



The Colorado Health Foundation™

## Overview of Evidence-Based Physical Education Curricula

*\*Throughout this document, districts A, B and C are meant to be examples of different size districts.*

<b><u>Description of district samples</u></b>	<b><u>District A</u></b>	<b><u>District B</u></b>	<b><u>District C</u></b>
Number of students in district	500	5,000	26,000
Number of schools at each level			
Elementary schools	1	7	25
Middle schools	1	2	9
High schools	1	1	8
<b><u>Total number of schools in district</u></b>	<b>3</b>	<b>10</b>	<b>42</b>
Number of physical educators at each level			
Elementary schools	1	7	25
Middle schools	1	4	14
High schools	1	3	26
<b><u>Total number of physical educators in district</u></b>	<b>3</b>	<b>14</b>	<b>65</b>

### **CATCH**

**[www.catchinfo.org](http://www.catchinfo.org)**

The CATCH curriculum (Coordinated Approach to Child Health) is designed for K-8 school-based and K-5 after school programs. The purpose of the program is to bring schools, families and communities together to teach children how to be healthy for a lifetime. The CATCH program provides the philosophy, curriculum, training and resources needed to promote child wellness behaviors, increase opportunities for moderate to vigorous physical activity (MVPA), and promote nutrition learning and healthy eating behaviors for elementary school age children in both school and after school settings. Research has shown that through the use of the CATCH program students are engaged in MVPA for at least 50 percent of physical education class. Developed as a school-based coordinated school health program, CATCH has been successful in reducing fat, saturated fat and sodium in children's diets, increasing physical activity and improving children's diet choices and aims to prevent tobacco use. CATCH recommends using two

measurement tools: SOFIT (System for Observing Fitness Instruction Time) to determine the amount of time students spend in MVPA during physical education classes and the School Physical Activity Nutrition survey (SPAN) for 4<sup>th</sup>, 8<sup>th</sup>, and 11<sup>th</sup> graders.

For more information regarding the CATCH curriculum contact: Carol Caldara: 800.793.7900 x 7513 or e-mail [carol.caldara@flaghouse.com](mailto:carol.caldara@flaghouse.com)

### CATCH Program Costs

<u>Curriculum</u>	<u>Costs</u>		<b>District A</b>	<b>District B</b>	<b>District C</b>
Physical Education Curriculum					
K-2	\$175.00		\$175.00	\$1,225.00	\$4,375.00
3-5	\$175.00		\$175.00	\$1,225.00	\$4,375.00
6-8	\$175.00		\$175.00	\$700.00	\$2,450.00
After-School Program					
CATCH KIDS Club set	\$195.00				
Trainings					
1 day/1 trainer	\$3,500.00		\$10,500.00	\$10,500.00	\$10,500.00
1 day/2 trainers	\$5,200.00				
		Subtotal	\$11,025.00	\$13,650.00	\$21,700.00
Shipping & Handling	7%		\$771.75	\$955.50	\$1,519.00
		<b>Total</b>	<b>\$11,796.75</b>	<b>\$14,605.50</b>	<b>\$23,219.00</b>

\*note this is K-8 program only

### CATCH Curriculum

CATCH Physical Education	kindergarten - 8 <sup>th</sup>
Classroom Health Education	kindergarten - 8 <sup>th</sup>
School Nutrition Services	kindergarten - 5 <sup>th</sup>
Home Activities	kindergarten - 5 <sup>th</sup>
Family Fun Events	kindergarten - 8 <sup>th</sup>
CATCH After-School Program	kindergarten - 5 <sup>th</sup>
Parent Newsletters	kindergarten - 5 <sup>th</sup>
Provides Trainings	-----

## EPEC

[www.epec4kids.com](http://www.epec4kids.com)

The EPEC curriculum (Exemplary Physical Education Curriculum) is designed for Kindergarten through high school physical education programs. EPEC is an evidence-based, award-winning curriculum that not only increases physical activity and fitness, but also enhances outcomes students need to be active for life, including motor skills, self-efficacy, fitness and activity-related knowledge and personal/social behaviors. EPEC was developed based on the components of a quality physical education program model and the national content standards for Physical Education. A high-quality physical education program consists of four crucial components as described in The Physical Education Curriculum Analysis Tool (PECAT): curriculum, instruction, policy and environment, and assessment (Centers for Disease Control and Prevention, 2006). Research has shown that the EPEC curriculum was more effective than standard physical education curricula at improving motor skill performance for 4<sup>th</sup> and 5<sup>th</sup> graders and at increasing self-reported motor skill, specifically self-efficacy and levels of physical activity. The EPEC curriculum includes assessment rubrics for all learning objectives to be used for pre and post evaluations.

