

STEM Choice Programs CTE Health/Fitness

3900 Broadway
Everett, WA 98201
www.everettsd.org





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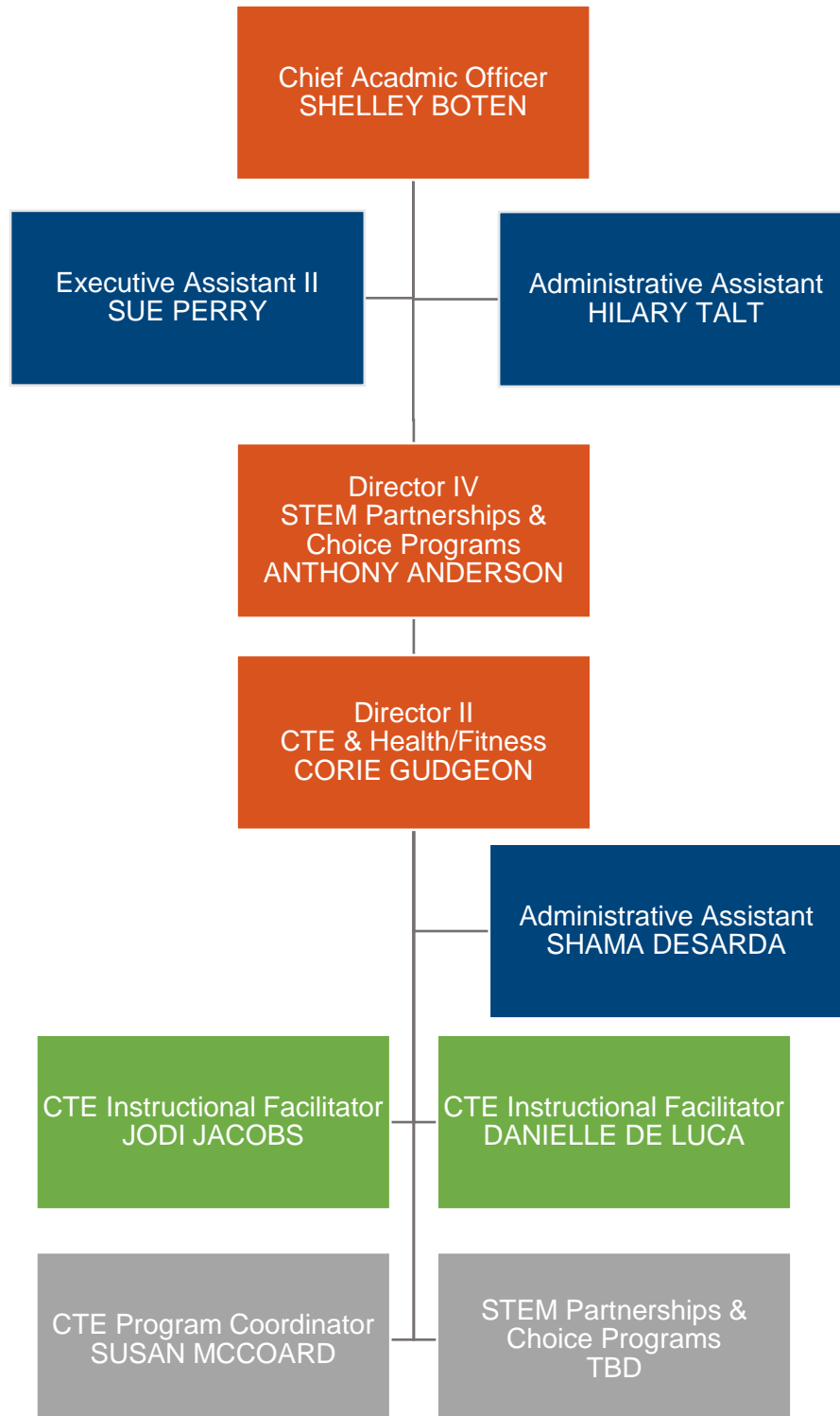
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SCIENCE, TECHNOLOGY, ENGINEERING AND MATHEMATICS (STEM) OVERVIEW

Everett Public Schools' strong early learning through high school STEM education prepares each student for the opportunity to access regional high-demand careers and contribute to the vitality of their families, community and local economy. STEM literacy is key to active citizenship in an increasingly technological world.

The district's STEM learning opportunities provide for in-depth knowledge and integrated STEM (science, technology, engineering and mathematics) experiences. The district's in- and out-of-school STEM activities are standards based while also contextualized to the local region by way of community partnerships.

Everett Public Schools provides STEM opportunities for *each* student in preparation for college, career, and life.





Technology
Science
Engineering
Math



**STEM opportunities
for each student** in
preparation for college,
career and life

Science and Engineering

A continuum of coordinated curriculum

Students in the district begin learning about science and engineering as early as pre-school. Their science and engineering experiences continue through high school and build upon what they learn year-to-year. Each student's understanding of life, physical and earth science grows richer and deeper. Further, to encourage students with interests or strengths in sciences, technology, engineering, arts or mathematics fields, we opened two new STEAM academies at Madison and Woodside Elementary Schools. STEAM topics are integrated into all aspects of learning, including reading, writing, and social studies.

This progression of student learning matches the Next Generation Science Standards (NGSS). Washington state adopted NGSS as the science learning standards for all students in 2013, at which time our district began the transition to NGSS. This work ensures graduates have solid understanding in science and engineering. It gives students a strong foundation for college, career and life — especially in an increasingly scientific and technological world.

