**Health and Physical Education**

**High School**

**Curriculum Guide**

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**LINDEN PUBLIC SCHOOLS**

**LINDEN, NEW JERSEY**

**DR. ROCCO TOMAZIC**

**SUPERINTENDENT**

**DENISE CLEARY**

**ASSISTANT SUPERINTENDENT**

**MICHAEL FIRESTONE**

**DIRECTOR OF MEDICAL PERSONNEL, SAFETY, HEALTH, PHYSICAL EDUCATION, AND ATHLETICS**

**The Linden Board of Education adopted the Curriculum Guide on:**

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| **Date** |  | **Agenda Item** |
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| **Rationale** | | |

**EDUCATION EQUITY:** The Linden Public School District guarantees each student equal educational opportunity regardless of age, race, color, creed, religion, gender, language, affectional or sexual orientation, ancestry, national origin, marital or economic status. For Information, contact District Educational Equity Officer Kevin Thurston at **(**908) 486-2800 x 8307**.**

**NONDISCRIMATION:** The Linden Public School District does not discriminate against handicapped persons in admission or access to or treatment or employment in its programs, activities, and vocational opportunities. For information contact District Public 504 Officer Annabell Louis at (908) 486-2800 x 8025.

**Linden Public Schools Vision**

The Linden Public School District is committed to developing respect for diversity, excellence in education, and a commitment to service, in order to promote global citizenship and ensure personal success for all students

**Linden Public Schools Mission**

The mission of the Linden Public School District is to promote distinction through the infinite resource that is Linden’s diversity, combined with our profound commitment to instructional excellence, so that each and every student achieves their maximum potential in an engaging, inspiring, and challenging learning environment.

**Health and Physical Education Department Vision**  
Know the past. Engage the present. Impact the future.

**Health and Physical Education Department Mission Statement**

The mission of Health and Physical Education Department in the Linden Public Schools is to prepare our students to become physically literate and engaged citizens of an ever increasing, globally interdependent world. Our focus as Health and Physical educators are to ensure that students’ experiences in our classrooms are meaningful, real, and authentic for all learners. We challenge our students to understand the importance and necessity of physical activity and wellbeing. Physical education makes transcends all disciplines and makes a special contribution to children and youth through games, movement, health education, exploration, sports and fitness activities.

**Health and Physical Education Department Goals**

* Develop and maintain a suitable level of physical fitness that includes muscle strength, endurance, flexibility, cardiovascular endurance and body composition.
* Become competent in management of the body and acquire useful physical skills.
* Acquire needed safety skills and habits.
* Enjoy healthful recreational activities.
* Acquire desirable self-concept and effective self-image.
* Derive personal and education benefits from the program
* Acquire desirable social standards and ethical concepts.

1. Course Description
   1. Physical Education and Health courses are available in each quarter. Students will be placed in three quarters of physical education and one quarter of health per year. Health courses are available for special needs students and are identified by a course number ending with a nine. Adapted Physical Education is a program of developmental activities, games, sports and rhythms suited to the capabilities and limitations of students with disabilities who may not safely or successfully be able to participate in the activities of the general Physical Education program.
2. Course Instructional Materials
   1. Basic Materials include but are not limited to:
      1. Balls
      2. Fitness Equipment
      3. Fitness Technology
      4. Mats
      5. Golf Equipment
      6. Sticks
      7. Tennis/Badminton Rackets
      8. Online Text books
      9. Internet Resources
3. Standards Guiding Instruction
   1. New Jersey Student Learning Standards

<https://www.state.nj.us/education/cccs/>

1. Pacing Guide – Grade 9-12

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| First  Marking Period | Movement Skill and Concepts- September 6th – September 21st  Physical Fitness- September 22nd - October 6th  Lifelong Fitness- October 7th - October 21st  Nutrition- October 24th - November 15th |
| Second  Marking Period | Movement Skill and Concepts- November 16th - December 6th  Physical Fitness- December 7th - December 21st  Lifelong Fitness- December 22nd - January 13th  Nutrition- January 17th - January 31st |
| Third  Marking Period | Movement Skill and Concepts- February 1st – February 17th  Physical Fitness- February 20th – March 7th  Lifelong Fitness- March 9th - March 24th  Nutrition- March 27th - April 5th |
| Fourth  Marking Period | Personal Growth and Development- April 17th – April 21st  Pregnancy and Parenting- April 24th – April 28th  Emotional Health- May 1st – May 5th  Social and Sexual Health- May 8th – May 12th  Community Health Services and Support- May 15th – May 19th  Personal Safety- May 22nd – May 26th  Health Conditions, Diseases and Medicines- May 30th – June 5th  Alcohol, Tobacco, and other Drugs- June 7th – June 13th  Dependency, Substance Disorder and Treatment- June 14th – June 22nd  Drivers Education- April 17th – June 22nd   |  | | --- | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  |  | |

1. Vertical Integration – Program Mapping

The mapping of the Health and Physical Education program within Linden Public Schools consists of the following:

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| Grades K-5:  Health and Physical Education | Movement Concepts, Fitness Concepts, Activity Module-Games.  Mental and Emotional Health  Family and Social Health  Growth and Development  Nutrition  Personal Health and Physical Activity  Injury Prevention and Safety, Alcohol, Tobacco and Other Drugs  Communicable and Chronic Diseases  Consumer and Community Health, Environmental Health |
| Grade 6-8:  Health and Physical Education | Movement Skill and Concepts  Physical Fitness  Lifelong Fitness  Nutrition  Personal Growth and Development  Pregnancy and Parenting  Emotional Health  Social and Sexual Health  Community Health Services and Support  Personal Safety  Health Conditions, Diseases and Medicines  Alcohol, Tobacco, and other Drugs  Dependency, Substance Disorder and Treatment |
| Grade 9 -12:  Health and Physical Education | Movement Skill and Concepts  Physical Fitness  Lifelong Fitness  Nutrition  Personal Growth and Development  Pregnancy and Parenting  Emotional Health  Social and Sexual Health  Community Health Services and Support  Personal Safety  Health Conditions, Diseases and Medicines  Alcohol, Tobacco, and other Drugs  Dependency, Substance Disorder and Treatment  Driver’s Education |