



Somerville Strong: Advancing Health & Physical Education for Every Student

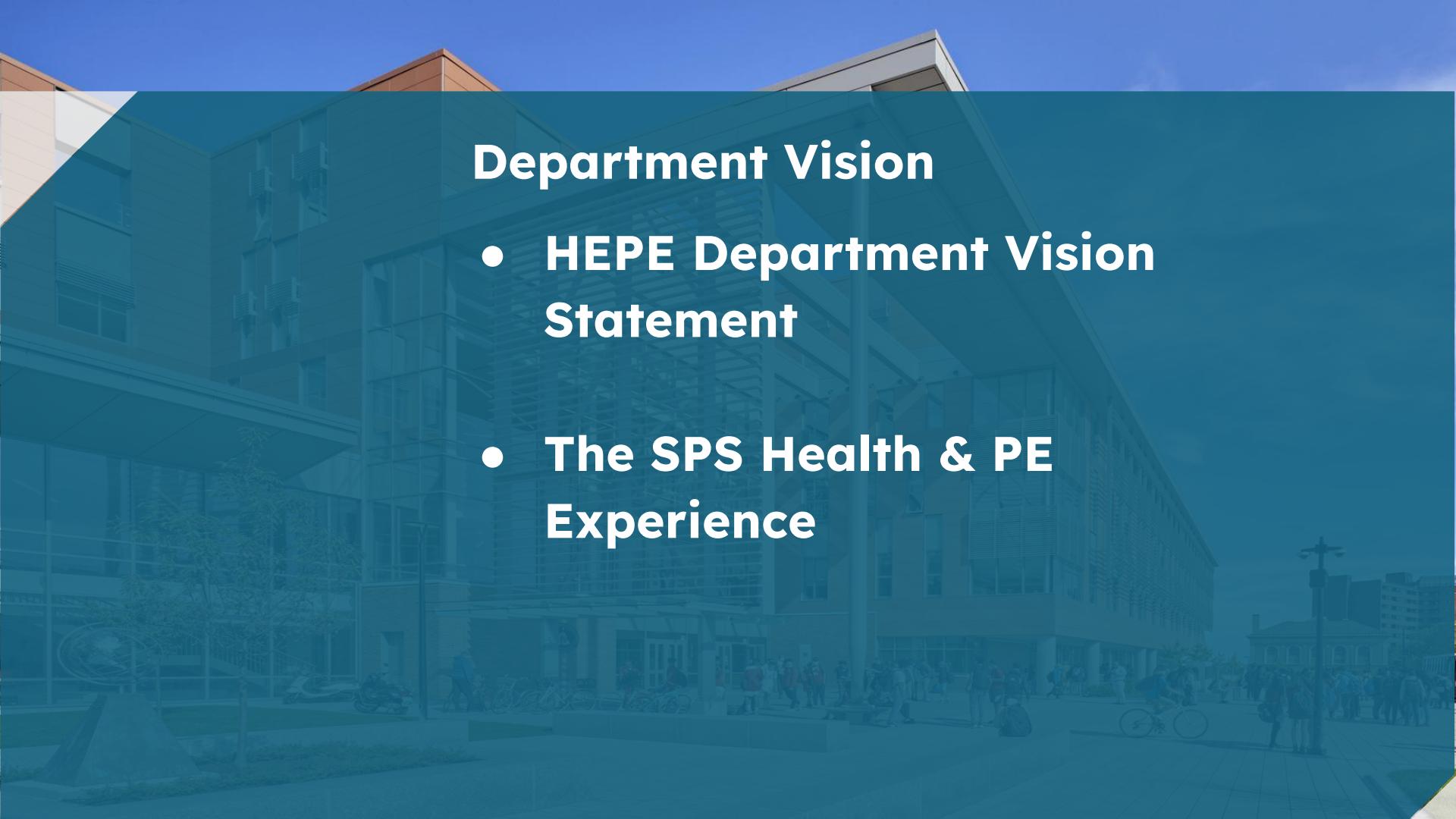
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Agenda