Engineering integrated with science

The NGSS are unique as they guide students to engage with both science and engineering. Students discover the thrills of engineering by using complex thinking to tackle real world problems. When learning is relevant, students get excited about learning. Engineering challenges may include cleaning up an oil spill or designing an artificial limb for a person who has lost an arm. Students have opportunities to work directly with their community. They may study wetlands in their neighborhood and work with professionals to restore wildlife habitat. They study the science of materials and geometry to design a bridge strong enough to withstand an earthquake.



Science and Career & Technical Education (CTE)»

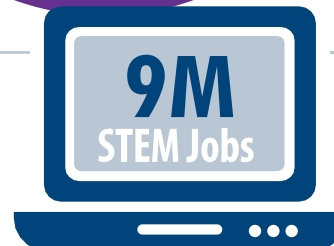
In our science and engineering classes, students learn about leadership, 21st Century Skills and the skills needed by certain industries. These are among the elements of CTE classroom learning. Because many middle school science classes meet CTE standards, students can earn high school CTE graduation credits while in middle school.



“...when learning is relevant, students get excited about learning.”

STEM Stats

Referenced from Washington STEM 2017 Fact Sheet & the Washington State STEM Education Alliance 2018 Report Card



The U.S. will have 9 million **STEM related job openings** by 2022.

Career and Technical Education (CTE)

Real world connections

The district's CTE courses emphasize academics as well as real world and real-life skills. CTE courses introduce students to regional careers in high demand. In today's economy, most of these careers are STEM-related careers. To open pathways to opportunity, CTE learning aligns with both industry and academic standards. Students may choose to pursue a range of credential opportunities after high school. These can include certificate and apprenticeship programs and associate and bachelor degree programs.

21st Century Skills

To succeed in college, work and life, students not only require academic knowledge, but also attitudes and skills that allow them to adapt to an ever-changing world in pursuit of their goals. STEM experiences support students to engage in:

- Communication
- Collaboration
- Citizenship
- Creativity
- Critical Thinking
- Growth Mindset



School-based

learning » CTE courses integrate academic and industry standards. CTE courses include Manufacturing, Biotechnology, Graphic Design, Sports Medicine, Engineering and Computer Science.

Extended learning » What students learn in school is enriched by learning experiences outside of school. The district offers after-school programs in which students improve academically and discover their passions for learning and careers. These programs include the district's robust K-12 robotics program. Career and Technical Student Organization (CTSO) chapters thrive at each middle and high school. Students practice leadership, engage in competitions and explore career possibilities through CTOS including Technology Student Association, DECA, Health Occupations Students of America, Educators Rising and Future Business Leaders of America.

Work-based learning » Working with industry professionals, student connect what they are learning in school-to-career possibilities in this region. The interactions with positive adult mentors at their places of work help students gain strong understanding of the knowledge and skills to succeed in careers and education after high school.

Employer partners » The district is grateful for the expertise and generosity of employer partners. They help to advise our course content and are invaluable mentors for students and teachers.



Washington state ranks
second in the nation in the
concentration of STEM jobs.



In 2017, **62% of Washington voters**
had heard of STEM, almost double
the percentage in 2013 (32%).

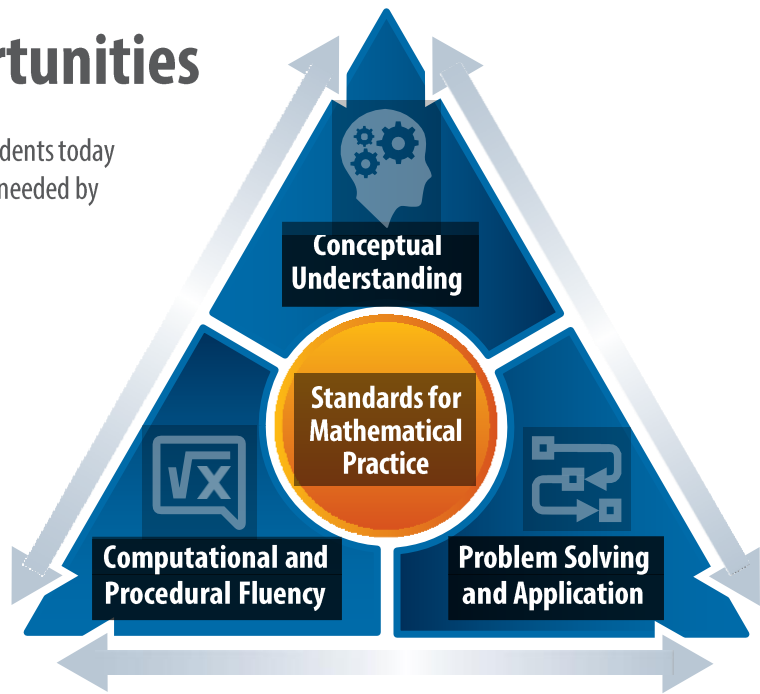
Foundation for accessing opportunities

Strong math skills have never been more important than they are today. For students today to succeed in careers of tomorrow, they need math skills far beyond what was needed by students of the past.

This is why the district's math curriculum begins in pre-school – and each year learning builds upon the previous years.

At the heart of district math teaching and learning is the district's Balanced Math Model. This structure of teaching and learning math ensures each student gains a solid math foundation. Teaching and learning math this way builds each student's understanding of concepts, procedures and mathematical problem-solving. These understandings are a foundation for student success in college, career and life.

