



Garfield Public Schools

HEALTH & PHYSICAL EDUCATION CURRICULUM UPDATE

SUMMER 2022

Updates to New Jersey Student Learning Standards



- ▶ There are 3 Comprehensive Health and Physical Education Standards:

<i>Personal & Mental Health</i>	<i>Physical Wellness</i>	<i>Safety</i>
Personal Growth & Development	Movement Concepts	Personal Safety
Pregnancy & Parenting	Physical Fitness	Health Conditions, Diseases & Medicines
Emotional Health	Lifelong Fitness	Alcohol, Tobacco & Other Drugs
Social & Sexual Health	Nutrition	Dependency, Substances Disorder & Treatment
Community Health & Services & Support		

NJ Legislative Mandates for Health and Physical Education

Consent (6-12)	Mental Health (K-12)	NJ Safe Haven Infant Protection Act (9-12)	Organ Donation (9-12)
Sexually Explicit Images through Electronic Means (once in 6-8)	Sexual Abuse & Assault Awareness & Prevention Ed. (as grade appropriate)	Accident & Fire Prevention (K-12)	Sexual Assault Prevention (PK-12)
Breast Self-Examination (7-12)	Bullying Prevention Programs (K-12)	CPR/AED Instruction (9-12)	Stress Abstinence (as grade appropriate)
Cancer Awareness (grade not specified)	Dating Violence Education (7-12)	Domestic Violence Education (grade not specified)	Suicide Prevention (as grade appropriate)
Drugs, Alcohol, Tobacco, Controlled Dangerous Substances, & Anabolic Steroids (K-12)	Gang Violence Prevention (elem.)	Lyme Disease Prevention (grade not specified)	History of Disabled & LGBT (6-12)
Financial Literacy (6-8)	Diversity & Inclusion (K-12)	Infusion of African American Accomplishments (K-12)	

Health, Safety, and Physical Education (N.J.S.A. 18A:35-5) requires that all students in grades one through twelve participate in at least two and one-half hours of health, safety, and physical education each school week.



Curriculum Concepts - NJDOE

Personal Growth and Development

Personal Growth and Development are lifelong processes of physical, behavioral, emotional and cognitive change throughout one's lifetime. Personal Growth and Development pertains to keeping your body healthy and understanding hormonal changes (all body systems) and their impact on sexuality. It encompasses the human condition: who we are, how we grow or evolve, and how interaction with others affects the process of growth physically, mentally, socially, and emotionally from infancy through advanced age.

By the end of grade 2	By the end of grade 5	By the end of grade 8	By the end of grade 12
<ul style="list-style-type: none">• Individuals enjoy different activities and grow at different rates.• Personal hygiene and self-help skills promote healthy habits.	<ul style="list-style-type: none">• Health is influenced by the interaction of body systems.• Puberty is a time of physical, social, and emotional changes.	<ul style="list-style-type: none">• Individual actions, genetics, and family history can play a role in an individual's personal health.• Responsible actions regarding behavior can impact the development and health of oneself and others.	<p>The decisions one makes can influence an individual's growth and development in all dimensions of wellness.</p>



Curriculum Concepts - NJDOE

Pregnancy and Parenting

Pregnancy and parenting are stages in life that impact all aspects on one's wellness. Regardless of the circumstance, pregnancy and parenting brings changes to an individual's emotional, financial, physical, mental, and social well-being. These stages can include many happy experiences but can also be the source of great challenges. Like any new skill, parenting takes knowledge, skills, and practice to be successful. However, other factors such as medical and financial challenges can make this stage in life more difficult. Preparation is the key to a healthy pregnancy, delivery and transition to parenting.

By the end of grade 2	By the end of grade 5	By the end of grade 8	By the end of grade 12
<ul style="list-style-type: none">All living things may have the capacity to reproduce.	<ul style="list-style-type: none">Pregnancy can be achieved through a variety of methods	<ul style="list-style-type: none">An awareness of the stages of pregnancy and prenatal care can contribute to a healthy pregnancy and the birth of a healthy child.There are a variety of factors that affect the social, emotional, and financial challenges that are associated with parenthood.	<ul style="list-style-type: none">There are a variety of strategies that individuals can use to prevent pregnancy and sexually transmitted infections.There are many decisions to be made related to pregnancy and childbirth that will have short- and long-term impacts.



Curriculum Concepts - NJDOE

Emotional Health

Emotional Health encompasses the views, feelings, and expressions about oneself. Emotional health includes a person's emotional, mental, psychological, and social well-being. It also helps determine how to handle stress and make choices related to others. Emotionally healthy people consciously develop coping mechanisms that are situationally appropriate to resolve and gather positive outcomes, develop strategies for mental health emergencies, respond to situations in a positive and appropriate manner, connect with resources and trusted individuals to assist, communicate feelings with confidence, and recognize support systems.

