

**Natick Public Schools**  
**Physical Education, Health & Wellness**  
Robert Anniballi, Director of Wellness  
Phone: 508-647-6621  
Email: ranniballi@natickps.org

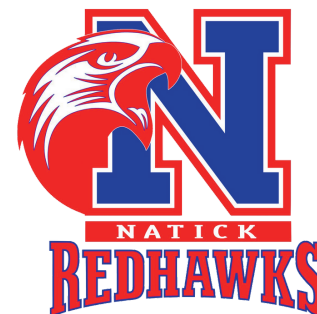
Physical education's goal is to encourage students to develop an individual optimum level of physical fitness, acquire knowledge of health-related fitness concepts, and understand the significance of lifestyle choices on one's health and fitness. Through multiple fitness experiences, students will become 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



# NINTH- GRADE WELLNESS PROFILE

NATICK HIGH SCHOOL



# PROGRAM GOALS

Understand the five health-related components of fitness and how they benefit the overall quality of life.



- Cardiovascular endurance
- Muscular strength
- Muscular endurance
- Body composition
- Flexibility

Within the five health-related components of fitness, students can expand the benefits of cardiovascular endurance.



Have a general understanding of the major muscles in the body.

# FITNESS GOAL SETTING

Students can write goals and develop plans to improve one or multiple areas of health-related fitness. We use the SMART goal format.



# PRINCIPLES FOR BETTER SLEEP

- Create a nightly routine
- No caffeine / limit caffeine after noon
- Limit liquids two hours prior to going to sleep
- Limit technology use 30–60 minutes prior to going to sleep
- Do not sleep with a phone. If you use your phone as your alarm, set it to airplane mode at bedtime.
- Room temperature should be around 62 – 68 degrees
- Limit distractions – complete darkness and silence
- Wake up / go to bed around the same time everyday (within 1 hour), including weekends
- Track the quality of sleep and the quantity of sleep
- Have a single alarm if need, none if possible
- Quality mattress, pillow, and blanket

# EXERCISE RECOMMENDATIONS



## Aerobic

- Most of the 60 minutes or more per day should be moderate or vigorous-intensity aerobic physical activity and include vigorous-intensity physical activity for at least three days a week.

## Muscle Strengthening

- As part of their 60 minutes or more of daily physical activity, children and adolescents should include muscle-strengthening physical activity at least three days a week.



## Bone Strengthening

- As part of their 60 minutes or more of daily physical activity, children and adolescents should include bone-strengthening physical activity at least three days a week.



*Exercise recommendations provided by the US Department of Health and Human Services; Physical Activity Guidelines for Americans, 2nd edition. Washington, DC; 2018.*