



*Elementary School
Wellness Education
- An Integrated
Approach to
Teaching the Whole
Child*

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EVOLUTION AND SILOS

PE

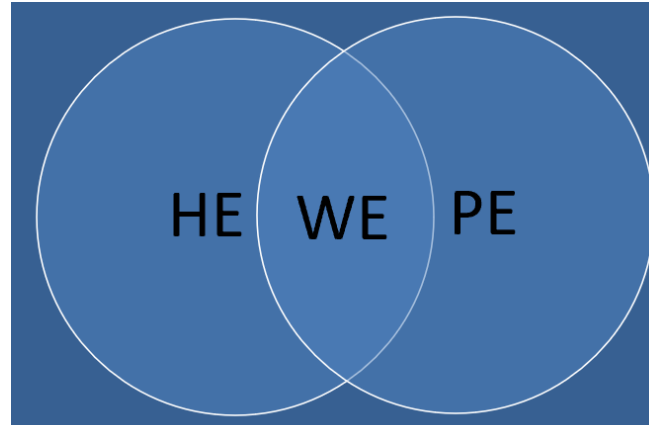


HE



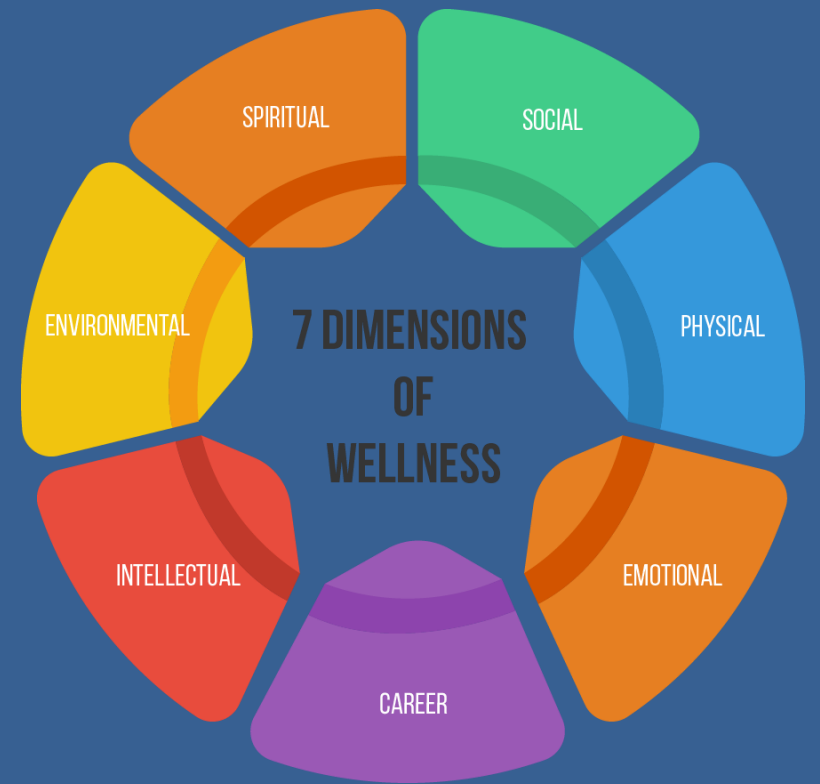
What is School Wellness Education?

School Wellness Education is as an interdisciplinary approach to promoting comprehensive well-being through family, school and community interventions. The intent is to imbue students with the knowledge, skills and dispositions to lead a healthy lifestyle that carries forward into adulthood.



Why SWE

- More integrated, wellness approach
 - Dimensions of wellness
- Better uses available class time
- Better use of facilities
- More fun
- Students are active every day
- Addresses health standards and PE standards simultaneously





Sample Lesson Plan

Cardiovascular System and
Movement Patterns

School Wellness Educator

Best person in elementary students to implement the whole-child model. Why?

1. Trained educator
2. See students on a weekly basis
3. Teacher preparation aligns with most components of the model





Comprehensive School Physical Activity Program

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