

# Comprehensive Health and Physical Education Standards & Curriculum Updates

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# Updates to the New Jersey Student Learning Standards

- There are three Comprehensive Health and Physical Education standards:
  - Personal and Mental Health
    - Personal Growth and Development
    - Pregnancy and Parenting
    - Emotional Health
    - Social and Sexual Health
    - Community Health and Services and Support
  - Physical Wellness
    - Movement Concepts
    - Physical Fitness
    - Lifelong Fitness
    - Nutrition
  - Safety
    - Personal Safety
    - Health Conditions, Diseases and Medicines
    - Alcohol, Tobacco and Other Drugs
    - Dependency, Substances Disorder and Treatment



# New Jersey Legislative Mandates for Health and Physical Education

Consent (Grades 6-12)	Mental Health (Grades Kindergarten- 12)	New Jersey Safe Haven Infant Protection Act (Grades 9-12)	Organ Donation (Grades 9-12)
Sexting (Once in Grades 6-8)	Sexual Abuse and Assault Awareness and Prevention Education (*As grade appropriate)	Accident and Fire Prevention (Grades K-12)	Sexual Assault Prevention (*As grade appropriate)
Breast Self-Examination (Grades 7-12)	Bullying Prevention Programs (Grades K-12)	CPR/AED Instruction (Once in Grades 9-12)	Stress Abstinence ((*As grade appropriate)
Cancer Awareness (grade not specified)	Dating Violence Education (Grades 7-12)	Domestic Violence Education (Once in Elementary, Middle, and High School)	Suicide Prevention (*As grade appropriate)
Drugs, Alcohol, Tobacco, Controlled Dangerous Substances, and Anabolic Steroids (Grades Kindergarten -12)	Gang Violence Prevention (Elementary School)	Lyme Disease Prevention (grade not specified)	LGBT and Disabilities Law (grades 6-12)



# Physical Education Curriculum Implementation

Grade 3	Grade 6	Grade 9
<p><b>Unit 1: Skills Development</b>            Traveling and Locomotor Patterns            Chasing, Fleeing, Dodging            Jumping, Leaping, Landing            Balancing            Weight Transfer, Rolling            Kicking and Punting            Throwing and Catching            Volley and Dribbling            Personal Problem Solving</p> <p><b>Unit 2: Fitness and Wellness</b>            Wellness Habits            Internet Safety            Fitness Components            Cooperative and Team Games            Body Awareness            Spatial Awareness            Safe Movements            Game Strategies</p>	<p><b>Unit 1: Wellness</b>            Fitness and Health Factors            Personal Fitness Plan            Personal Health Data Collection            Skill-Related vs. Health-Related Fitness</p> <p><b>Unit 2: Movement Education and Rhythm</b>            Movement Sequences (obstacle course, aerobic routine)            Change in Force and Motion (weight transfer, power, speed)            Movement Skills</p> <p><b>Unit 3: Cooperative Games</b>            Critical Thinking            Decision Making            Cooperative Strategies            Mutual Respect            Teamwork</p> <p><b>Unit 4: Individual and Team Activities</b>            Game Rules and Procedures            Safety            Sense of Fair Play            Tactical Offensive            Defensive Strategies            Feedback Response            History of Games, Rules</p>	<p><b>Unit 1: Fitness and Wellness</b>            Health and Wellness            Mental Health            Muscular Strength            Endurance and Flexibility            Cardiovascular Endurance</p> <p><b>Unit 2: Cooperative Games</b>            Kicking            Striking            Catching            Throwing            Teamwork            Sportsmanship and Strategy</p> <p><b>Unit 3: Lifetime Activities</b>            Aerobics            Pilates            Tennis            Yoga            Badminton</p> <p><b>Unit 4: Swimming Level 1</b>            Freestyle            Backstroke            Breaststroke            Side Stroke            Diving            Treading</p>



# Health Curriculum Implementation: Grade 2

Unit	Lesson Topics
Unit 1: Let's Stay Safe	Street Safety, Rules and Laws, Handling Common Emergencies, Getting Along With Others
Unit 2: How Do You Think?	Parts of the Brain, Using Your Brain, Think About Thinking, Take Care of Your Brain
Unit 3: The Wide World of Food	Healthful Food, Nutrients for Your Body, Healthy Snacks, Importance of a Good Breakfast
Unit 4: Your Hearth	What Does your Heart Do?, Caring For Your Heart, Heart Problems, Compassion
Unit 5: Emotions	Coping with Common Fears, Recognizing Danger, Your Body is Private
Unit 6: How You Grow	Growing and Changing, Families, Families Grow and Change Too, I Am Special
Unit 7: Drugs Are Dangerous	What are Drugs? Medicines are Drugs, too, Drugs Don't Solve Problems, Drug-Free Communities
Unit 8: Germs! They Can Make You Sick	What are Germs? Keeping Germs Out, Fighting Germs, Community Health Helpers
Unit 9: My Skin and Me	What is Skin, How Does it Grow, & Why Do I Have Skin, Skin & Appearance, Skin Problems & Remedies
Unit 10: Muscles in Motion	Muscles, Getting Exercise, Muscles and Bones Work Together, Healthy Muscles



# Health Curriculum Implementation: Grade 5

Unit	Lesson Topics
Unit 1: First Aid Facts	What To Do in Emergency Situations, Calling For Help, Taking Precautions
Unit 2: Central Nervous System	How the Nervous System Works, The Damage Drugs Can Do, Injuries and Disorders
Unit 3: You Are What You Eat	Nutritional Guidelines, Life Cycle and Nutrition, Nutrition and Disease Prevention, Community Involvement and Healthy Food Choices
Unit 4: Respiratory System	Respiratory System, Community Health and Diseases of the Respiratory System, Smoking, Pollution
Unit 5: Emotions	Effects on the Body, Coping with Stress, Send the Message that My Body is Private
Unit 6: Growing Up	Hormones and Your Body, Growing Up Male and Female, Good Hygiene, Healthy Attitudes
Unit 7: The Truth About Drugs	Use, Misuse, & Abuse of Drugs, Drug Abuse & the Family, Choose to be Drug Free
Unit 8: Circulatory System	Circulatory System, Immune System, HIV, Compassion and Empathy
Unit 9: All of the Right Stuff	Advertising, Consumer Behavior, Healthy and Unhealthy Products, Managing Money
Unit 10: Bones and Muscles	Bones, Muscles, Physical Activity, and Environment



# Parent and Community Communication

- We value the importance of partnering with families as we educate students in the knowledge and skills they need in order to lead a healthy, safe, and active life.
- Specific information will be available this summer regarding the instructional units students will be participating in beginning in the fall of 2022.
- We acknowledge that some topics may be awkward for students, parents, and guardians, but our highly qualified and certified staff will approach all topics with respect and consideration of our community's values.
- We will have a district-wide information session in the fall, and more information will be sent out this summer.
- We strongly encourage families to have their students participate in these essential health topics, but we will communicate procedures for parents wishing to exclude their child from any portion of Health and Family education.



# Next Steps:

- Health Curriculum for Grades K-12 will be updated and available publicly via the district website's curriculum department link by August 22, 2022.
- Information for families regarding health lessons by grade level and procedures for student participation or exclusion will be available when students return to school.
- The Supervisor of Social Studies/Physical Education and Health, and/or the Director of Curriculum/Grants will be available throughout the summer to answer questions.
- An Information Session for Families will be held in the fall and information will be also be available at Back to School Nights at all District Schools.





**Thank You!**

