



EJHS LIVE FIT Curriculum | Parents

The backbone of the LIVE FIT Curriculum is a developmental framework called Long Term Athlete Development which acts as a guide or roadmap for age & stage appropriate steps towards quality movement in sport and life. This letter is written in efforts to help parents understand and connect with Evans Junior High's Physical Education philosophy. At EJHS, we approach each student with the understanding that the long term is more important than the now! We work collaboratively as a K-12 PE staff throughout the district offering a vertically aligned, developmentally appropriate curriculum for the holistic development of your student. Holistic development means stakeholders (parents/teachers/coaches) are focused on the student's entire development. To help simplify this meaning, it has been broken down into the 4C's.

- **Competence:** Physical literacy, overall health/fitness/well-being, & sport specific technical/tactical skills.
- **Confidence:** Positive self-esteem, resilience, mental toughness.
- **Connection:** Interpersonal skills, building and sustaining meaningful and positive relationships.
- **Character:** Self-respect, respect for others and sport, decision making.

Our PE department will assess, monitor, and provide feedback on your child's progress through their physical development and the 4C's. An emphasis is put on physical literacy, FUNdamental and foundational movement skills, fitness (health AND skill related), and social emotional development. Our PE department understands that each child grows, matures, and develops at their own individual pace, so our "grades" are not to reprimand, punish, compare with others, or hold kids back. They are simply to show each student and their families where they are on their developmental road. With that said, some students might struggle physically to earn a "3" on a given standard due to physical maturation and changes in balance, coordination, or any other skills/attributes. As mentioned above, our department is focused on the long term health and activity of our students not the number in a gradebook.

A parent's role, with regard to physical education is different than it was a generation ago. Many misunderstand the overall purpose and goals of a quality physical education program. Parents often revert back to their own PE experience which may or may not have a negative connotation. Changing this perception will require education, trust, and courage to recognize what having students in a quality PE program can offer and what you as parents can do to ensure your family lives a happy, healthy, and active lifestyle. It is for this reason that attached you will find a more in depth synopsis of the LIVE FIT Curriculum.

Top things parents can do to help foster a quality PE experience.

1. Ensure your child is having '**FUN**' in PE. FUN is the main reason kids want to play sports, be active, and continue to do so.
2. Encourage your child to participate in a VARIETY of sporting experiences NOT specializing in one sport.
3. Work in partnership with your child's teacher to help foster positive experiences, development, & outcomes.
4. Allow time for and encourage your child to "Just go play" as often as possible.
5. Participate in regular physical activity with the whole family
6. ASK QUESTIONS about PE class: "what did you do in PE today?" "did you have fun?" "what did you like most of about PE today?"

Tools and Resources.

1. [Working with Parents in Sport](#) -- one of the largest global resources put together for sporting parents.
2. [Great Sports Parenting](#) -- resource for parents of 4-12 year olds, offering simple and effective support to aid the sports parenting experience.
3. [Personal Sport Record](#) -- Digital Platform that provides you visibility over your child's development process
4. [Mapping Movement](#). --The pathway and people responsible for quality movement.
5. [Fundamental Movement Skills](#) -- Foundational skills that help you move efficiently.
6. [State of Play 2018:](#) -- In depth look at physical activity and youth sport participation.