For more information regarding the EPEC curriculum contact: Glenna DeJong: 517.908.3850 or e-mail [jong@michiganfitness.org](mailto:jong@michiganfitness.org).

### EPEC Program Costs

<u>Curriculum</u>	<u>Costs</u>		<b>District A</b>	<b>District B</b>	<b>District C</b>
Physical Education Curriculum					
K-5	\$599.00		\$599.00	\$4,193.00	\$14,975.00
6-12	\$1,300.00		\$2,600.00	\$9,100.00	\$52,000.00
Trainings					
1 day/1 trainer	\$2,800.00		\$5,600.00	\$5,600.00	\$14,000.00
		Subtotal	\$8,799.00	\$18,893.00	\$80,975.00
Shipping & Handling	10%		\$879.90	\$1,889.30	\$8,097.50
		<b>Total</b>	<b>\$9,678.90</b>	<b>\$20,782.30</b>	<b>\$89,072.50</b>

\*One-day training for elementary / Two-day training for secondary teachers

\* District C requires two trainers

### EPEC Curriculum

EPEC Physical Education	kindergarten - 12 <sup>th</sup>
"Fit Bit" Classroom Activities	kindergarten - 5 <sup>th</sup>
"Skillastics" activities	kindergarten - 12 <sup>th</sup>
Health & Nutrition Education	kindergarten - 5 <sup>th</sup>
Health through Literacy	kindergarten - 5 <sup>th</sup>
Home Activities	kindergarten - 5 <sup>th</sup>
Parent Newsletters	kindergarten - 5 <sup>th</sup>
Provides Trainings	-----

**Fitness for Life**  
**[www.fitnessforlife.org](http://www.fitnessforlife.org)**

Fitness for Life is a comprehensive Kindergarten through 12<sup>th</sup> grade program designed to help students take responsibility for their own activity, fitness and health and to prepare them to be physically active and healthy throughout their adult lives. This standards-based program has been carefully articulated following a pedagogically sound scope and sequence to enhance student learning and progress. The K-6 program is an innovative multimedia program that facilitates total school involvement by using physical education lessons, classroom activities, recess and before- and after-school activities to promote health-related fitness and active lifestyles. The Middle School program is a comprehensive program designed specifically to help middle school students to become active, fit, healthy and well. The nation's first personal fitness textbook for middle school youth is accompanied by a complete set of integrated resources. The High School program is a comprehensive program designed to help teens take responsibility for their own activity, fitness and health and to prepare them to be physically active and healthy throughout their adult lives. This program includes the nation's first personal fitness textbook for high school students and a complete set of integrated teacher and student resources, including Web support. Fitness for Life recommends using Fitnessgram and the Activitygram as assessment tools.

For more information regarding the Fitness for Life Curriculum contact: Sarah Dean: 800.747.4457 x 2465 or e-mail sarahd@hkusa.com.

**Fitness for Life Program Costs**

<u>Curriculum</u>	<u>Costs</u>	<b>District A</b>	<b>District B</b>	<b>District C</b>
Physical Education Curriculum				
K-6 Teacher Set	\$599.00	\$599.00	\$4,193.00	\$14,975.00

6-8 Teacher Guide	\$143.00			
6-8 Student Textbook*	\$27.00	\$810.00	\$3,240.00	\$11,340.00
9-12 Teacher Guide	\$308.00			
9-12 Student Textbook				
Hardback	\$36.00			
Paperback	\$25.00	\$750.00	\$2,250.00	\$19,500.00
Trainings				
Provided through NASPE**		\$7,500.00	\$7,500.00	\$15,000.00
		Subtotal	\$9,659.00	\$17,183.00
Shipping & Handling	15%		\$1,448.85	\$9,122.25
		<b>Total</b>	<b>\$11,107.85</b>	<b>\$19,760.45</b>

