



# Health and Physical Education at Ashford School

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Luke Croxton and Tiffany Marrara  
Health and P.E. Teachers at Ashford School



# K-4 Health Education

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K-4 Health Education is covered in the classrooms by the classroom teachers.

I have seen the elementary children create healthy eating diagrams, my plate diagrams, and they have discussed with me hand washing, choosing healthy milk options over juice, brushing their teeth, and avoiding sweet and sugary snacks which they learned within their K-4 curriculum.

# 5th-8th Grade Health Education

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Grades 5-8 receive Health once a week.

Students are taught some topics during grades 5/6 Health and other topics are expanded upon in grades 7/8 Health.

Health class is presented in a combination format of discussion, group work, research, presentations, and sharing of information.

# 5th and 6th Grade Health taught by Mrs. Marrara

## The main topics that are focused on are:

**Healthy Eating-** Nutrition Facts Label, Essential Minerals, Food Groups, and ReThink Your Drink Lessons.

**Communication, Advocacy, and Anti-Bullying-** reading articles, reflecting on information, group discussions, presentations, and acting out “bully” scenarios.

**Social Emotional Learning and Self-Confidence Building-** Lessons on Mindfulness and Self-Reflection activities discussing strengths, weaknesses, and perseverance.

**Anti-Drug Use-** We celebrate Red Ribbon Week in the fall and invite a Red Ribbon speaker to present to the students. We use videos, worksheets, and design posters about our “Natural High” to share around the school. ( <https://www.redribbon.org/> & <https://www.naturalhigh.org/> )

**Personal Hygiene** lessons are taught in both grades under the **Personal Health Unit**.

5th Grade is taught a **Puberty Unit** where personal hygiene and puberty developmental changes are taught through the Always Changing Program. (

<https://www.always.com/en-us/puberty-education-programs-for-teachers-students-and-parents> )

# Example of lesson:

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Nutrition Facts Label Mini Project:

[https://docs.google.com/document/d/19WelqBkb6od1nHuEoAr1HztyLrr60mOSAokTH\\_Gor7A/edit?usp=sharing](https://docs.google.com/document/d/19WelqBkb6od1nHuEoAr1HztyLrr60mOSAokTH_Gor7A/edit?usp=sharing)

Student Example of a Completed Project:

<https://docs.google.com/presentation/d/1DcglGp502zFz7Uqjk3l2st0ayt204JID3HjLLVLqJu0/edit?usp=sharing>

# 7th and 8th Grade Health taught by Mr. Croxton

## The main topics that are focused on are:

**Healthy Eating-** food choices, consuming in moderation. Review nutrition facts label

**Communication, Advocacy, and Anti-Bullying-** reflecting on relationship building, how to speak to others respectfully, group discussions, jeopardy games, and interpreting real-life scenarios.

**Social Emotional Learning and Self-Confidence Building-** Lessons on Mindfulness and Self-Reflection activities discussing strengths, weaknesses, and perseverance.

**Goal-Setting-** How to develop a SMART goal and apply it.

**Anti-Drug Use-** We celebrate Red Ribbon Week in the fall and invite a Red Ribbon speaker to present to the students. We use videos, worksheets, and design posters about our “Natural High” to share around the school. ( <https://www.redribbon.org/> & <https://www.naturalhigh.org/> )

**8th Grade** is taught a **STDs and Contraceptives Unit** where personal safety is taught through a series of videos and websites that inform students about what STDs are, how you contract them, and how to prevent them. Types of contraceptives are also taught at this time.

# Connecticut Health Education Statutes & Curriculum Recommendations

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- The Health Curriculum is based off of state frameworks below:
- CT Healthy Balanced Living Framework (Recommendations per school per need)  
[https://portal.ct.gov/-/media/SDE/Health-Education/Publications/Healthy\\_and\\_Balanced\\_Living\\_Curriculum\\_Framework\\_May\\_2022.pdf](https://portal.ct.gov/-/media/SDE/Health-Education/Publications/Healthy_and_Balanced_Living_Curriculum_Framework_May_2022.pdf)
- CT Health Education Statutes  
<https://portal.ct.gov/-/media/SDE/Digest/2021-22/Healthy-and-Balanced-Living-Curriculum-Framework-03282022.pdf>

# Opt-Out Options Offered

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For our Puberty and Human Development (STD and Contraceptives Information) we offer parents multiple opportunities to preview materials and to opt out of these lessons if they wish.

