



11th & 12th- GRADE WELLNESS PROFILE

NATICK PUBLIC SCHOOLS

Natick Public Schools
Physical Education, Health & Wellness
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Physical education's goal is to encourage students to develop an individual optimum level of physical fitness, acquire knowledge of health-related fitness concepts, and understand the significance of lifestyle choices on one's health and fitness.

Through multiple fitness experiences, students will become more responsible for and develop an appreciation of lifelong fitness strategies. The health education program takes a proactive approach to learning some of the most controversial and difficult topics in modern society.



Natick High School
15 West Street
Natick, MA 01760
NHS.NatickPS.org



Program Goals

Students leave the Natick Wellness Program with a foundational knowledge of the theory behind exercise, why it's important, and how it relates to lifelong wellness long after sports/athletics have finished.

We provide the theory in grades 9 10 and opportunities to explore interests in grades 11 12. The hope is students leave Natick with the knowledge of why exercise is vital, how to train safely and effectively, and a few options they have found in which they truly enjoy the experience.



Course Offerings

Students have the opportunity to choose from a variety of wellness course selections:



- Pilates, yoga and mindfulness (PYM)
- Intro to strength training
- Team sports
- Recreational activities
- Spinergy (spinning)
- Brazilian Jiu Jitsu and wrestling
- Personal fitness
- Intro to athletic training
- Advanced strength training