



SPRING BRANCH CURRICULUM WRITER/INSTRUCTIONAL COACH



Hello! My name is Kiera Ruck and I look forward to serving and supporting you as your Curriculum Writer and Instructional Coach.

A little bit about me:

I have lived in Houston for most of my life after moving around to 5 different states and out of the country all before 5th grade. Every move brought a new family member and I am the proud middle child of 7. I played soccer for Concordia University, Texas and continue to play in my free time. I majored in Elementary Education and always dreamed of being a Physical Education teacher. I started my teaching career in a classroom and taught amazing 2nd graders for two years before switching over to the gym. I have been at Pine Shadows for 5 years now and absolutely love my job! I am currently the board president for the Spring Branch Health Fitness teachers Association. My goal this year is to bring personalized learning to our SBHFTA meetings and redesign health fitness to incorporate personalized learning for all students. This year I am coaching Girls On the Run and in charge of my SWAG(Student. Wellness. Advisory. Group.) I am passionate about a healthy lifestyle and enjoy many types of exercises and recipes and always happy to share!

I am excited to serve you as a content and instructional practice coach.
I look forward to learning how I can best support your professional development, and working together this year.

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As your Instructional Coach, I will be able to provide the following support to you and your colleagues:

- One Classroom visit
- Descriptive feedback aligned to the SHAPE Appropriate Practices and District Expectations
- A post-visit coaching conversation
- Assistance in the development of annual, unit, and lesson plan alignment with district ITS Learning
- Assistance in the development of formative and summative assessments to measure student progress.
- Support in planning for differentiation based on the analysis of fitness gram or other available data.
- Connections to online and face-to-face professional learning opportunities aligned to TEKS and SHAPE National Standards.

Some items you may wish to have handy or visible when I visit:

- Lesson objectives posted
- Your goal for T-TESS (optional)
- Student assessment tool (may vary depending on unit)
- SPARK, CATCH PE, OPEN or any other available resources
- Lesson plans
- Student work, pics, portfolios, etc.

I look forward to working with you and your colleagues this year! Please don't hesitate to contact me if you have any needs or questions.

SBISD Curriculum Support

