

Memo



To: Dr. Karla Guseman

From: Dianne McDonald

Date: September 4, 2026

Re: Course Revision-Walking for Wellness

I respectfully recommend the revision of Walking for Wellness, a year-long unweighted course for grades 11-12, into a semester-long unweighted course available to grades 10-12.

All PE 3-4 classes will transition to semester-long courses for students in grades 10–12, providing expanded options for activity selection. This curriculum change aims to "streamline the course selection process and reduce confusion for students during registration." By selecting activities in advance, students can engage in personalized, student-centered planning (Action Plan 3-1). The JTHS Physical Education Department remains dedicated to a learning environment that cultivates teamwork, leadership, sportsmanship, and self-esteem, ensuring our physical spaces and curriculum "maximize functionality and create flexible, collaborative, and inclusive areas" for the entire student body (Action Plan 4-4).

This course revision has been discussed and approved at the Curriculum Coordinating Council.

Thank you and please let me know if you have further questions.