

Norfolk Public Schools

NPS Literacy Non-Negotiable: Teachers will provide learning experiences where every student reads, writes, communicates, and thinks critically in every classroom, in every school, everyday - no exceptions.

During Health and Physical Education students will be engaged by...

Reading

- Vocabulary terms are incorporated in individual and/or group games
- Articles are provided on the latest health trends
- Menus are created and used to meet various health expectations

Writing

- Students create fitness goals and write plans that detail exercise and nutritional expectations
- Students write persuasive essays on the different types of diets and exercise programs
- Students write about their weekly progress towards meeting their fitness goals

Literacy

Communicating

- Students select nutritional or fitness information to share with partners
- Students participate in projects that require presentations on various health related topics

Thinking Critically

- Students participate in individual or group activities that require strategizing and problem solving
- Students apply knowledge gained about health related concepts and develop a plan to meet the needs of various individuals