



Arts/Wellness Department

Wellness Curriculum Grades 9-12



Norwell Public Schools' grade 9-12 Physical Education/Health curriculum is aligned to the [Massachusetts Comprehensive Health Curriculum Framework](#), last revised in 1999, through its wide variety of rigorous programming. The PE/Health program at NHS 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 12*, and to prepare them to lead healthy and productive lives after high school.

The PE/Health program at NHS promotes a multi-dimensional approach to well-being that emphasizes individual responsibility. It is an active process of becoming aware of and making choices towards a healthier and more fulfilling life. Students in grades 9-10 participate in both health and physical education instruction, and students in grades 11-12 participate in a more specialized, elective curriculum that includes options for life skills, yoga, strength and conditioning, and a more traditional physical education experience.

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

Physical Health: Students will recognize decisions that all individuals make with respect to their bodies in daily living and identify 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 9	Grade 10	Grade 11	Grade 12
Health/PE I	Health/PE II	Competitive Sports Yoga Advanced Yoga Cross Training	Competitive Sports Yoga Advanced Yoga Cross Training Survival Skills for Adulthood

[1999 Massachusetts Comprehensive Health Curriculum Framework](#)
[Norwell High School Program of Studies](#) provides more detailed information about courses, expectations and opportunities.