

Play Like a Champion PE Curriculum

Implementation Plan



Overview

Play Like a Champion's PE Curriculum was developed to provide 5th-8th grade students in Catholic schools with a Physical Education curriculum that promotes whole-child development, lifelong physical literacy and the integration of faith formation and prayer in support of the school's mission. Pope Francis has called sport an "instrument of encounter, formation, mission and sanctification." Rooted in the Vatican's 2018 document *Giving the Best of Yourself: A Document on the Christian Perspective on Sport and the Human Person*, this curriculum was designed in response to the Church's call to apply the fullest understanding of the human person to physical, mental, social, emotional, moral, and spiritual development. With the intentional, comprehensive approach offered by this program, the PE classroom can be enhanced to play a vital role in the education and development of healthy children.

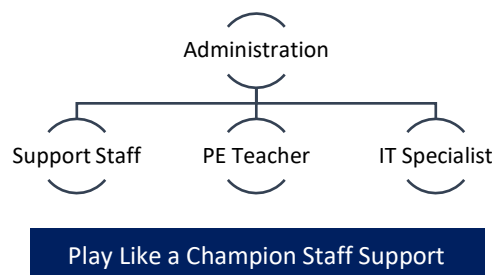
The framework for this curriculum draws heavily on *Play Like a Champion's* approach to character development through sport as well as research in Social and Emotional Learning (SEL) and the work of Don Hellison on *Teaching Personal and Social Responsibility through Physical Activity* (TPSR). The purpose of TPSR is to empower students to take responsibility for their own development and well-being and for contributing to the well-being of others. As this curriculum features only one full class lesson each unit along with short "follow-up lessons" in subsequent classes, teachers will utilize *Play Like a Champion's* PE Curriculum in conjunction with their existing standards and lesson plans.

Curriculum Outline

The first year a school participates, the curriculum consists of the following 6 units: (1) Introduction, (2) The *Play Like a Champion* Story, (3) Champions Set Goals, (4) The GROW Approach, (5) Physical Literacy, and (6) Overcoming Barriers. Each unit includes one main lesson designed for a 30-minute class period, followed by 8 "reinforcement lessons" designed to take approximately 5 minutes at the beginning of subsequent class periods, prior to existing class instruction/physical activities [Note: The "Goals" unit follows the same format but is longer, with 16 reinforcement lessons following the one main lesson.] Core themes build throughout the year and each lesson includes prayer and an activity. Prayers consist of written prayers included in curriculum materials, as well as lessons on Christian Meditation, teaching children the Rosary using *Play Like a Champion's* sports-themed reflections on the Joyful mysteries, and a Novena to Saint Sebastian. Students will all be issued the *Student-Athlete Playbook*, a workbook that includes lesson content and activities. The workbook is available as an interactive PDF or printed.

Key Roles

Play Like a Champion staff will provide formation, guidance, and on-going support in the implementation of curriculum at each school. Though the school's Physical Education teacher is primarily responsible for implementing this curriculum at the classroom level, the involvement of administration, IT personnel and additional support staff is critical to establishing a successful program. We encourage administrators to gain a thorough understanding of materials and consider whether additional staff



Play Like a Champion PE Curriculum

Implementation Plan



is needed to support the PE Teacher in curriculum rollout. IT personnel should also be involved in planning the distribution and use of the program’s digital student workbook and classroom multimedia.

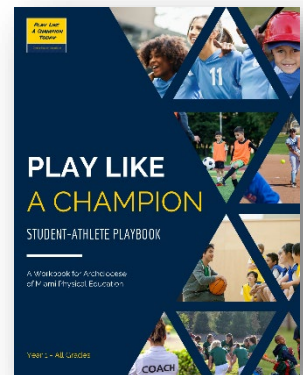
In-Service Day

Implementation of the curriculum will begin with an in-service program hosted by *Play Like a Champion* staff. All Physical Education teachers or those who will be teaching the curriculum at the classroom level should be required to attend. To assure maximum participation, *Play Like a Champion* recommends hosting this during an existing in-service day for diocesan teachers, though plans can be made to hold this session at any time.

