



Arts/Wellness Department

Physical Education/Health Curriculum Grades 6-8



Norwell Public Schools' grade 6-8 Physical Education/Health curriculum is aligned to the [Massachusetts Comprehensive Health Curriculum Framework](#), last revised in 1999, through its experiential, adventure-style Physical Education program in grades 6-8, its guidance class in grade 6, and its health curriculum in grades 7-8. The PE/Health program at NMS is designed to address students at the developmental level specified by the Massachusetts Department of Elementary and Secondary Education as *by the end of grade 8*, and to prepare them for further study at the high school level.

PE at NMS is an experiential education program where students learn by doing and whose foundation is based in an adventure-style curriculum. Through various team and individual challenges, students are given the tools necessary to challenge themselves to grow and learn by overcoming perceived limitations in a safe and inclusive environment. Throughout the course of their time at NMS, students are also challenged with improving individual physical fitness. Cardiovascular exercises, flexibility and core strengthening are the main focus areas that are addressed in various activities. PE at NMS promotes the need for healthy balance, with a "get up and move" philosophy to promote individual and community health and wellness.

The health curriculum at NMS is primarily derived from *The Great Body Shop*, a nationally recognized curriculum geared toward the national standards. The curriculum is research-based and has been shown to impact student behavior and achievement during the middle school years. The curriculum progresses with developmentally appropriate material through grades 7-8. A safe and inclusive environment is provided to allow students to learn and feel comfortable asking questions in class.

The **Arts/Wellness Department** believes that students should be knowledgeable in skills and concepts from the four core strands of the Massachusetts Comprehensive Health Curriculum Framework.

Physical Health: Students will recognize decisions that all individuals will make with respect to their bodies in daily living and identify the relationships among actions, conduct and wellness.

Social/Emotional Health: Students will develop skills needed in daily life as they come to learn about their identity and how to manage interactions with other people.

Safety and Prevention: Students will learn how to make decisions and weigh the probable consequences of their actions.

Personal and Community Health: Students will develop a clearer understanding of their personal, social and civic responsibilities by acting on accurate information to improve health in their communities.

Grade 6
Physical Education
Guidance

Grade 7
Physical Education
Health

Grade 8
Physical Education
Health

[1999 Massachusetts Comprehensive Health Curriculum Framework](#)

[Norwell Middle School Program of Studies](#) provides more detailed information about courses, expectations and opportunities.