

WELLNESS DEPARTMENT UPDATE

NEW MA COMPREHENSIVE
HEALTH FRAMEWORKS

NEW FRAMEWORKS

1999 Comprehensive
Health Frameworks

Fall 2023 Revision

FROM DESE:

Approach to Revisions

Goals

- Build upon the foundation of the first Comprehensive Health Framework
- Add detail and attention to critical skills of physical and health education
- Link student well-being, school performance, and community & family involvement

Touchstones

- Shifts to practices
- Currency and relevancy
- Enhance physical education
- Add social and emotional learning
- Focus on equity

FROM DESE:

Physical Education could also connect with the SHAPE National Frameworks.

As per DESE, the MA Frameworks can be used as a guidance.

Shifts in Revised Frameworks

- Stronger emphasis on practices
- Explicit representation and integration of physical education (PE)
- Articulation of social and emotional competencies that can apply across school curriculum & content areas
- Updates to reflect current & ever-changing influences on health (including technology, media & social media)
- Increased focus & emphasis on equity
- Updated guiding principles to encourage a Whole School, Whole Community, Whole Child approach

SUMMER WORK and BEYOND...

This summer the Wellness Department worked for 2 days to get a jump start on how we will be revamping our Curriculum to align with the new frameworks.

We recognize that it will be a large task to complete as the frameworks have not been updated in quite a long time.

The Department will be jumping into our 1st Curriculum review this year and understandably it will require time and effort.

We started this process by visiting vendor booths at the Annual MAHPERD convention held in November. We also have a connection to potentially help us as a consultant to continue our work.

ACTION STEPS

- UPDATE CURRICULUM
- POTENTIAL NEW CURRICULUM FOR MIDDLE SCHOOL HEALTH
- CROSS REFERENCE FRAMEWORKS WITH OTHER DEPARTMENTS AS THERE ARE OVERLAPS - USE DESE CROSSROADS TO HELP US
- CROSS REFERENCE SHAPE AMERICA NATIONAL STANDARDS WITH DESE FRAMEWORKS
- ATTEND DESE OR MA-HPERD TRAININGS AND/OR CONFERENCES
- WHEN AVAILABLE AND UPDATED, USE THE DESE STANDARDS NAVIGATOR TO HELP ALIGN OUR LESSONS.

PLANNING DOCUMENT

Summer 2024 - 2 days:

Whole group discussion:

Differences between old standards and new standards

Agree on the process and timeline that we will use (Protocol? - what decision making process should we use? Or do we need one?)

- How will we move from current standards to new standards?
- What are the action steps?
- Who will be responsible?
- What resources will we need?
- What is the timeline?

Summer/Fall:

Work in smaller teams (possibly by K-2, 3-5, 6-8) to review new frameworks.

Agree on a template for Framework formatting

Winter:

Continue reviewing the frameworks and planning.

Spring:

Curriculum Mapping

Break up in groups and map what we currently teach and what is missing from the new standards. What will stay and what will not stay? What new curriculum units need to be developed?

Summer 2025:

Work on new curriculum development?

- Q: What impact will this have on current instruction and integration with different grade levels and/or subjects?
- Q: Are we prepared to teach these new standards? Do we need any PD?
- Q: Who will develop the new curriculum and when will this happen?
- Q: Common Assessments?
- Q: Do report card descriptors need to change?

COMMUNICATION:

- What about administration - Do we need to educate them about the new standards?
- Can we create a shared vision as a department about what physical literacy skills students need?

SAMPLE K-2 CURRICULUM SCOPE AND SEQUENCE

Lesson #	Topic of Study	Standards/Frameworks (by the end of 2nd grade)	Lesson Plan Details	Assessments	SEL Focus	School Connections (ie events, end of quarter terms)
1	Welcome to Wellness	Practice 3: Social awareness, Relationship, and Communication skills 2.3 MH Mental Health (1)	Schedule, Routine,, Expectations, Line tag	Check for Understanding	Classroom Community	Start of the year/Responsive Classroom
2	Introduction/Cooperative & Recess Games	Practice 2: Self Management and Goal Setting 2.2.MH Mental Health (1, 4, 5) 2.2.PS Personal Safety (1, 2) Practice 4: Movement Skills 2.4.PF- Physical activity and Fitness (1, 3, 4, 5, 6)	Recess games, routines, teamwork, cooperation	Check for Understanding	Classroom Community/Getting to Know each other	Responsive Classroom
3	Introduction/Cooperative & Recess Games	Practice 2: Self Management and Goal Setting 2.2.MH Mental Health (1, 4, 5) 2.2.PS Personal Safety (1, 2) Practice 4: Movement Skills	Recess games, routines, teamwork, cooperation	Check for Understanding	Ice Breaker ?'s	Responsive Classroom
4	Introduction/Cooperative & Recess Games	Practice 2: Self Management and Goal Setting 2.2.MH Mental Health (1, 4, 5) 2.2.PS Personal Safety (1, 2) Practice 4: Movement Skills 2.4.PF- Physical activity and Fitness (1, 3, 4, 5, 6)	Recess games, routines, teamwork, cooperation	Check for Understanding	Cooperation/Problem Solving	Responsive Classroom

RESOURCES

- [2023 Curriculum Frameworks for Comprehensive Health and Physical Education Overview](#)
- Massachusetts association for health, physical education, recreation and dance Inc. - [mahperd](#)
- [Talking Points Health/PE – MA-HPERD](#)