

D2L Chapter Breakdown

There are three days of trainings participants can complete. Each teacher will receive eight Act 48 credits upon completion of when they complete all chapters for each day. They can receive up to 24 Act 48 credits for completing all three days (Chapter 1-13). Each chapter contains a PowerPoint Presentation and Webinar and some chapters include templates.

Day 1 Training

Chapter	Title	Description
1	Introduction to the Pennsylvania PreK-12 Health and Physical Education Knowledge and Skills-Based Outcomes	Begins with a brief history of how the Outcomes were revised and the process followed explaining the changes from the current Academic Standards. The focus is on locating the Outcomes for Health and Physical Education and understanding how they are organized, based on color.
2	Engage Health and Physical Education	Explains the state agencies that are working collaboratively to develop trainings and resources across the Commonwealth.
3	How to Join the HPED Professional Learning Community	Focuses on how to join the Professional Learning Community on PDE SAS and how to access important resources to enhance health and physical education programs.
4	HPED Outcomes Comparison	Explains the Big Picture of utilizing the Outcomes to plan lessons, units, and assessments.
5	Scope and Sequence	Create a scope and sequence using the Outcomes. Participants can choose from health or physical education. Templates are provided with directions for assistance.

Day 2 Training

Chapter	Title	Description
6	Curriculum Mapping	Participants will learn how to use the Outcomes to revise their existing curriculum. They will learn the step-by-step process and can use the provided template for health and physical education.
7	Block Plan	Participants will create a health and/or physical education block plan using the step-by-step process and template provided.
8	Assessment in Health and Physical Education	Participants will learn how to create formative assessments to meet the Outcomes. Technology tools for assessment are discussed, several examples are provided, and recommendations for effective implementation are explained.

9	Lesson Plan	Participants will learn how to create a health and physical education lesson plan by using a lesson plan template and discussing several examples.
10	Student Performance Measures (SPMs)	Participants will learn how to create SPMs in health and physical education using the Pennsylvania Department of Education Template.

Day 3: Training

Chapter	Title	Description
11	Introduction to Day 3 Training	Brief review of Day 1 and 2 trainings and an explanation of Day 3 training.
12	Health Literacy Skills	Participants learn the steps to teaching skills-based health education and how to apply all seven health-literacy skills for elementary, middle, and high school students.
13	Physical Literacy Components	Participants learn how to create examples to meet the Outcomes for all five physical literacy components for elementary, middle, and high school students.

Navigate PDE SAS

Locate the HPE outcomes on PDE SAS

Understand how the HPE outcomes are organized

Explain how the HPE outcomes can be used to build a scope and sequence

Create a scope and sequence based on the HPE outcomes

Explain how the HPE outcomes can be used to build a block plan

Create a block plan based on the HPE outcomes

Demonstrate how to navigate and complete a curriculum mapping template for your school and district.

Explain and create an individual lesson plan for health or physical education.

Identify examples of assessments that can be utilized during curriculum writing.