



**Arts/Wellness
Department**

**Physical Education /
Health Curriculum
Grades K-5**



Norwell Public Schools' grade K-5 Physical Education/Health curriculum is aligned to the [Massachusetts Comprehensive Health Curriculum Framework](#), last revised in 1999, through weekly 45-minute Physical Education classes in grades K-5. The PE/Health program at the Cole and Vinal Schools is designed primarily to address students at the developmental level specified by the Massachusetts Department of Elementary and Secondary Education as *by the end of grade 4* and, in some cases, *by the end of grade 8*, and to prepare them both for further study at the middle school level and to be active throughout their lives.

Physical education in Norwell supports the physical, intellectual, and social-emotional development of students. When students maintain adequate levels of physical fitness and make healthy choices, the conditions and opportunities for learning also increase. For these reasons, Health and Physical Education plays an integral role in a comprehensive educational program. To facilitate these optimal levels of wellness, the Health and Physical Education Department is committed to delivering a comprehensive, sequential curriculum K-12. This curriculum will engage and help inspire students to pursue a lifetime of fitness-related activities and healthy decisions. The elementary level begins with the most basic concepts regarding spatial awareness and locomotor skills. Most other units and concepts are introduced early on and reinforced each year with increasing levels of complexity and depth as students grow and mature.

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.

Major Units and Concepts

Spatial Awareness/Locomotor Skills
Throwing and Catching
Soccer Skills
Gymnastics Skills
Jump Rope Skills

Basketball Skills
Volleyball Skills
Bowling Skills
Dance Skills
Fitness Testing (Grades 3-5)