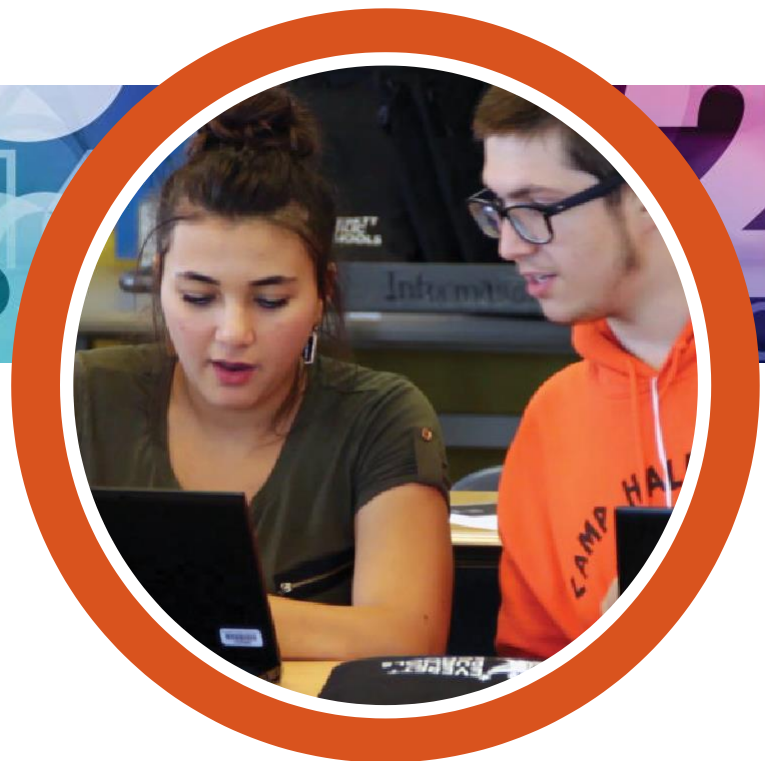
The curriculum in our schools aligns with the Common Core State Standards, which are also Washington's mathematics K-12 learning standards.



Mathematics in STEM » Solid math education helps grow scientists and engineers – and it is an essential skill for a citizenry that thinks creatively and critically.

The district's math curriculum aligns with Career and College Ready Standards, preparing students for:

- **Mathematics for life**
- **Mathematics for the workplace**
- **Mathematics for the scientific and technical community**



Career Connected Learning

College, career and life ready



Our district's graduates are college, career and life ready. They have the academic knowledge, attitudes and skills to successfully transition to life choices after high school. These choices may include college, workforce training or careers. Their learning and experiences in the district prepare them to adapt to an ever-changing world as they pursue life goals.



Career Awareness

Learning about work» Students build awareness of the variety of careers available and the role of postsecondary education.

Career Exploration

Learning for work » Students explore career options for the purpose of motivating and informing their high school and postsecondary education decisions.

Career Preparation

Learning through work» Under the supervision of industry/community professionals, students apply learning through practical experience and continue to develop knowledge and skills necessary for success in careers and postsecondary education.

Career Pathways

Program vision » After completing core high school coursework, students have the opportunity to enter a career pathway and gain the academic, technical, and workplace knowledge and skills allowing for seamless continuation to postsecondary credentials.



**Aerospace
& Advanced
Manufacturing**



**Energy &
Sustainability**



**Medical &
Health Careers**



**Information &
Communication
Technology**



**Education
Careers**

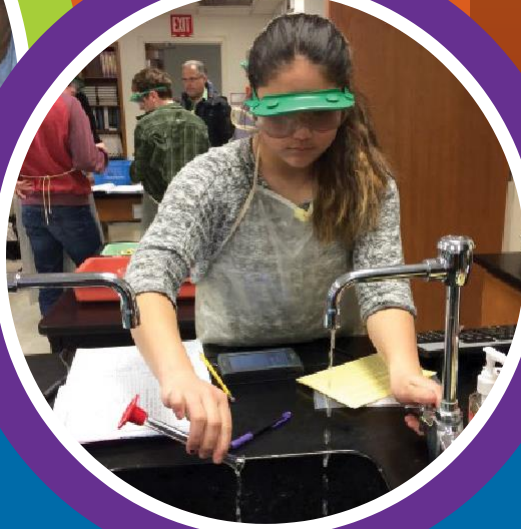


**Business and
Professional
Services**



The solution to our economy and social challenges is the same: creating a viable and sustainable economy that creates good jobs. And there is a general agreement as to what that new economy must be based on. One word: Innovation."

AUTHOR TONY WAGNER, CREATING INNOVATORS



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Mission – *Inspire, educate, and prepare each student to achieve to high standards, contribute to our community, and thrive in a global society.*

Vision – *Our students will lead and shape the future.*

The district shall provide equal educational opportunity and treatment for all students in all aspects of the academic and activities program without regard to race, color, national origin, creed, religion, sex, sexual orientation, gender expression, gender identity, veteran or military status, the presence of any physical, sensory or mental disability or the use of a trained dog guide or service animal by a student with a disability.

Designated to handle inquiries about nondiscrimination policies are:

- **Affirmative Action Office** – Randi Seaberg, rseaberg@everettsd.org, 425-385-4104
- **Title IX Officer** – Mary O'Brien, MO'Brien@everettsd.org, 425-385-4106
- **504 Coordinator** – Becky Ballbach, rballbach@everettsd.org, 425-385-4063
- **ADA Coordinator** – Becky Clifford, rclifford@everettsd.org, 425-385-5250

CHOICE PROGRAMS

In direct adherence to our Strategic Plan, the district has a growing offering of Choice Programs. These programs are designed to provide ALL our students the opportunity to participate in creative learning experiences that would typically be unavailable to them. Students must apply and be selected through a Lottery Process, conducted in March, and completed by mid-April of each year.

A committee of no less than 5 members will review each applicant and place them at a choice program until the program at the school is filled, with priorities given to applicants in the school building attendance area. If a program has more first choice applicants than available seats, applicants are assigned through the lottery selection process according to approved preferences in the following order:

1. Resident student at the school where the program is located
2. Siblings of resident students already in the program
3. In district, out of attendance area students
4. In district, out of attendance area siblings of students in the program
5. Student(s) of an Everett Public Schools employee

The choice programs are:



STEAM Academy (K-5) - While currently in its pilot phase, the STEAM academy integrates science, technology, engineering, art and mathematics into all aspects of learning, including reading, writing and social studies. This program is currently for enrolled students at Madison and Woodside Elementaries.



