

Meeting Secondary Level National Standards with Shape America's 'Set the Standard'



Lesson Planning for Skills-Based Health Education: Meeting Secondary-Level National Standards (Shape America Set the Standard) by Sarah Benes

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The Shape America's 'Set the Standard' initiative serves as a crucial framework for guiding physical education and health education standards at the secondary level. These standards establish a clear vision for what students should know and be able to do to achieve optimal health and well-being. Meeting these standards ensures that students receive a

comprehensive education that empowers them to make informed decisions, adopt healthy behaviors, and lead active and fulfilling lives.

Understanding the 'Set the Standard' Framework

Shape America's 'Set the Standard' initiative encompasses three primary components:

1. **Content Standards:** Define the knowledge and skills that students should master in physical education and health education.
2. **Performance Standards:** Describe the observable behaviors that demonstrate student proficiency in the content standards.
3. **Assessment Standards:** Provide guidance on assessing student learning and progress towards meeting the content and performance standards.

The framework is organized into three strands:

- **Movement and Physical Activity:** Focuses on the development of physical skills, fitness, and lifelong participation in physical activity.
- **Health Promotion and Disease Prevention:** Addresses the promotion of healthy behaviors, disease prevention, and decision-making skills.
- **Personal and Social Health:** Emphasizes self-management, relationships, and social and emotional well-being.

Implementing 'Set the Standard' in Secondary Education

Effectively implementing the 'Set the Standard' framework requires a multifaceted approach:

1. Curriculum Planning and Development:

Align curriculum objectives and lesson plans with the content standards. Incorporate hands-on activities, inquiry-based learning, and authentic assessments to engage students.

2. Student Assessment and Evaluation:

Utilize a variety of assessment methods, including formative and summative assessments, to monitor student progress. Provide descriptive feedback and opportunities for students to reflect on their learning.

3. Professional Development:

Engage in professional development opportunities to enhance knowledge and skills related to the 'Set the Standard' framework. Collaborate with colleagues to share best practices and support student success.

4. Community Involvement:

Partner with community organizations, parents, and caregivers to provide additional learning opportunities and support health-promoting initiatives.

Assessing Student Progress

Shape America's 'Set the Standard' framework provides specific guidelines for assessing student learning:

1. Performance-Based Assessments:

* Observe and record student performance of physical skills and health behaviors. * Utilize rubrics or checklists to evaluate proficiency against established performance standards.

2. Knowledge-Based Assessments:

* Administer written or oral quizzes, tests, or projects to assess student understanding of health and physical education concepts. * Utilize open-ended questions or essay prompts to encourage critical thinking and problem-solving skills.

3. Portfolio Assessments:

* Collect student work samples, such as reflective journals, fitness logs, or project reports. * Evaluate progress over time and provide opportunities for self-assessment and goal-setting.

Benefits of Meeting 'Set the Standard'

Adhering to the 'Set the Standard' framework offers numerous benefits for students, educators, and the community:

- **Improved Student Health and Well-being:** Promotes healthy behaviors, disease prevention, and overall well-being.
- **Enhanced Academic Performance:** Studies have shown that regular physical activity and health education can improve cognitive function and academic achievement.
- **Reduced Health Care Costs:** Investing in health education and promotion can help reduce future health care costs associated with chronic diseases.

- **Preparedness for College and Career:** Provides students with the knowledge and skills necessary to navigate health-related challenges in higher education, the workplace, and personal life.
- **Community Engagement:** Fosters partnerships with community organizations to promote health and well-being beyond the classroom.

Meeting the secondary level national standards outlined by Shape America's 'Set the Standard' is essential for providing students with a comprehensive education that empowers them to make informed decisions and lead healthy, active lives. By effectively implementing the framework, educators can ensure that students develop the knowledge, skills, and attitudes necessary to navigate the challenges and opportunities of the 21st century. The benefits of meeting these standards extend far beyond the classroom, contributing to improved health outcomes, academic success, and overall well-being for individuals and communities alike.



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