**Health and Physical Education**

**Elementary School**

**Curriculum Guide**

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**LINDEN PUBLIC SCHOOLS**

**LINDEN, NEW JERSEY**

**DR. ROCCO G. TOMAZIC**

**SUPERINTENDENT**

**DENISE CLEARY**

**ASSISSTANT 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** |
|  | | |
| **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.nj.gov/education/cccs/2020/2020%20NJSLS-CHPE.pdf

1. Pacing Guide – Grade K - 5

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| First  Trimester | Movement Concepts- September 5th - September 23rd  Mental and Emotional Health- September 27th – October 14th  Family and Social Health- October 17th – November 4th  Growth and Development- November 7th – November 23rd  Nutrition- November 28th – December 16th |
| Second  Trimester | Fitness Concepts- December 19th – January 13th  Personal Health and Physical Activity- January 16th – February 3rd  Injury Prevention and Safety- February 6th – February 24th  Alcohol, Tobacco, and Other Drugs- February 27th – March 24th |
| Third  Trimester | Activity Modules- March 27th – April 24th  Communicable and Chronic Diseases- May 1st – May 22nd  Consumer and Community Health- May 30th – June 16th  Environmental Health- June 17th – June 30th |

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 |