Dual Language Spanish Immersion (K-5) This program provides an environment for students to develop a higher level of bilingualism and biliteracy skills in both English and Spanish, to become culturally competent and have grade level academic success in both languages. This program is currently being offered at Emerson Elementary.



Everett Virtual Academy (K-8) (EVA) - EVA is a 100% remote learning program for students in kindergarten through 8th grade. The program is designed to engage students in grade level content and learning standards through a combination of live, instructional blocks through Zoom and to access online curriculum and resources through Canvas.



Lighthouse Elementary Cooperative (K-5) - This K-5 program features standard district curriculum with an overlay of parent involvement. Classroom teachers and families work together weekly, building a strong community of students, families, and staff as children move through all six grades with the same classmates. This program is currently offered at Jefferson Elementary.



Sequoia High School (Grades 9-12) - Sequoia High School is an alternative 8-term school supporting approximately 200 students, which a class size of 15 students or fewer. As a choice program, each student is required to successfully complete CONNECTED (a 24-hour course that helps teach and develop the skills for success, learning about our school and how it works prior to being enrolled in content classes.



Port Gardner Parent Partnership School (K-12) - Port Gardner is a parent partnership program, where parents/guardians are the primary educators of their children. The program is a blend of on-site classes taught by our teachers, and remote classes taught by parents/guardians in the home. On-site courses include both core academic areas and electives. Our students can earn EPS diplomas upon graduation.



OnlineHS (Grades 9-12) - OnlineHS is available to enrolled HS students and courses are 100% asynchronous; students may complete course work on their own schedule. All course work and lessons are provided in Canvas, though teachers are available for questions or meetings. Students can take classes as part of their 6-period school day while enrolled at no cost or as additional classes beyond the 6th period day for a fee.

CAREER AND TECHNICAL EDUCATION (CTE) OVERVIEW

The district's Career and Technical Education (CTE) program emphasizes academics as well as real-world and real-life skills. Our district's CTE program introduces students to regional careers in high demand. In today's economy, most of these careers are in STEM-related fields. To open pathways to opportunity, CTE learning aligns with both industry and academic standards. Students may choose to pursue a range of credential opportunities after high school. These can include certificate and apprenticeship programs, and associate and bachelor's degree programs.

In the past, CTE courses - traditionally known as vocational courses - were purely technical in nature. Today's CTE courses integrate both academic and industry standards. The majority of Everett Public Schools' CTE courses include equivalencies to core academic courses.

Career and Technical Student Organizations (CTSOs) enriched students' classroom learning by experiences outside of school. The district offers after school, or extended learning programs in which students improve academically while discovering their passions for learning and careers. Career and Technical Student Organization (CTSO) chapters thrive at each middle and high school. By participating in CTSOs, students practice leadership, engage in competitions, and explore career possibilities.

CTE programs are funded through apportionments from federal funds (Perkins) as well as Washington state CTE funds.

The Career Technical Education (CTE) General Advisory Council helps plan the training of our future workforce. The CTE General Advisory Council includes representatives from regional, high-demand industry sectors, and their guidance helps to ensure students are learning the most current workplace skills. Council members provide strategic direction, context and information that define and refine the district's STEM and CTE programs. Council contributions may include:

- Strengthening the partnerships with industry, business, and labor
- Identifying and validating academic and occupational competencies
- Reviewing goals, objectives and programs and then recommending priorities
- Reviewing and refining communication for students, parents, employers and the community

Career Pathways



Program vision » After completing core high school coursework, students have the opportunity to enter a career pathway and gain the academic, technical, and workplace knowledge and skills allowing for seamless continuation to postsecondary credentials. Students can then transition to the workplace or continue to pursue graduate programs.



