



MEMORANDUM of Agreement
2019 – 2020

Name of School: _____
County _____

HEAL Alabama is an evidence-based curriculum designed to promote **Healthy Eating and Active Living**. The curriculum of fitness, nutrition and 'motor skills in motion' teaches children how to exercise and eat in the most effective way to achieve optimum health. The HEAL curriculum, implemented as part of the physical education class under the direction of the physical education teacher(s), supports the competencies detailed in the Alabama Physical Education Course of Study. In addition, the HEAL curriculum is endorsed by the Alabama Department of Education.

Each month (September – August) a HEAL calendar is sent home with the students. The purpose of the calendar is to provide healthy recipes, nutrition and exercise advice for the entire family.

Another part of HEAL is the "Homeplay." Occasionally students will be asked to complete an assignment at home to reinforce what he or she is learning during physical education class. Handouts and posters are also provided to support the content of the HEAL Curriculum.

By participating in the HEAL Alabama program, students will learn to play and exercise in their "healthy heart zone." Heart rate monitors will be used to measure students' efforts so that no one will over exert or under exert during activity. The heart rate monitor is a watch worn on the wrist and allows the student to monitor his or her heart rate while exercising. The heart rate monitors are provided and maintained at no cost to the school.

Physical education teachers are trained in the HEAL curriculum. HEAL consultants are available to support the implementation of the curriculum. Consultants will visit the school to provide support as needed and requested.

The expectation is that the school will embrace the mission of the HEAL curriculum and implement the curriculum for a minimum of 2 years. This will insure that the physical education teacher(s) is supported in their efforts to implement the HEAL curriculum. Evidence indicates that if implemented according to the curriculum guidelines, students will increase their level of physical fitness, increase their knowledge of nutrition and physical activity, increase their awareness of the link between physical activity and health and increase their motivation to be physically active and practice positive nutrition behaviors.

Signature of School Representative

Date

Signature of Physical Education Teacher(s)

Date

Signature of HEAL Representative

Date