During the in-service program, *Play Like a Champion* staff will provide an overview of the PE Curriculum and the core principles behind its development and implementation. Staff will then take teachers through the curriculum format, materials, and content, providing an outline of each unit and demonstrating sample lessons. Each teacher will receive a “Teacher Manual” that includes a curriculum map for each year that covers topics, objectives, and student outcomes for each lesson, as well as a copy of classroom slides with detailed instructions and a copy of the *Student Playbook* (workbook). Finally, teachers will be provided with further instruction on accessing the curriculum’s digital materials and practical strategies for implementing the curriculum in their classrooms.

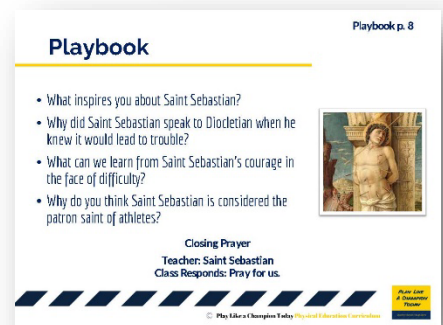
Curriculum Materials

In addition to the “Teacher Manual” provided to PE Teachers at the In-Service Day, the curriculum includes a *Student Playbook* (workbook) and classroom PowerPoint slides featuring written content, prayers, activities and videos that accompany unit lessons. The *Student Playbook* is available in both print and digital formats to accommodate those schools with web-based educational platforms (i.e. Google Classroom, etc.) and individual student devices. Following the In-Service Day, *Play Like a Champion* staff will work with schools to determine which method of delivery is preferred and provide on-going technical support as needed. Access to materials will be provided upon payment of fees.



Grading and Evaluation

During the course of each unit, students will be asked to engage in classroom discussion and complete a variety of activities in their *Student Playbook*. Teachers are encouraged to develop their own system for grading student participation and *Playbook* writing in conjunction with other class activities. In addition, both teachers and students will be asked to complete short online evaluations following each unit to provide feedback and evaluate student development within the context of the *Play Like a Champion* approach. These are not “graded” evaluations but will be used by *Play Like a Champion* for



Play Like a Champion PE Curriculum



Implementation Plan

research and to enhance the PE Curriculum. Overall results will be shared with diocesan leadership for evaluative purposes.

Consent Forms

In accord with standards for conducting online evaluations, teachers, parents and students will be asked to sign and submit consent forms at the beginning of the year in order to participate in these evaluations. These forms, along with an introductory letter for parents and instructions will be provided to teachers along with curriculum materials prior to the year.

Curriculum Rollout Plan

In order to provide each student with foundational elements and core principles, the curriculum will be implemented in four phases. During the first year of implementation, all grades (5th-8th) will participate in Year 1 of the curriculum, with teachers facilitating classroom discussion and activities at an age-appropriate level within the same core materials. During Phase 2, 5th grade students will once again participate in Year 1 of the curriculum, while 6th-8th graders who have already completed Year 1 will move on to Year 2. Each phase will usually take one year to implement, though dioceses who begin implementation mid-year may wish to remain in Phase 1 for 1.5 years before adding Phase 2. Phases 3 and 4 will continue to be implemented as shown in the graphic below:

Phase 1	Phase 2	Phase 3	Phase 4
All Grades Curriculum Year 1	5th Grade Curriculum Year 1	5th Grade Curriculum Year 1	5th Grade Curriculum Year 1
	6th, 7th, 8th Grades Curriculum Year 2	6th Grade Curriculum Year 2	6th Grade Curriculum Year 2
		7th, 8th Grades Curriculum Year 3	7th Grade Curriculum Year 3
			8th Grade Curriculum Year 4

Once all four phases have been implemented, the school will continue in Phase 4 so that students will participate in each of the 4 years of the program between 5th-8th grades.

Administrators or teachers may wish to work with *Play Like a Champion* to supplement this curriculum with additional resources or to expand individual components of existing curriculum. Play Like a Champion welcomes collaboration with all partners and is happy to discuss additional formation opportunities as they present themselves.

Implementation Checklist

- Identify Staffing & Support
- Schedule In-Service Day
- Access Teacher Manuals & PowerPoint Materials
- Order Playbooks (Print or PDF)
- Discuss Delivery & Implementation of Materials with IT
(Play Like a Champion Support as Needed)
- Complete Consent Forms
- Implement Year 1 Curriculum
- Complete Evaluations
- Continue Implementation with Phases 2-4