**Aerospace
& Advanced
Manufacturing**



**Energy &
Sustainability**



**Medical &
Health Careers**



**Information &
Communication
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**Education
Careers**



**Business &
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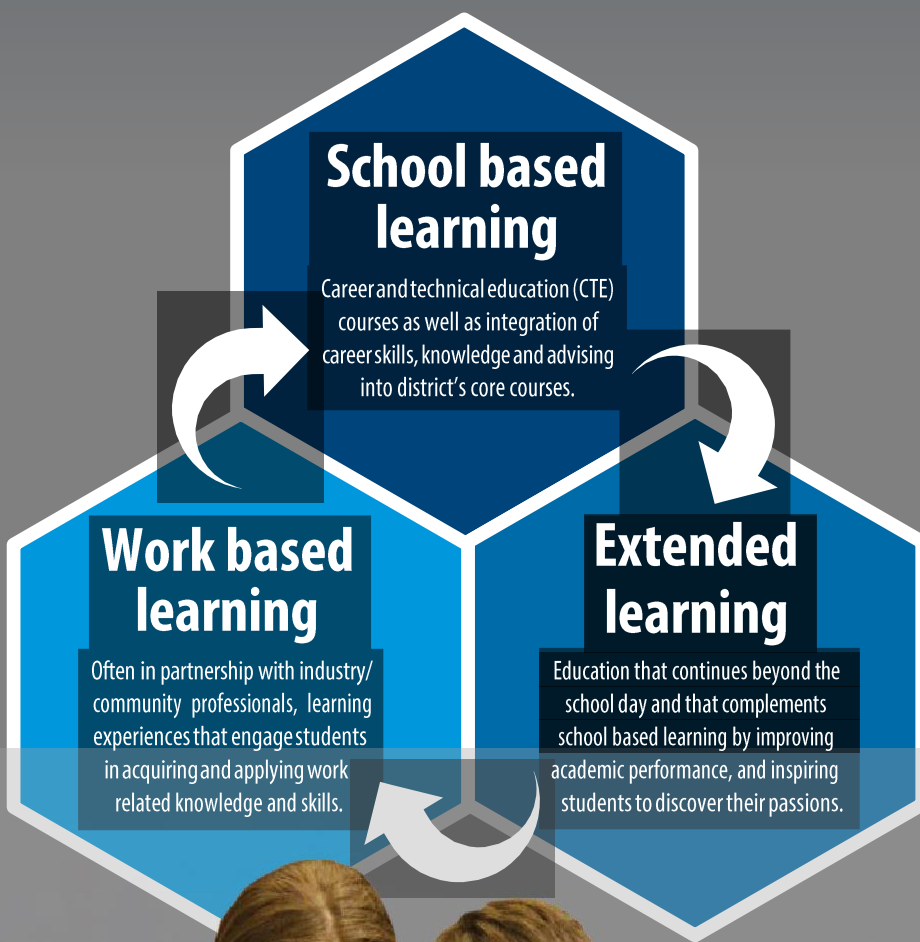


Elements of Career Connected Learning

Everett Public Schools students will graduate career ready with:

- Jobs and work skills, knowledge, and relationships
- Awareness, passion, and interest for career opportunities
- Understanding of career credentials and how to access pathways

In partnership with business, industry, government, nonprofit and post high school education and training organizations, Everett Public Schools will establish and provide students' guidance along a K-12 continuum of in- and out-of-school learning experiences with emphasis on regional high-demand and high/middle skill career opportunities.



Career Pathway Readiness Opportunities



Medical & Health Careers



School based learning

Career and technical education (CTE) courses as well as integration of career skills, knowledge and advising into district's core courses.

Core Courses	Exploratory Courses	Advanced Courses	Skill Center Courses
Algebra 1 and 2	Anatomy and Physiology	AP Psychology	
Biology	Biotechnology		
Chemistry	Family Health		
	Nutrition 1 and 2		
	Sports Medicine 1, 2 and 3		



Extended learning

Education that continues beyond the school day and that complements school based learning by improving academic performance, and inspiring students to discover their passions.

- Health Occupations Students of America (HOSA)
- Technology Student Association (TSA)
- Skills USA



Work based learning

Often in partnership with industry/community professionals, learning experiences that engage students in acquiring and applying work-related knowledge and skills.

- Medical Careers Internship
- Sports Medicine Internship

For more information regarding Everett Public Schools Career Pathways, please contact careersconnected@everettst.org; each high school's career specialist and counselors can review this document with students and families.

Document updated: May 2018

Pathways to Medical & Health Careers

Medical and health careers are all about helping others lead health and productive lives. With the aging population and other factors, the number of people in need of care is growing quickly, meaning that the number of jobs in the medical field is forecast to grow.



High School Opportunities

Apprenticeships

- Dispensing Optician (Joint Apprenticeship and Training Committee)
- Medical/Dental Assistant (Washington Association of Community and Migrant Health Workers)

Sample Careers in Our Region

- Dispensing Optician 🟢
- Medical Assistants 🟢
- Dental Assistants 🟢

Certificates

- Clinical Lab Assistant
- EMT
- Health Unit Coordinator
- Nursing Assistant

Sample Careers in Our Region

- Dental Assistants 🟢
- Massage Therapists 🟢🟢
- Medical Assistants 🟢
- Phlebotomists 🟢

2-Year Programs

- Dental Assistant
- Diagnostic Ultrasound 🟢
- Nutrition 🟢
- Physical Therapy Assistant

Sample Careers in Our Region

- Dental Hygienists 🟢🟢🟢
- Occupational Therapy Assistants 🟢🟢
- Physical Therapy Assistants 🟢🟢

4-Year Degrees

- Nursing
- Kinesiology
- Psychology
- Biology

Sample Careers in Our Region

- Occupational Therapists 🟢🟢🟢
- Registered Nurses 🟢🟢🟢
- Speech Pathologists 🟢🟢🟢
- Dentists 🟢🟢🟢

SKILLS

- Social perception
- Service orientation
- Strong math & science skills
- Good decision-making
- Active listening

TRANSFER

🔗 = Transfer degree only

SALARIES

💰 = Max \$25/hr
 💰💰 = Max \$26-40/hr
 💰💰💰 = Max > \$40/hr

For more information regarding Everett Public Schools Career Pathways, please contact careersconnected@everettst.org; each high school's career specialist and counselors can review this document with students and families.

Document updated: May 2018

Career & Technical Education (CTE) - Courses

Course Options for Grades 9-12

Agriculture Education & Science

- ☐ AP Environmental Science **
- ☐ Energy & Sustainability Internship
- ☐ Sustainable Agriculture

Business & Marketing & Computer Programming

- ☐ Accounting I, II
- ☐ Business & Finance
- ☐ Business Law *
- ☐ Business Operations (School Store)
- ☐ Economics *
 - ☐ AP Macroeconomics *
 - ☐ AP Microeconomics *
- ☐ Entrepreneurship
- ☐ Foundations of Business & Marketing
- ☐ Social Media Marketing
- ☐ Publications I, II, III, IV ***
- ☐ Business & Professional Services Internship
- ☐ AP Computer Science A *
- ☐ AP Computer Science Principles ****
- ☐ Computer Applications
- ☐ Cybersecurity and Networking
- ☐ Computer Programming through Graphics and Animation I & II
- ☐ Web Design