By the end of grade 2	By the end of grade 5	By the end of grade 8	By the end of grade 12
<ul style="list-style-type: none">• Many factors influence how we think about ourselves and others.• There are different ways that individuals handle stress, and some are healthier than others.	<ul style="list-style-type: none">• Self-management skills impact an individual's ability to recognize, cope, and express emotions about difficult events.• Resiliency and coping practices influence an individual's ability to respond positively to everyday challenges and difficult situations.	<ul style="list-style-type: none">• Self-management skills impact an individual's ability to cope with different types of mental, psychological, and emotional situations.	<ul style="list-style-type: none">• Self-confidence, personal traits, stress, limitations, and strengths impact the mental and emotional development of an individual.• Healthy individuals demonstrate the ability to prevent and resolve interpersonal conflicts in constructive ways



Curriculum Concepts - NJDOE

Social and Sexual Health

Social and Sexual Health is a person's ability to communicate and interact with others efficiently. Individuals are able to form meaningful relationships with others and interact in healthy, appropriate ways. They encompass respect and accept differences of an individual's race, religion, gender identity, gender expression, ethnicity, disability, socioeconomic background, and perspectives of health-related decisions. The extent to which people connect with others in different environments, adapt to various social and sexual situations, feel supported by individuals, institutions, and experience a sense of belonging, all contribute to social and sexual health.

By the end of grade 2	By the end of grade 5	By the end of grade 8	By the end of grade 12
<ul style="list-style-type: none"> • Every individual has unique skills and qualities, which can include the activities they enjoy such as how they may dress, their mannerisms, things they like to do. • Families shape the way we think about our bodies, our health and our behaviors. • People have relationships with others in the local community and beyond. • Communication is the basis for strengthening relationships and resolving conflict between people. • Conflicts between people occur, and there are effective ways to resolve them. 	<ul style="list-style-type: none"> • All individuals should feel welcome and included regardless of their gender, gender expression, or sexual orientation. • Family members impact the development of their children physically, socially, and emotionally. • People in healthy relationships share thoughts and feelings, as well as mutual respect 	<ul style="list-style-type: none"> • Inclusive schools and communities are accepting of all people and make them feel welcome and included. • Relationships are influenced by a wide variety of factors, individuals, and behaviors. • There are factors that contribute to making healthy decisions about sex. 	<ul style="list-style-type: none"> • How individuals feel about themselves, their identity, and sexual orientation can be positively or negatively impacted by a wide variety of factors. • Healthy individuals establish and maintain healthy relationships by utilizing positive communication and social skills to interact effectively with others. • There are many factors that influence how we feel about ourselves and the decisions that we make. • There are state and federal laws which provide access to sexual health care services for minors and to protect minors from unhealthy sexual situations.

Curriculum Concepts - NJDOE

Community Health Services and Support

Community Health Services provide informational resources and assistance to communities and individuals to support disease and injury prevention, disaster relief, and improve the quality of services provided to all individuals. Community Health Services promote public health, health equity, healthy lifestyles and reduce health disparities. Services and support can include the provision of Culturally and Linguistically Appropriate Services (CLAS), medical/dental health services, nursing, clothing, shelter, hunger relief, and allied health professional care to people in need, or people maintaining regular wellness screenings in the person's home, other residential settings, or a community health care facility.

By the end of grade 2	By the end of grade 5	By the end of grade 8	By the end of grade 12
<ul style="list-style-type: none"> • People in the community work to keep us safe. • Individuals face a variety of situations that may result in different types of feelings and learning how to talk about their feelings is important. 	<ul style="list-style-type: none"> • Community professionals and school personnel are available to assist and address health emergencies as well as provide reliable information. • Individuals will benefit from an awareness of coping strategies that can be used when facing difficult situations 	<ul style="list-style-type: none"> • Potential solutions to health issues are dependent on health literacy and locating resources accessible in a community. • Advocacy for personal, family, community, and global health can influence and change the interaction of people and their health. • Different people have different capacities to deal with different situations and being aware of a wide variety of tools and resources is beneficial. 	<ul style="list-style-type: none"> • Healthy individuals demonstrate the ability to identify who, when, where and/or how to seek help for oneself or others. • Affordability and accessibility of health care impacts the prevention, early detection, and treatment of health conditions. • Local, state, and global advocacy organizations provide accurate and reliable resources and strategies designed to address common health and social issues. • Knowledge of and access to resources is beneficial in providing support to individuals and families dealing with difficult situations.

