the start of every term will ensure they get into the curriculum. Goals: By designing several interesting lessons to the student's interests, I expect more participation and higher levels of excitement and engagement with living active lives.

## Integration of Technology Goal:

**Embrace technology** in PE for real-time feedback and student engagement (in line with IB's focus on inquiry and action).

## Implementation Ideas:

- *Video Analysis:* I will make videos of students playing their performances so that they could evaluate themselves and reflect on their performance in ways that help them develop physical ability.
- *Exercise Tracking Apps:* Providing apps for students to track their activities and establish goals for fitness will enable students to own their health. I'll also be using platforms linked to the American Core Standards to create health literacy for students.
- *Inter-Class Fitness Competitions:* I will encourage sociality and competition by hosting inter-class workout competitions on digital platforms.

**Expected Results:** I want the students to be motivated and able to think critically about how they're doing which will lead to better physical skills.

# Long-Term Aims (3-5 Years) Physical Education

*Curriculum Development* (like the 5-Year Plan I did with my co-founder for Concordia Shanghai).

*Goal:* Provide an inclusive and holistic PE curriculum centered around lifelong fitness and wellness that is culturally inclusive when it comes to health and exercise.

### **Implementation Plan:**

- *Best Practices Research:* I will do a lot of good practices research on resources that follow the IB, the British Curriculum, and American Core Standards principles. The research will guide a curriculum that is both challenging and relevant to all students regardless of background.
- *Collaboration with Others:* I will collaborate with other PE teachers and health experts to create a curriculum with different physical activities, health information, and fitness assessments for all the students.
- *Community Outreach:* Build relationships with local sports teams, clubs and health departments to give students access to exercise and community leaders. Organising after-school programs or summer sports camps, for instance, could expose students to longer-term sport and hobbies.

**Expected Results:** I see a whole PE program that aligns with the curriculum and teaches children a love for exercise. It will be determined by students' surveys, activity rates and student wellness and fitness outcomes in the entire school community whether this curriculum is a success or not.

**Directorship Objective:** To be the leader of the PE department, to help decide curriculum content and supervise new teachers.

### **Methods of Implementation:**

- *New Teachers Mentoring Program:* I would be implementing a new and younger PE teacher's mentorship program teaching best practices, lesson planning, and classroom management. I'll make resources available, and build a strong professional network, to create a collaborative environment in the PE department.
- *Professional Development:* I will lead professional development workshops on upcoming topics in PE including inclusive practices, mental health and technology integration. To encourage students to participate in continuous training will help them teach better and be more responsive to an ever-changing pedagogy.
- *Review of Program and Changes:* I will coordinate regular PE curriculum reviews to see if it is working and adapt as needed based on student results and teacher and student comments. We'll always try to make it better, so we can still be relevant and impactful.

**Expected Results:** By positioning myself as a PE leader, I want to build a collegial culture that fuels new practices and improves student learning. This project will see long-term benefit from creating a team that is focused on shared objectives with better results for our students. Physical Education (PE) I'm interested in maximizing the participation of students in PE because I deeply appreciate how important

physical activity is to overall health and academic achievement. By using various activities and technology I try to build engaging, interactive lessons that are conducive to physical activity and love to pursue lifelong participation in sports and nutrition. It's going to show us that these strategies are delivering the expected 20% rise in participation rates and, ultimately, healthier and more active students.