

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 curriculum consists of several units spread throughout 5th – 8th grades as follows:

- 5th Grade Units – (1) Introduction, (2) Play Like a Champion, (3) Physical Literacy and (4) Sportsmanship.
- 6th Grade Units – (1) Introduction, (2) Goal Setting, (3) GROW
- 7th Grade Units – (1) Introduction, (2) God's Presence in Play, (3) Building Relationships
- 8th Grade Units – (1) Introduction, (2) The Champion Mindset, (3) What's Next

6th-8th grades also include a review of what it means to *Play Like a Champion* after the initial 5th grade lesson, and 7th-8th grades include a review of goal setting following the full unit in 6th grade. Each unit includes one main lesson designed to take 10-minutes of a class period, followed by "reinforcement lessons" designed to take approximately 5 minutes at the beginning of subsequent class periods, prior to existing class instruction/physical activities. Core themes build throughout the year and each lesson includes prayer and discussion or 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.

Curriculum Rollout Plan

The curriculum can be started at any point during the school year and lessons structured to fit each school's schedule of PE classes. We encourage schools to begin the curriculum at the beginning of the year in order to allow ample time to utilize all grade level materials throughout the year.

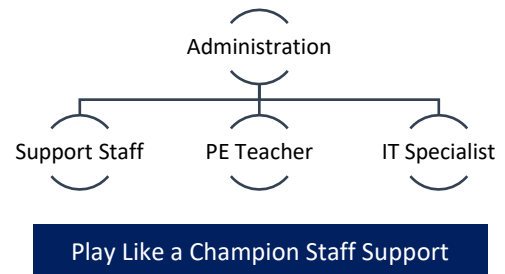
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Key Roles

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 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.



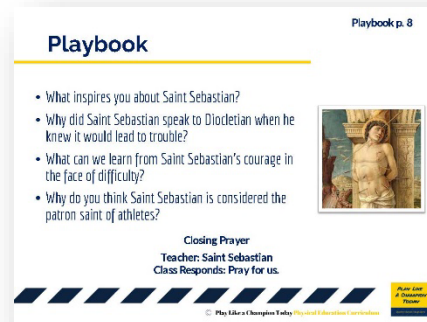
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Grading and Evaluation

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 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.

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