Curriculum Concepts - NJDOE

Movement Skills and Concepts

Movement Skills and Concepts include learning and investigating the fundamentals of movement (on land, water, snow, sand and ice) from one place to another and the understanding of biomechanics (how the body moves, grows and matures). Movement skills fall into three main categories: locomotor, non-locomotor, and manipulative skills. Concepts into categories such as spatial awareness (where the body moves), body awareness (what can the body do), qualities of movement (how the body moves and with whom/what does the body move).

By the end of grade 2	By the end of grade 5	By the end of grade 8	By the end of grade 12
<ul style="list-style-type: none"> The body moves with confidence in a variety of the age-appropriate performances of gross, fine, locomotor, non-locomotor, and manipulative skills as it relates to movements, concepts, games, aerobics, dance, sports and recreational activities. Feedback impacts and improves the learning of movement skills and concepts. Teamwork consists of effective communication and respect among class and team members. 	<ul style="list-style-type: none"> Competent and confident age-appropriate performances of gross, fine motor and manipulative skills, with execution of movement skills and concepts individually and in groups enhance (intensifies) physical activities, free movement, games, aerobics, dance, sports and recreational activities. Constructive feedback from others impacts improvement, effectiveness and participation in movement skills, concepts, sportsmanship and safety. <ul style="list-style-type: none"> Teams apply offensive, defensive, and cooperative strategies in most games, sports and physical activities. 	<ul style="list-style-type: none"> Effective execution of movements is determined by the level of related skills, provide the foundation for physical competency and literacy to participate with confidence in a broad range of physical activities (e.g., games, sports, aerobics, martial arts recreational activities). Feedback from others and self-assessment impacts performance of movement skills and concepts. Individual and team goals are achieved when applying effective tactical strategies in games, sports and other physical fitness activities. 	<ul style="list-style-type: none"> Advanced technique and concepts will elevate student's confidence, performance, skills, and participation in physical activity (e.g., games, sports, aerobics, fitness activities). The quality of feedback from others, self-assessment as well as effort and repetition influences movement skills, concepts, and performance. Individual and team execution requires interaction, respect, effort, and positive attitude.



Curriculum Concepts - NJDOE

Physical Fitness

Physical Fitness is the ability to move, perform daily tasks and unexpected physical challenges effectively without losing energy reserves. Fitness activities can be performed at many levels (low, moderate, and high), which will impact how efficiently the body functions.

By the end of grade 2	By the end of grade 5	By the end of grade 8	By the end of grade 12
<ul style="list-style-type: none">The ability to move and perform at different levels and different types and amounts of physical activity enhance personal health.	<ul style="list-style-type: none">The components of fitness contribute to enhanced personal health as well as motor skill performance (e.g., speed, agility, endurance, strength, balance).	<ul style="list-style-type: none">A variety of effective fitness principles applied consistently over time, enhance personal fitness levels, performance, and health status (e.g., Frequency, Intensity, Time, Type (F.I.T.T)).	<ul style="list-style-type: none">Physical and emotional growth often relies on taking personal responsibility for developing and maintaining physical fitness levels that also provide opportunities for self-expression, enjoyment, and emotional satisfaction.



For Families

- ▶ We respect and value the partnership between home and school as we prepare to educate our students to lead a safe, healthy & active life
- ▶ We understand that some topics may seem uncomfortable for students as well as their families, but we ensure you our teaching staff will approach all topics with respect and consideration.
- ▶ The Health and PE curriculum may be accessed by visiting -

https://www.gboe.org/departments/curriculum_instruction/curriculum/comprehensive_health__physical_education

- ▶ We 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 & Family education via a form sent through the Parent Portal. Please reach out to your building principal with any questions.
- ▶ Right click on the link below to review the list of topics located Board of Education Health and PE Policy
- ▶ [District Policy Health & Physical Education](#)



Health K-5 - New Program

This year, the district has purchased the Great Body Shop health program to accommodate teaching the new Health and Physical Ed. Standards.

THE GREAT BODY SHOP's comprehensive approach includes topics that cover all aspects of physical, mental, social, emotional health, and safety. The Great Body Shop promotes wellness through the integration of ten health content strands including substance abuse and violence prevention, injury and personal safety, fitness and nutrition, disease and illness prevention, body systems, growth & development, illness & disease prevention and consumer and environmental health. Social and emotional learning, as well as substance abuse and violence prevention skills and messages are integrated into every unit

- ▶ Right-click on the link below to view the topics by grade level.
- ▶ Use the drop downs to view by grade & by topic
- ▶ <https://www.thegreatbodyshop.net/curriculum/k-six/topics>