

## **SAN CARLOS SCHOOL DISTRICT**

### **PHYSICAL & NUTRITION EDUCATION LIAISON**

#### **BASIC FUNCTION:**

The Liaison will strive to exemplify the SCSD Vision: The San Carlos School District shall provide an innovative and engaging learning experience that fosters the development of the Whole Child to ensure all students are well prepared for success in the 21st Century, as evidenced by:

- Reaching their highest academic, social, emotional, intellectual, and physical potential;
- Becoming problem solvers, critical thinkers, risk-takers, designers, collaborators, and innovators; and
- Developing into contributing, empathic citizens and leaders who are responsible stewards of their world and care about equity and justice, both locally and worldwide.

#### **GOALS:**

The Physical Education and Nutrition Program Liaison provides general oversight for and coordination of San Carlos School District's health and fitness initiatives and policies by inspiring and supporting coaches and educators to include:

- Align PE and nutrition lessons with the Physical Education Content Standards and Nutrition Standards;
- Support and coordinate a comprehensive and effective physical activity and nutrition education experience for every SCSD student, TK-4th grade;
- Co-develop curriculum maps and assessments for the SCSD PE programs that align P-8 and include both physical activity and nutrition education;
- Support and mentor other coaches and educators as needed to ensure developmentally aligned social/emotional support for students, safety for all, high levels of student engagement, and proper motor skill instruction is taking place. (This could include modeling specific lessons, modifying lessons to meet diverse student needs, and co-developing lesson plans, ensuring development with a healthy, non-competitive focus, etc.)

#### **ESSENTIAL DUTIES:**

Assist the Wellness Coordinator and Legarza coaches to:

- Co-create a TK-4 physical education program which will feature developmentally appropriate activities and cooperative (vs. competitive) games and activities featuring the following components of the District Vision:
  - Becoming problem solvers, critical thinkers, risk-takers, designers, collaborators, and innovators; and
  - Developing into contributing, empathic citizens and leaders who are responsible stewards of their world and care about equity and justice, both locally and worldwide
- Co-create an aligned curriculum for TK-4th grade PE program that will engage children in developing physical skills and overall attitudes that support life-long fitness and health (including Nutrition Huddles and other relevant nutrition education tools)
- Implement Motor Rooms for perceptual motor development in all TK and K classrooms
- Co-develop relevant progress monitoring tools for 1st, 2nd, and 4th grade
- Co-develop a modified Physical Fitness Test (PFT) for 3rd grade
- Co-develop communications and reporting systems for PE minutes at every site and other assessments
- Support overall program implementation (rotating to at each elementary site including PE instruction, Motor Room instruction, lunchtime nutrition programs, and inclusive lunch/recess activities.)
- Assist with developing and facilitating workshops for physical education and nutrition education
- Perform other duties as assigned by the supervisor.

#### **EDUCATION AND EXPERIENCE:**

- Education equivalent to the completion of the twelfth (12th) grade.
- Two years of physical education experience preferred.
- Maintain CPR and First Aid certification

#### **WORKING CONDITIONS ENVIRONMENT:**

- Indoor and outdoor work environment.
- School setting environment

**PHYSICAL DEMANDS:**

- Visual ability to read handwritten or typed documents and the display screen of various office equipment and machines.
- Able to conduct verbal conversation in English or other designated language.
- Able to hear normal range verbal conversation (approximately 60 decibels.)
- Able to sit for extended periods of time.
- Able to stand for long periods of time may also be required.
- Dependent on class/student assignment, the employee may occasionally lift, push, pull and/or move up to 40 pounds.
- Repetitive bending at the waist as well as kneeling, stooping, crouching to assist students is also required.
- Employees may reach overhead as well as above the shoulders and horizontally.
- Dexterity of hands and fingers to demonstrate activities or run instructional equipment is required.