- **Purpose and Introduction**
- **HEPE Department Vision and Instructional Norms**
- **Alignment to District Strategic Plan**
- **Community Partnerships and Current Initiatives**
- **Program Highlight: Third Grade Swimming**
- **Future Plans**
- **Closing and Questions**

Introduction





Department Vision

- **HEPE Department Vision Statement**
- **The SPS Health & PE Experience**

HEPE Department Vision Statement

Being physically fit and healthy has a direct effect on the social, emotional, and mental well-being of a child. The Health and Physical Education Department provides students with 21st century Health and Physical Education that encompasses contemporary concepts and rich experiences in a collaborative environment.



- Alignment to District Strategic Plan



- **Community Partnerships
and Current Initiatives**

Cambridge Health Alliance

- **At the middle school level, this partnership delivers engaging, developmentally appropriate health instruction during a critical stage of student growth.**
- **Provides comprehensive Get Real Health Education for grades 7–8.**
- **7-8th Grade Parent Caregiver Sessions are provided.**
- **CHA staff push into classes alongside our health teachers.**
- **Supports district goals for equity, wellness, and student knowledge**
- **Provide Additional Health Support at SHS**

Current Initiatives

25-26

- **SHS Rockwall Compliance (Project Adventure)**
- **Develops SEL skills**
- **Builds confidence and goal-setting skills.**
- **Provides inclusive opportunities for all students.**



Program Highlights



3rd Grade Swimming 25-26 - What's New?

- **Established a Swim Operations Team**
- **Launched new department-wide instructional protocols.**
- **Created pre-swim classroom visits to support 3rd grade students**
- **Strengthened communication with school leadership.**



Pre Swim Presentations 25-26

Where is it? 3



Swim lessons will be at the John F. Kennedy School!
You will enter in the back of the school at the Pool Entrance!



Your teachers will bring you downstairs to the Ginny Smithers Pool.
How are we supposed to walk in the halls?

Pre-Swim Presentations 25-26

What we will learn?

There are so many ways how to swim, but we will teach you the important basics!



Back Stroke



Crawl Stroke



Pre-Swim Presentations 25-26

Lifeguards and Swim Instructors

Meet some of my friends that will be there! These lifeguards and instructors will be here to help you if you need anything IN and OUT of the water!

Sue

Edrick

Tenzin

Shane

Tenzin

Yianny

Student Name: _____

Teacher: _____

Date: _____

Non-Swimmer

A *Non-Swimmer* is a participant who is not yet comfortable or confident in the water. According to American Red Cross standards, non-swimmers typically:

- Require full support to enter, exit, or move through the water
- Are unable to independently submerge their face or control breath
- Cannot maintain a float position without assistance
- Are beginning to develop basic water adjustment and safety skills

Emerging Swimmer

An *Emerging Swimmer* is developing foundational swimming and water safety skills. According to American Red Cross standards, emerging-swimmers typically:

- Can independently enter, exit, and move through the water with comfort
- Cannot yet perform **front/back strokes** or **back/front float** independently
- Needs additional support to practice basic water skills
- Is beginning to develop breath control and body confidence in shallow water

Proficient Swimmer

A *Proficient Swimmer* demonstrates the essential skills outlined in Red Cross Learn-to-Swim levels for stroke readiness. A proficient swimmer:

- Shows confidence and safety awareness in deep and shallow water
- Can efficiently perform **front/back crawl** with coordinated arm stroke, rhythmic breathing, and consistent kick
- Can independently and efficiently **front float** and **back float**.

3rd Grade Swimming 25-26

**96% of students at the
Healey School are
Proficient in Swimming**

**Argenziano/Winter Hill
- Session 2 - Currently**

**Kennedy/West/Brown
Session 3 - March**



Future Plans - Looking Ahead

- **Nutrition Curriculum**
- **Orienteering K-12**
- **Biking K-5**
- **Project Adventure - SHS**
- **Rowing 6-12**
- **Rugby K-5**



Questions