Family & Consumer Sciences and Human Services

- ☐ AP Psychology *
- ☐ Child Development
- ☐ Family Health *****
- ☐ Independent Living
- ☐ Introduction to Early Childhood Education
- ☐ Introduction to Education
- ☐ Nutrition and Food Prep I, II
- ☐ Nutrition and Wellness

Health Sciences & Medical Careers

- ☐ Anatomy & Physiology **
- ☐ Biotechnology **
- ☐ Home Care Aide
- ☐ Intro to Health Science Careers
- ☐ Medical Terminology **
- ☐ Sports Medicine I, II **

Work-Based Learning

- ☐ Career Choices
- ☐ Worksite Learning Experience
- ☐ Worksite Learning Internship
- ☐ Worksite Learning Volunteer



Skilled & Technical Sciences

- ☐ AP Studio Art: 2-D Design ***
- ☐ AP Studio Art 3-D Design ***
- ☐ AP Studio Art: Drawing ***
- ☐ Digital Photography I, II ***
- ☐ Foundations of Manufacturing
- ☐ Graphic Design I, II, III ***
- ☐ Robotics & Mechatronics **
- ☐ Robotics Technology **
- ☐ Technical Theatre I, II, III
- ☐ Video Game Design/Programming I
- ☐ Video Production I, II, III
- ☐ Communication & Information Technology Internship
- ☐ Automotive Maintenance
- ☐ Automotive Technology
- ☐ NJROTC I, II, III & IV

STEM

- ☐ AP Physics **
- ☐ Astronomy & Aerospace Engineering **
- ☐ Engineer Your World **
- ☐ Physics in the Universe **
- ☐ Engineering Internship

- ☐ * Social Studies Equivalency
- ☐ ** Science Equivalency
- ☐ *** Fine Arts Equivalency
- ☐ **** Math Equivalency
- ☐ ***** Health Equivalency

Career & Technical Education (CTE) - CTSOs

Career and Technical Student Organizations

Automotive

- SkillsUSA



Business & Professional Services

- Future Business Leaders of America (FBLA)



- Distributive Education Clubs of America (DECA)



Communication & Information Technology

- Technology Student Association (TSA)



- Robotics SkillsUSA



Health Sciences & Medical Careers

- Health Occupations Students of America (HOSA)



- Family, Career and Community Leaders of America (FCCLA)



- Washington Career and Technical Sports Medicine Association (WCTSMA)

WCTSMA



Education

- Educators Rising



Energy & Sustainability

- TSA



- National FFA Organization (Future Farmers of America)



Engineering & Manufacturing

- TSA Robotics



Naval Science (NJROTC)

- Navy Junior Reserve Officers Training Corps (NJROTC)



Career & Technical

The logo for Everett Career Link features a stylized 'C' and 'L' in blue and orange, followed by the text 'EVERETT CAREER LINK' in blue and orange.

EVERETT CAREER LINK

Everett Career Link – Summer Programs

Everett Career Link is a partnership between Everett Public Schools, Snohomish STEM, the City of Everett, and regional Employers. These courses run for six weeks during Summer school and focus on regional in-demand careers with global career awareness, and allow students to take virtual worksite tours, attend employer presentations and panel discussions, and view real-world projects connected to local career opportunities.

Benefits to students include:

- Exploration of career options in various fields
- Build community connections and networks by connecting with students from across the district and employers from across the region
- Enhance employability and 21st Century skills
- Inform and motivate course and career planning
- Boost resume and college application

Summer Exploration Program



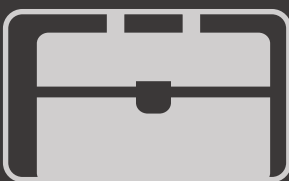
- Virtual course for current grade 8 and 9 students
- Provides students with the opportunity to view career options in clusters aligned with their abilities, interests and personalities
- The 6-week summer course is focused on supporting in-coming freshman and current freshman with an intentional effort to recruit students who can benefit from additional guidance prior to entering high school.

Summer Mentorship Program



- Virtual course for current grade 10 and 11 students
- Groups work closely with a mentor to discuss solutions and ideas while applying problem-solving, collaboration, project management, human relations, presentation skills, and networking skills.

Summer Internship Program



- 90-hour in person job internship for current grade 11 students
- The program gives students a chance to “learn before they earn” by showing what it is like to work in a specific job or work environment while earning credit.
- The internship program is targeted towards current sophomores and juniors from all four high schools.

SEXUAL HEALTH

In today's world, we are very aware that many students receive information from friends, the media, and social media, though it is not always completely accurate, however, if students have medically accurate and up-to-date information along with the support of trusted adults such as parents/guardians and teachers, most students will make good decisions for themselves about sexual health issues.

As a Washington State K-12 school district, we are required to provide a comprehensive sexual health education to all students (students in grades K-3 require only SEL instruction. The District's Sexual health plan falls directly inline with the state's Healthy Youth Act, which requires a medically and scientifically accurate and age-appropriate instruction be taught to our K-12 students, and the AIDS Omnibus Act (instruction in grades 5-12 only), which requires we teach students which behaviors place a person dangerously at risk of infection with AIDS and methods to avoid such risk.

By state law, comprehensive sexual health education must be taught at least twice over two grade bands for middle and high school students. We currently teach it across all 3 grade bands for middle school, in Family Health class in grade 9 and again in College and Career Readiness Seminar class in grade 12.

Our comprehensive sexual health education is age and grade appropriate, and aims to:

- Improve knowledge and skills that support healthy relationships
- reduce dating and intimate partner violence
- protect against child sexual abuse
- decrease incidents of homophobic-related bullying and harassment
- reduce risky sexual activity, unintended pregnancies, and sexually transmitted infections.

