

Health & PE Curriculum Alignment

How Shift for Schools connects to the 2023 MA Comprehensive Health & Physical Education Framework

FOR TEACHERS AND ADMINISTRATORS. Maps Shift for Schools to MA CHPE Framework standards for the 3–5 grade band.

Practice 1: Decision-Making

The program creates a recurring decision point: how will I get to school today? Students weigh factors like weather, distance, safety, time, and personal preference. The daily tally makes these decisions visible and discussable.

3–5 connection: Students demonstrate the ability to make health-enhancing decisions by evaluating options based on conditions, distance, and personal factors.

CHPE Standard: Practice 1, 3–5 band — "Identify circumstances that can influence healthy and unhealthy decisions" and "Predict outcomes of health-related decisions"

Practice 6: Community & Environmental Health

Active transportation connects individual choices to community outcomes. Students observe how their school zone functions during drop-off and discuss how individual choices contribute to the community environment.

3–5 connection: Students describe how the environment can impact personal health and identify ways individuals and communities can work together to promote health.

CHPE Standard: Practice 6, 3–5 band — "Describe how the environment can impact personal health" and "Identify community resources that support health"

Standard Area: Public, Community & Environmental Health

The program provides a concrete, data-driven example of how personal choices affect community health outcomes. Monthly impact reports show the aggregate effect of collective choices — making "community health" tangible and measurable for students.

Cross-curricular: Pair with the Shift math worksheet (3–5) to have students calculate active transportation percentages. This connects health concepts to data literacy in one lesson.