**Health and Physical Education**

**Elementary School**

**Curriculum Guide**

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**LINDEN PUBLIC SCHOOLS**

**LINDEN, NEW JERSEY**

**DENISE CLEARY**

**INTERIM SUPERINTENDENT**

**MICHAEL WALTERS**

**ACTING ASSISSTANT SUPERINTENDENT**

**STEVEN VIANA**

**DIRECTOR OF HEALTH, PHYSICAL EDUCATION, MEDICAL SERVICES, AND ATHLETICS**

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

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| --- | --- | --- |
| **August 29th , 2019** |  | **Education – Item # 9** |
| **Date** |  | **Agenda Item** |
|  | | |
| **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
2. Physical Education and Health courses are provided throughout the school year. Physical education and health courses are available for special needs students. 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 participate in the activities of the general physical education program. At the elementary level, recess time and organized play adds to the time allotted for physical education, exceeding one hundred fifty minutes per week.
3. 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
4. Standards Guiding Instruction
   1. New Jersey Student Learning Standards

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

1. Pacing Guide – Grade K

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| --- | --- |
| First  Trimester | Movement Concepts  Mental and Emotional Health  Family and Social Health  Growth and Development  Nutrition |
| Second  Trimester | Fitness Concepts  Personal Health and Physical Activity  Injury Prevention and Safety  Alcohol, Tobacco, and Other Drugs |
| Third  Trimester | Activity Modules  Communicable and Chronic Diseases  Consumer and Community Health  Environmental Health |

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:  Health and Physical Education | Fitness, Soccer, Football, Basketball, Volleyball, Aerobics/Dance  Mental and Emotional Health  Growth and Development  Nutrition  Personal Health  Violence  Communicable Diseases  Drugs  Environmental Health |
| Grade 7:  Health and Physical Education | Fitness, Soccer, Football, Basketball, Volleyball, Aerobics/Dance  Mental and Emotional Health  Family and Social  Violence and Injury Prevention  Alcohol Tobacco and Other Drugs  Nutrition |
| Grade 8:  Health and Physical Education | Fitness, Soccer, Football, Basketball, Volleyball, Aerobics/Dance  Mental and Emotional Health  Family and Social Health  Growth and Development  Violence and Injury Prevention  Alcohol Tobacco and Other Drugs  Communicable and Chronic Diseases  Consumer and Community Health  Injury Prevention |
| Grade 9:  Health and Physical Education | Soccer, Softball/Kickball, Tennis, Badminton, Basketball, Fitness, Floor Hockey, Volleyball, Weight Training  Wellness  Integrated Skills  Drugs and Medicine  Human Relationships and Sexuality  Motor Skill Development |
| Grade 10:  Health and Physical Education | Soccer, Softball/Kickball, Tennis, Badminton, Basketball, Fitness, Floor Hockey, Volleyball, Weight Training,  Driver’s safety, Driver’s fundamentals |
| Grade 11:  Health and Physical Education | Soccer, Softball/Kickball, Tennis, Badminton, Basketball, Fitness, Floor Hockey, Volleyball, Weight Training  Wellness  Integrated Skills  Drugs and Medicine  Human Relationships and Sexuality  Motor Skill Development  Fitness |
| Grade 12:  Health and Physical Education | Soccer, Softball/Kickball, Tennis, Badminton, Basketball, Fitness, Floor Hockey, Volleyball, Weight Training  Wellness  Integrated Skills  Drugs and Medicine  Human Relationships and Sexuality  Motor Skill Development  Fitness |