For our grades 6-9 students, we use the Get Real curriculum, which encourages students to have engaging conversations with their parent or guardian at home. For our grade 5 students, we use the KNOW HIV/STD Prevention Curriculum model, which is medically accurate, promotes positive attitudes about abstinence, and develops refusal skills.

All families are provided with an opportunity to review the curriculum digitally, and, if necessary, may make the decision to opt their student out if they feel that is the right choice for their family.

Sexual Health Grades K-12



Grades K-3

Focus on Social Emotional Learning, includes managing emotions, establishing healthy relationships and making responsible decisions

Grades 4-12

Focus on Affirmative Consent and Bystander Training

Comprehensive Sexual Health Curriculum:

Is age and culturally appropriate.

Uses information that is medically and scientifically appropriate.

Supports an inclusive classroom by utilizing gender neutral language.

Enlightens people to develop and apply health-promoting behaviors, including disease prevention and detection.

Includes HIV/AIDS education, beginning in grade 5.

Stresses that abstinence from sexual activity is the only certain way to avoid pregnancy and to reduce the risk of STDs, including HIV.

Recognizes and respects people with differing personal and family values.

Teaches youth that learning about their sexuality will be a lifelong process as their needs and circumstances change.



Sexual Health

Grades 5-9



Grade 5

1. HIV/STD Prevention
2. Human Growth & Development (age-appropriate growth and puberty)
3. Healthy Relationships
4. Consent & Bystander Training

Grade 6

1. Communication & Refusal Skills
2. Relationships & Boundaries
3. Male Anatomy & Reproduction
4. Female Anatomy & Reproduction
5. Puberty
6. Abstinence
7. Decision Making & Values
8. Bystander Training
9. Affirmative Consent

Grade 7

1. Media Literacy & Sexuality
2. Sexual Identity
3. Creating a Safe School Environment
4. Deciding About Sexual Behavior
5. Defining & Maintaining Abstinence
6. Introduction to Sexually Transmitted Infections
7. Introduction to Protection Methods
8. Bystander Training
9. Affirmative Consent

Grade 8

1. Healthy & Unhealthy Relationships
2. Addressing Obstacles to Abstinence
3. Comprehensive Protection Methods
4. STI/HIV Transmission
5. Living with HIV
6. Refusal Skills
7. Goals & Decision Making
8. Bystander Training
9. Affirmative Consent

Grade 9

1. Reproductive Anatomy
2. Gender, Sex & Shared Responsibility
3. Sexual Identity
4. Reasons & Methods for Preventing Pregnancy
5. Defining & Maintaining Abstinence
6. Preventing STIs & HIV
7. Sexual Risks & Low-Risk Intimacy
8. Negotiating Postponement & Protection
9. Social Media Literacy & Sexuality
10. Healthy & Unhealthy Relationships
11. Sexual Assault Awareness Reporting & Prevention
12. Assessing Risk & Accessing Sexual Health Care
13. Affirmative Consent

The following four premises are built into the curriculum:

1. Sexual health is an integral part of health education.
2. Parents and other caring adults are students' primary sexuality educators.
3. Relationship skills are a key element of a comprehensive sexuality education curriculum.
4. While abstinence from sex is the healthiest choice for avoiding sexually transmitted infections and unintended pregnancy, adolescents require a comprehensive understanding of sexual health, sexuality, and protection methods, needed when they become sexually active.

HEALTH / FITNESS

Everett Public Schools recognizes the connection between academic success and physical fitness among our children. Through community collaboration and partnerships, we will serve as a catalyst for change as we move toward reducing youth obesity and increasing the number of students graduating from high school empowered with strategies for staying fit for life!

In our Elementary and Middle school PE classes, we work hard to focus on teaching gross motor skills to help our students develop those lifetime healthy habits. Washington state legislature requires that we provide at least 100 instructional minutes to all our students in grades 1-8 on a weekly basis, and one credit course (or equivalent) for each grade in our high school grades 9-12. To meet graduation requirements, all high school students must have 2 credits of Health/Fitness with a breakdown of:

- .5 credits of Health
- 1.5 credits for PE/Fitness

Our .5 credit Family Health Class is a Washington State Required Graduation Credit for all grade 9 students. This class is designed to prepare students for lifelong problem solving, critical thinking, and management skills related to health and wellness issues impacting families. The primary goal is to enable students to develop healthy lifestyles for themselves and others by focusing on healthy choices and living a productive, satisfying life.

We are happy to have a partnership with both the Peacock Foundation and the Everett Rowing Association, which provides our middle and high school students with 20 erg machines to use for three weeks as they rotate from school to school throughout the year.

Online PE

Online PE options are currently only available to high school students Courses include:

- Physical Education 1
- Lifetime Sports
- Walking

Excused / Waivered Health and Fitness

State law does allow students to be excused from physical education, but they will be required to substitute equivalency credits in accordance with policies of boards of directors of districts.

- High school students in Everett Public Schools may apply for a Physical Education Competency Credit. This opportunity is available to students who cannot complete the state-required 1.5 credits of physical education due to other rigorous academic responsibilities (Running Start, Sno-Isle Skills Center, or a heavy AP academic load).
- Middle School Students wanting to earn high school credit through Spanish, Computer Apps or in addition to another elective (Music or Unified Arts).

(Please note that this process is under revision to replicate the high school's process.)

Health & Fitness Elementary

Trimester One

Students focus on four essential questions:

What is Fitness?
What is my individual fitness level and how do I measure, maintain, and improve my fitness?
Which motor skills are necessary to improve my fitness?
What importance does safety and sportsmanship rules play in PE?

Skills/Activities:

Five components of Fitness activities-
Cardiorespiratory
Muscular strength and endurance
Flexibility
Body Composition
Aerobics for cardiorespiratory endurance

Functional Training skills

Locomotor and non-locomotor skills
Team and individual sport skills (soccer, football)
Recess games (tetherball, kickball, etc.)