\*30 student textbooks/teacher: teacher guide included with class sets over 25

\*\*3 NASPE trainings: 50 participant limit

### **Fitness for Life Curriculum**

Physical Education	Kindergarten - 12 <sup>th</sup>
Classroom Activities	Kindergarten - 6 <sup>th</sup>
School Wide Nutrition and Activities	Kindergarten - 6 <sup>th</sup>
Parent Newsletters	Kindergarten - 6 <sup>th</sup>
Provides Trainings	through NASPE

### **Five for Life**

**[www.focusedfitness.org](http://www.focusedfitness.org)**

The Five for Life Curriculum created by Focused Fitness is a research-based, Kindergarten through 12<sup>th</sup> grade fitness and health program with emphasis on activity that aligns with physical education and health standards. Using age appropriate academic instructional units in an activity-based setting, the Five for Life Basic (Elementary), Intermediate (Middle School), and Advanced (High School) Programs move students through a continuum of learning without compromising activity time or motor skill development for students. Each program provides deep alignment between curriculum, instruction and assessment and helps

students build an awareness of lifestyle choices regarding nutrition and physical activity. The curriculum aligns content to enable teachers to provide a comprehensive program that includes academic fitness and health content, intentional fitness and motor skill development. Curriculum at the Elementary level includes fun games and activities to educate children in the five components of the Five for Life Curriculum: fitness, nutrition, human anatomy, FITT principle and initial fitness planning components. Curriculum at the Middle School level progresses so that students are able to move to higher level concepts and understand the relationship between their fitness and long-term health. This knowledge allows students to begin to manage their personal fitness and health. The High School level Fitness and Health curriculum builds on the Intermediate content, which is reinforced through practice and progression of fitness activities and health lessons. Using periodic self-evaluations, goal setting and fitness planning, students will develop the skills needed for being physically active for life and grasp the value of lifelong wellness. Formative and Summative assessments are provided for every content area in the Five for Life Curriculums in addition to student and teacher surveys. Pre- and Post-Fitness measurements are used to establish baseline fitness levels for all students. Focused Fitness also recommends using the SOFIT (System for Observing Fitness Instruction Time) and on-site qualitative evaluation to provide formative and summative assessments of Physical Education programs. Focused Fitness will also provide district support in developing yearly and monthly curriculum maps and collection of data.

For more information regarding the Five for Life Curriculum by Focused Fitness contact: Ron Malm: 509.327.3181 or e-mail [ron@focusedfitness.org](mailto:ron@focusedfitness.org).

### Five for Life Program Costs

Physical Education Curriculum		District A	District B	District C
Basic (K-5)	\$230.00	\$230.00	\$1,610.00	\$5,750.00
Intermediate (6-8)	\$230.00	\$230.00	\$920.00	\$3,220.00
Advanced (9-12)	\$230.00	\$230.00	\$690.00	\$5,980.00
After-School Program				
FAB 5 After-School	\$290.00			
Trainings				
1 day/per trainer*	\$2,400.00	\$7,200.00	\$7,200.00	\$14,400.00
2 days/per trainer**	\$3,800.00			
		Subtotal		
		\$7,890.00	\$10,420.00	\$29,350.00
Shipping & Handling	5%	\$394.50	\$520.00	\$1,467.50
		<b>Total</b>	<b>\$10,940.00</b>	<b>\$30,817.50</b>

\*1 day training per level (3 days total)

\*\*District C requires 2 trainers

## Five for Life Curriculum

Five for Life Physical Education	kindergarten - 12th
Nutrition Education	kindergarten - 12th
FAB 5 After School	kindergarten - 8th
FAB 5 Physical Activity	kindergarten - 5th
FAB 5 Lit Fit	kindergarten - 3rd
FAB 5 Classroom Activity Breaks	kindergarten - 6th
WELPRO - Software	kindergarten - 12th
Curriculum Mapping	kindergarten - 12th
Curriculum Guide Development	kindergarten - 12th
School Health Advisory	-----
Policy and Procedure Alignment	-----
Provides Trainings	kindergarten - 12th

## SPARK

[www.sparkpe.org](http://www.sparkpe.org)

