

## **Professional Development Two Year Plan**

The plan below includes both short and long term goals which are based on areas where I believe I need to grow as a teacher, opportunities to strengthen our school's health program, and topics that I find especially interesting or useful. I have not yet identified how I will access specific trainings but I intend to seek out workshops and other learning opportunities in the areas listed.

### **2017-18 Academic Year**

#### **Goals**

- 1) Create and follow a comprehensive scope and sequence for skills-based health across all grade levels (in conjunction with my m.s./h.s. counterpart)
- 2) Improve classroom management skills, particularly for younger grades.
- 3) Plan lessons with more thoroughness so that I can articulate what students *will know and be able to do* at the end of every class.
- 4) Work with colleagues to develop at least 2 interdisciplinary units for the year.

#### **Methods**

- Summer curriculum work (2 set work days with colleague)
- Complete "Concepts in Personal and Community Health for Educators" course fall 2017
- Set observation calendar and follow up meetings with mentor teachers (September)
- Tentatively schedule interdisciplinary units for September and April; meet with colleagues in August to plan.

#### **Additional Workshops/Trainings**

- Sexuality workshop in preparation for 5/6 reproduction unit
- Development or early elementary classroom management workshop
- Attend training about teaching mindfulness
- Possibly attend farm-to-school training (multi-day workshop)

### **2018-19 Academic Year**

#### **Tentative Goals**

- 1) Fine-tune curriculum based on data and reflection about struggles and successes in my first two years teaching health.
- 2) Collaborate regularly with p.e. teacher and guidance counselor--align curriculum to connect as much as possible and to insure consistency.
- 3) Improve family outreach to provide at least 2 health education opportunities for families during the school year (such as a health fair, family cooking classes, or a nutrition class through Bethel University).
- 4) Review and improve formative and summative assessments across grade levels.

**Methods**

- Schedule summer work days with p.e. and guidance to align curriculum
- Save student work samples and assessments to review during summer.
- Network with other elementary health teachers to discuss curriculum and share ideas.

**Additional Workshops/Trainings**

- Training in family outreach methods
- Attend a workshop about assessments
- Attend workshop about alcohol and other drugs
- Possible take graduate course (VT-HEC schedule not available yet)