We send home paper notifications, grade level newsletters, and send home ClassDojo reminders leading up to the lessons.

The letters and notifications all contain the links to the videos and packets we will use to teach the lessons.

# Physical Education

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# Pre-Kindergarten-4 Physical Education

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K-4 Physical Education is co-taught by Mrs. Marrara and Mr. Croxton.

Together we combine P.E. classes in the gym and base these units and lessons after the CT Healthy and Balanced Living Framework which also reflects the National Health and Physical Education Standards created and distributed by NASPE otherwise known as SHAPE America.

<https://www.shapeamerica.org/standards/pe/>

# Grades 5 and 6 Physical Education with Mr. Croxton and Mrs. Marrara

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Grades 5 and 6 are taught Physical Education by Mr. Croxton one day a week each and co-taught by both teachers on a second day of the week. Half of the grade at a time has PE while Mrs. Marrara teaches Health to the other half.

PE units and lessons are based on the CT Healthy and Balanced Living Framework which also reflects the National Health and Physical Education Standards created and distributed by NASPE and SHAPE.

<https://www.shapeamerica.org/standards/pe/>

# 7th & 8th Grade Physical Education with Mrs. Marrara and Mr. Croxton

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Grades 7 and 8 are taught Physical Education by Mrs. Marrara one day a week and both teachers co-teach the class a second day of the week. Mrs. Marrara sees half of the grade at a time in the gym for PE while Mr. Croxton teaches Health to the other half.

Units and lessons are based on the CT Healthy and Balanced Living Framework which also reflects the National Health and Physical Education Standards created and distributed by NASPE and SHAPE.

<https://www.shapeamerica.org/standards/pe/>

# Connecticut Physical Fitness Assessment

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The Connecticut Physical Fitness Assessment is practiced with grades K-8 to work on learning the elements of the assessment and what performing the assessments is like. We also discuss the literacy of the test, discussing the names of the tests and what parts of the body they are assessing.

We work parts of the test into multiple warm-ups and activities throughout the school year in all grades.

Fitness Assessment results for Grades 4, 6, and 8 are reported to the state of Connecticut. Their results will also be reported to the state in Grade 10.

# SOAR- Showing Others Acceptance and Respect

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Mr. Croxton and Mrs. Marrara have re-instilled the SOAR program at Ashford School! Once a month grades 1-6 meet in the gym or cafeteria to participate in an activity that is themed around the SEL word or phrase of the month. We use Adventure Education Curriculum designs to bring the grade together to perform an activity. We start and end the activity with a circle where respect, patience, cooperation, and self reflection are discussed and shared.

This is the introduction program to the WINGS program. There is WINGS, WINGS Jr., SOAR, and FLIGHT.

SOAR is also mentioned in our EdSight Fact Sheet for the district.

[https://edsight.ct.gov/Output/District/NonHighSchool/0030011\\_201314.pdf](https://edsight.ct.gov/Output/District/NonHighSchool/0030011_201314.pdf)

# Extra Events and School Spirit Building

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## Staff vs. Student School-Wide Events

Pep Rallies (Grades 5-8)

Red Ribbon Week

Field Day (Grades 1-4)

WINGS

SWINGS

FLIGHT

# More to come...

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Mr. Croxton and Mrs. Marrara are continuously adding new activities and elements to the Health and Physical Education Curriculum here at Ashford School. We work as a team to plan, design, and assess our students on a regular basis.

We both are still relatively new to the Ashford School and our curriculum is a “work in progress”. We are excited to continue to work on developing a curriculum that meets the needs of our current society and our students health and fitness needs. We look forward to continuing to develop the students into health and fitness educated individuals of the future.