

Health & PE Curriculum Alignment

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

FOR TEACHERS AND ADMINISTRATORS. This document maps the Shift for Schools program to MA CHPE Framework standards. Use it to justify program participation, include in grant applications, and identify cross-curricular connections.

Practice 2: Self-Management & Goal Setting

The Shift for Schools program asks students to be aware of how they get to school each day and builds classroom-level goals around active transportation. Students practice self-monitoring (raising their hand for their mode) and goal-setting (classroom targets for active trip percentage).

K-2 connection: Students identify health-enhancing behaviors (walking, biking) and set simple goals ("I want to walk to school two days this week").

CHPE Standard: Practice 2, K-2 band — "Identify health-enhancing behaviors" and "Set a personal health and fitness goal and track progress"

Practice 5: Physical Activity & Fitness

Walking or biking to school provides physical activity before the school day begins. Research shows this improves focus, reduces restlessness, and contributes to the recommended 60 minutes of daily physical activity for children.

K-2 connection: Students participate in regular physical activity and begin to understand its benefits ("How did your body feel when you walked to school today? How was it different from days you rode in a car?").

CHPE Standard: Practice 5, K-2 band — "Describe the benefits of being physically active" and "Participate in a variety of physical activities"

Standard Area: Physical Activity & Fitness

The program supports the PA&F standard area by providing a structured opportunity for daily physical activity integrated into the school routine rather than added to it. Active transportation doesn't require gym time, equipment, or class schedule changes.

CHPE Standard Area: Physical Activity & Fitness — "Students understand the benefits of regular physical activity and demonstrate the ability to achieve a health-enhancing level of physical fitness"

For grant applications: The Shift for Schools program provides data on active transportation rates — the percentage of students using active modes each week — that can be cited in health-focused grant applications as evidence of a school's commitment to student wellness and physical activity promotion.