**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:**

|  |  |  |
| --- | --- | --- |
|  **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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| --- | --- |
| FirstTrimester | Movement ConceptsMental and Emotional HealthFamily and Social HealthGrowth and DevelopmentNutrition |
| SecondTrimester  | Fitness ConceptsPersonal Health and Physical ActivityInjury Prevention and SafetyAlcohol, Tobacco, and Other Drugs |
| ThirdTrimester  | Activity ModulesCommunicable and Chronic DiseasesConsumer and Community HealthEnvironmental 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 HealthFamily and Social HealthGrowth and DevelopmentNutritionPersonal Health and Physical ActivityInjury Prevention and Safety, Alcohol, Tobacco and Other DrugsCommunicable and Chronic DiseasesConsumer and Community Health, Environmental Health |
| Grade 6:Health and Physical Education | Fitness, Soccer, Football, Basketball, Volleyball, Aerobics/DanceMental and Emotional HealthGrowth and DevelopmentNutritionPersonal HealthViolenceCommunicable DiseasesDrugsEnvironmental Health |
| Grade 7:Health and Physical Education | Fitness, Soccer, Football, Basketball, Volleyball, Aerobics/DanceMental and Emotional HealthFamily and SocialViolence and Injury PreventionAlcohol Tobacco and Other DrugsNutrition |
| Grade 8:Health and Physical Education | Fitness, Soccer, Football, Basketball, Volleyball, Aerobics/DanceMental and Emotional HealthFamily and Social HealthGrowth and DevelopmentViolence and Injury PreventionAlcohol Tobacco and Other DrugsCommunicable and Chronic DiseasesConsumer and Community HealthInjury Prevention |
| Grade 9:Health and Physical Education | Soccer, Softball/Kickball, Tennis, Badminton, Basketball, Fitness, Floor Hockey, Volleyball, Weight TrainingWellnessIntegrated SkillsDrugs and MedicineHuman Relationships and SexualityMotor 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 TrainingWellnessIntegrated SkillsDrugs and MedicineHuman Relationships and SexualityMotor Skill DevelopmentFitness |
| Grade 12:Health and Physical Education | Soccer, Softball/Kickball, Tennis, Badminton, Basketball, Fitness, Floor Hockey, Volleyball, Weight TrainingWellnessIntegrated SkillsDrugs and MedicineHuman Relationships and SexualityMotor Skill DevelopmentFitness |