

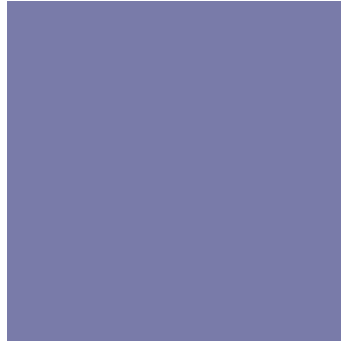
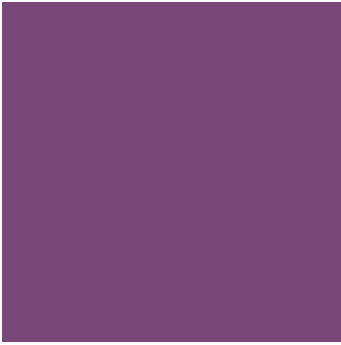


HPS Wellness



Haverhill Public Schools

Physical Education and Health



Physical Education

Grades 9-12

All students at Haverhill High School are required to take two semesters of Physical Education.

Physical Education I –Archery, Basic Aquatics, Weight Training

Physical Education II - Individual/Lifetime Sports, Basic Aquatics, Golf, Floor Hockey

Students will learn...

- Safety Awareness
- Hand-eye coordination
- Practice makes perfect
- Math integration
- Strategy
- Cooperation
- Responsibility
- Social ability
- Math Angles Force
- Fitness
- Communication Skills
- Striking Skills
- Teamwork
- Following Rules
- Footwork
- Outdoor Fitness
- Anticipation Preparation
- Reaction
- Throwing/Catching
- Offense/Defense
- Sportsmanship



Comprehensive Health Grades 5-12

Since 2014, the Haverhill Public Schools have made a renewed commitment to Health Education. As a result, the time on learning has more than doubled.

For 2015-2016, an additional full-time health teacher was added for grades 5-8.

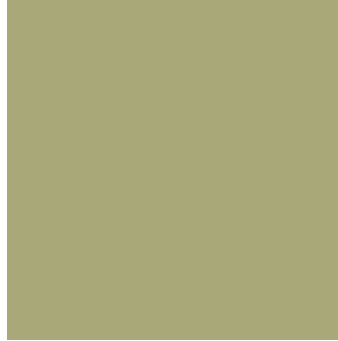
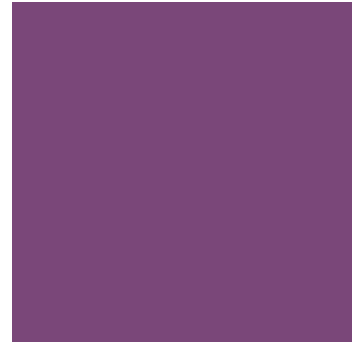
Both Health I and Health II classes were expanded from quarter courses to semester long courses for 2015-2016.

Health Curriculum is aligned with the National Health Education Standards



Important Life Lessons...

- Self-Esteem Building
- Conflict/Violence & Abuse
- Bullying/Cyber bullying
- Drugs & Addiction
- Communications Skills
- Healthy Habits
- Healthy Relationships
- Basic Nutrition
- Weight Management
- Energy Drinks
- Skin Cancer
- Stress
- Mental Disorders
- Sexuality
- Difficult Decisions
- Values/Ethics
- Culture/Stereotyping
- First Aid & Safety
- Community Service
- Fitness and Long Term Health



Middle School Physical Education

Grades 5-8

Middle School students participate in Physical Education class at least once per week.

ACTIVITIES....

Team Building
Lacrosse
Soccer
Football
Ultimate Games
Basketball
Volleyball
Tennis/Badminton
Floor Hockey
Track & Field
Baseball
Team Sports

SKILLS...

Game Rules
Tactics
Motor Skills
Problem Solving
Individual and Team Fundamentals
Overall Fitness
Sport Strategies



Physical Education Grades K-4

The HPS Elementary Physical Education Curriculum based on the content standards and benchmarks proposed by both the National Association for Sports and Physical Education and the Massachusetts Department of Education.

UNITS

Motor Skill Development

General & Personal Space

Personal Responsibility

Safety

Manipulative: Throwing/Catching

Manipulative: Striking

PHYSICAL SKILLS

Throwing

Catching

Kicking

Skipping

Walking

Running

Striking

PHYSICAL FITNESS

Cardiorespiratory Endurance

Muscular Strength & Endurance

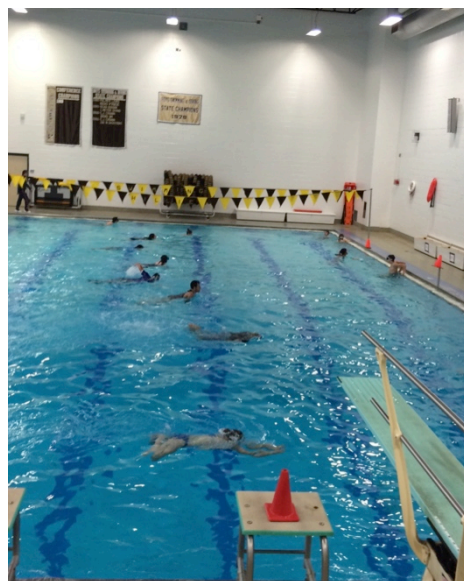
Flexibility





Swimming 101

Every student will learn to swim



Haverhill High School has the unique benefit having the Charles C. White Pool located right on campus. Swimming instruction is an important part of the Physical Education Curriculum and one of the missions of the department is to have every student learn to swim before graduating.

All High School Physical Education teachers are certified lifeguards and swim instructors.

Basic Aquatics **Red Cross Swim Instructions** **Level 1 – VI**

- Buoyancy
 - Breath Control
 - Front Crawl
 - Back Crawl
 - Elementary Backstroke
 - Breast Stroke
 - Side Stroke
 - Mask - Fins
- (Diving board available)



Lisa Begley

High School Health Education

Peter Begley

Middle School Physical Education

Timothy Carven

Elementary School Physical Education

Lori Curry

Middle School Health Education

Walter Dunn

High School Health Education

Kevin Demarais

Middle School Health Education

David Gibson

Middle School Health Education

Paul Hart

Elementary School Education

Christine Hickey

Elementary School Education

Virginia Iola

Elementary School Education

Joseph Kulis

Elementary School Education



The Faculty

Cara Labelle

High School Health Education

George Nigro

High School Health & Physical Education

Sue Stanley

High School Health Education

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Middle School Physical Education

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