The SPARK (Sports, Play, and Active Recreation for Kids) curriculum is designed for pre-school school through 12<sup>th</sup> grade physical education programs. The focus of SPARK is the development of healthy lifestyles, motor skills, movement knowledge, and social and personal skills. The SPARK Kindergarten through 2<sup>nd</sup> grade manual includes 10 dynamic instructional units: Building a Foundation, Parachute, Manipulatives, Stunts and Tumbling, Throwing and Catching, Jumping, Dribbling and Trapping, Dance, Volleying and Striking, and Games. Each curricular component is presented in scope and sequence via daily lesson plans that are aligned to NASPE National Standards, which are clearly visible on each page. ASAP's (Active Soon as Possible), provide an enjoyable, active warm-up before the main lesson. The 3<sup>rd</sup> through 6<sup>th</sup> grade Curriculum Manual includes over 500 different activities presented in more than 20 themed, instructional units. Each unit is written in scope and sequence and includes activities aligned to NASPE National Standards. Personalized fitness monitoring, social skills themes, clear visuals and diagrams and a variety of integration tips complete this comprehensive curriculum. The SPARK Middle School curriculum is a collection of standards-based lesson plans, assessment tools and other supplemental educational materials that have been perfectly matched to SPARK Standard and Premium training programs. The SPARK High School Program leads with Standards and assessment strategies and shows sample activities to help students practice to achieve the standard. Research has shown that through the use of the SPARK program students are engaged in MVPA for at least 50 percent of physical education class. SPARK provides and instructs participating teachers in the use of their Lesson Quality Assessments (LQA), which is an evaluative tool that measures SPARK compliance and instructional

effectiveness. LQA's may also be used as data collection tools as part of a research project and/or as a more in-depth effort to collect data to show change in teacher effectiveness. SPARK also offers research-validated assessment tools such as SOFIT.

For more information regarding the SPARK Curriculum contact: Ryan Schissler: 949.505.2525 or e-mail [ryan.schissler@schoolspecialty.com](mailto:ryan.schissler@schoolspecialty.com).

### SPARK Program Costs

		<b>District A</b>	<b>District B</b>	<b>District C</b>
SPARK Physical Education				
K-2	\$199.99	\$199.99	\$1,399.93	\$4,999.75
3-6	\$199.99	\$199.99	\$1,399.93	\$4,999.75
6-8	\$99.99	\$99.99	\$399.96	\$1,399.86
High School*	\$26.99	\$26.99	\$80.97	\$701.74
After-School Program				
SPARK After-School	\$99.99			
Trainings				
1 day/1 trainer	\$2,699.00	\$10,796.00	\$10,796.00	\$10,796.00
2 days/1 trainer	\$4,699.00			
		Subtotal		
		\$11,322.96	\$14,076.79	\$22,897.10
Shipping & Handling	15%	\$1,698.44	\$2,111.52	\$3,434.57
		<b>Total</b>	<b>\$16,188.31</b>	<b>\$26,331.67</b>

### SPARK Curriculum

SPARK Physical Activity	PreK
SPARK Physical Education	1st - 12 <sup>th</sup>
Health	PreK, 1 <sup>st</sup> - 8 <sup>th</sup>
Nutrition	1 <sup>st</sup> - 8 <sup>th</sup>
After-School Program	
Staff Wellness	for teachers and others
SPARK Family Site (password protected)	1 <sup>st</sup> - 6 <sup>th</sup> , other grades are pending
Provides Trainings	1 <sup>st</sup> - 12 <sup>th</sup>

## Summary of Curriculum Costs & Basic Trainings

	<b>District A</b>	<b>District B</b>	<b>District C</b>
CATCH	\$11,796.75	\$14,605.50	\$23,219.00
EPEC	\$9,678.90	\$20,782.30	\$89,072.30
Fitness For Life	\$11,107.85	\$19,760.45	\$69,937.25
Focused Fitness	\$8,284.50	\$10,940.00	\$30,817.50
SPARK	\$13,021.40	\$16,188.31	\$26,331.67

## Projection for Equipment Costs

Amount for Equipment per School		<b>District A</b>	<b>District B</b>	<b>District C</b>
Elementary School	\$8,000.00	\$8,000.00	\$56,000.00	\$200,000.00
Middle School	\$10,000.00	\$10,000.00	\$20,000.00	\$90,000.00
K- 8	\$12,000.00			
High School	\$14,000.00	\$14,000.00	\$14,000.00	\$112,000.00
		<b>Total</b>	<b>\$32,000.00</b>	<b>\$90,000.00</b>
				<b>\$402,000.00</b>