



## Workshop objectives and outcomes

Health Enhancement/Physical Education is a discipline with a sophisticated structure that has an organized scope and sequence which attempts to accommodate individual needs. State and federal law require that the needs of all students be met. In an effort to meet these regulations and to provide the best possible program for all students, physical educators have found that student-centered curriculums result in effective programs and positive attitudes on the part of all participants. Walking and bicycling are effective tools to combat diabetes and obesity which are the two most common diseases threatening children today. Acquiring traffic skills allows children to make healthy transportation choices.

The purpose of this online class and face to face workshop is to familiarize participants with the *Journeys From Home* curriculum and the community comprehensive plan. This curriculum is directed toward the education of children during the school day or in a recreation setting. The workshop will clarify what skills can be taught, when they should be taught, and in what ways they might be taught.

Specific objectives:

To clarify for students, staff, and community, the mission and elements of the School District's Health Enhancement curriculum.

To define which learner outcomes or objectives teachers have a responsibility to cover and will be held accountable for.

To define what students should learn at each grade level.

To define how this particular curriculum is organized in an effort to maximize efficient use of time and implement important content variations.

To maintain reasonable consistency within a School District's offerings so that students receive similar content.

To establish a common base from which local educators individually, and in a group, can plan for instruction.

To identify resources that teachers may use to meet specific outcomes and thus enhance the quality of instruction and reduce preparation time.



At the completion of the Workshop the participant will be able to:

***Administrative skills***

Recognize developmentally appropriate activities related to traffic education  
Distinguish between child friendly and un-friendly areas around the school  
Know and understand the principles that guide the movement of traffic  
List the most common child behaviors or characteristics that lead to injury  
List the most common crash types on or near the street  
List countermeasures to eliminate or reduce the incident of conflict and injury  
in the areas of education, engineering, environment, and enforcement  
Implement a comprehensive traffic education program  
Develop a Community Action Plan

***Physical skills***

Stop at the edge and look before crossing  
Select and fit a bicycle helmet  
Identify a properly sized bicycle  
Operate essential safety equipment  
Demonstrate proficiency while riding in a defined area  
Display proper braking techniques  
Demonstrate the proper technique for dodging rocks and potholes  
Scan to the rear without losing control of the bicycle  
Look back, signal, quick look, change lanes  
Demonstrate ride-through, right and left turns in traffic at an intersection  
Work with a small group of individuals on the street