Care of equipment, classroom rules, cooperation and responsibility, emergency procedures, and safety

Trimester Two

Students focus on four essential questions:

How do my food choices affect my overall health?
How do goals help improve my fitness and why does physical training improve my health?
How does improving my motor skills affect my fitness level?
How do improved motor skills lead to my enjoyment of sports and fitness and how do my food choices and the activities I do affect my feelings?

Skills/Activities:

Food for energy and health
Heart rate training
Goal setting

Functional training skills
Circuit training
Fitness measurements
Pedometers

Team and Individual sports skills (basketball, floor hockey, gymnastics, scooter)
Lifetime activity examples (jump rope, manipulatives, rhythms and dance)

Trimester Three

Students focus on four essential questions:

Why do I need bones and what do muscles do?
How will increased physical fitness affect my quality of life?
How will improved motor skills benefit my daily life?
How does being positive impact my interaction with others?

Skills/Activities:

Bone health tag
Bone health relay
The Notion of Muscle Motion
Muscle Tag
Build your Muscle

Functional Training skills
Circuit training
Fitness measurements
Pedometers

Team and Individual sports skills (softball, racquet sports, track and field, volleyball)
Lifetime activities

Team building (parachute and coop games)

Health & Fitness Middle School

September

Fitness - What does it mean to be fit?
Why is fitness important?
How would you use motor skills for your lifetime fitness activities.

Students learn 5 components of fitness, how to use heart rate monitors and pedometers, fitness measurements, Team and Individual sports skills, personal hygiene and appropriate locker room talk.

Sports include soccer, golf, frisbee, etc.

October

FITT Principle - Why is the FITT Principle important to my daily activity? How do you know if you are fit? What makes a good fitness goal? What is an active life style? How can you show responsibility in PE?

Students learn the FITT Principle, SMART Goals, circuit training, how to set realistic goals, creating activity logs, and rules and responsibilities in PE.

Sports include badminton, lacrosse, dance, etc.

November/December

Cardio - How does your cardiorespiratory system relate to quality of life? What is the impact of intensity on your level of fitness? How do you maintain an active lifestyle in the PNW? How can you effectively rate your effort?

Students learn the FITT Principle for Cardio, Oxygen delivery system, heart rate training, circuits with emphasis on intensity levels, weight training, aerobics, monitoring HR for intensity. Sports include hockey, wrestling, bowling, etc.

January/February

Muscular strength and endurance - Why do I need my bones and muscles? How can I keep my bones and muscles healthy and strong for a lifetime? –through various lifetime activities? What does respect look or sound like?

Students learn about bones for life, muscles for life, muscular strength and endurance (including bones and muscles for life circuits and push and resistance training), functional training, how to work in partners or teams.

Sports include basketball, volleyball, rockwall and low organized games like jump rope, static balance, omni kin ball, and circus arts.

March

Body Composition / Nutrition - How does nutrition impact my body systems/fitness levels? How does nutrition impact fitness and health? How does my diet affect my performance in activity? How can self-control help with diet or exercise?

Students learn about nutrition (includes macronutrient knowledge and food labels), health management (includes nutrition log and food guide pyramid), body composition and the FITT principle, self-control.

Sports include all previous listed sports.

April

Flexibility - How do the pillars of human movement affect me in my everyday life? Why is flexibility important to me? Why is it important to exercise using the pillars of human movement? How does flexibility affect my performance in activity? Why is integrity important?

Students learn the pillars of human movement (including miming and describing), feeling the core and whole class functional workouts, and about integrity and honesty.

Sports include all previous listed sports including yoga and pilates.

Note, May/June are dedicated to our Comprehensive Sexual Health curriculum.

Health & Fitness High School

Intro to PE 1 – semester course

Classes focus on 5 components of fitness

1. Body Composition
2. Flexibility
3. Heart Health
4. Muscular Strength and Endurance
5. Intensity

Students receive written and verbal lessons throughout the semester
Fitness testing is conducted twice/semester; students set goals and track their own progress.
Students complete final assessment focused on 5 components of fitness and training principles.

Sports include: Volleyball, basketball, badminton, soccer, tennis, floor hockey, softball, pickleball, lacrosse, wallyball, team handball, and ultimate frisbee

Fitness activities focus on:

- cardiorespiratory endurance
- muscular strength
- flexibility

Students are also exposed to advanced PE class activities such as weight training, yoga, fitness walking, cardio core work, etc.

Weight training – semester course

Purpose is to use weightlifting techniques as a vehicle to increase:

- Strength
- Power
- Flexibility
- Endurance

Students are frequently tested and data is compared overtime to track growth throughout the semester. Data taken impacts the programming of individual students to achieve their goals.
Students learn about progression, overload, reversibility, the SAID principle, diminishing return and muscle confusion.

Students focus on 5 core lifts including:

1. Bench press
2. Squats
3. Deadlifts
4. Power-clean
5. Standing press up

Once students understand proper safety techniques, they can continue to make gains at a faster pace through **advanced weight training**.

Yoga / Core training – semester course

Purpose is for students to gain comprehensive understanding of yoga poses / asanas, and to learn different styles such as:

- Hatha yoga
- Vinyasa yoga
- Power yoga
- Yin / Restorative yoga
- Ashtanga and Bikram yoga

Students are tested on core strength and flexibility at the beginning and end of the semester to track their progress, and they work on improving those skills, along with balance and posture, within each workout.

Students also learn a variety of exercises to build their core strength and cardio-respiratory endurance.

Students are responsible for a full class cardio/core or yoga focus presentation at the end of the semester.

Guided meditations are also utilized as a way to improve students' overall mental health, with focus on the importance of slowing down and remaining centered. 0