**LINDEN PUBLIC SCHOOLS**

Linden, New Jersey

Course of Study

**PHYSICAL EDUCATION 10**

School……………………………………...Linden High School

Department………………………………….Physical Education

Length of Course 3 Marking Periods / 5 days a week

Credit 3.75

Prerequisite………………………………………………..None

Grade Level………………………………………………….. 10

Date……………………………………………August 18, 2022

# RATIONALE, DESCRIPTION AND PURPOSE

The goal of physical education is to develop an active, healthy student capable of using movement skills and concepts that offer opportunities for individual and group success. Students engage in units that focus on self-awareness, self-management, responsible decision making, social awareness and relationship skills. This holistic approach in physical education combines movement skills and strategies, physical fitness, and lifelong fitness in an inclusive environment to support the students’ social and emotional well being

Physical Education 10 builds on the foundation of skills implemented in 9th grade physical education. Principles and elements of fitness, individual and team motor skills and driver education are a primary focus. Safe, efficient and effective movement that develops a healthy lifestyle is promoted in a variety of units including individual lifelong sports and team-oriented sports.

# OBJECTIVES

The following objectives are aligned with the 2020 New Jersey Learning Standards for Comprehensive Health and Physical Education, Visual and Performing Arts, Social Studies, 21st Century Life and Careers, Technology Standards, and the New Jersey Student Learning Standards for English Language Arts. Students participate in a wide range of learning activities that develop team and individually refined motor skills, personal fitness and teamwork challenges and reflect Linden’s expectation for achievement.

Students:

# Movement Skills and Concepts

* 1. Explain and demonstrate ways to apply movement skills from one game, sport, aerobics, or recreational activity to another including striking skills (e.g., tennis, badminton, ping pong, racquetball, pickleball).

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.2.12.MSC.1*

* 1. Analyze application of force and motion (e.g., weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.2.12.MSC.2*

* 1. Design, lead and critique rhythmic and physical activity that includes variations in time, space, force, flow, and relationships (e.g., creative, cultural, social, aerobics dance, fitness). Individual and team execution requires interaction, respect, effort, and positive attitude.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.2.12.MSC.3*

* 1. Analyze etiquette, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance, participation, and behavior.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.2.12.MSC.4*

* 1. Develop rule changes to existing games, sports, and activities that enhance participation, safety, and enjoyment.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.2.12.MSC.5*

# Physical Fitness

1. Compare the short- and long-term benefits of physical activity and the impact on wellness associated with physical, mental, emotional fitness through one's lifetime.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.2.12.PF.1*

1. Respect and appreciate all levels of ability and encourage with care during all physical activities.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.2.12.PF.2*

1. Design and implement a personal fitness plan, using evidence and evaluate how that reflects knowledge and application of fitness-training principals (FITT) and the components of skill related fitness.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.2.12.PF.3*

1. Determine the role of genetics, age, nutrition, sleep, the environment, and exercise type on body composition and personal health (e.g., anabolic steroids, human growth hormones, stimulants).

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.2.12.PF.4*

1. Analyze fitness knowledge in strength, conditioning, agility, and the physiological responses of the energy systems effects on the mind and body before, during, and after physical fitness activities.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.2.12.PF.5*

# Lifelong Fitness

1. Apply and share a movement and physical fitness vocabulary that is intrinsic to motivate oneself, to impact family, and others in a community.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.2.12.LF.1*

1. Develop a sense of openness and willingness when participating in physical fitness activity to share and learn experiences from your own and other cultures.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.2.12.LF.2*

1. Examine building to a level of fitness to successfully participate in a range of different physical activities during a lifetime.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.2.12.LF.3*

1. Exhibit responsible social behavior by including and cooperating with classmates of all skill levels, assisting when needed, and collaborating respectfully to solve problems in groups, teams, and in pairs during physical activity.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.2.12.LF.4*

1. Describe the social benefits gained from participating in physical activity (e.g., meeting someone, making friends, teamwork, building trust, experiencing something new).

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.2.12.LF.5*

1. Implement a financial plan for participation in physical activity in the community for self and family members.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.2.12.LF.6*

1. Analyze the current and future impact of globalization and technology on the influences of participation in sports, games, physical fitness activities, dance, gaming, outdoor adventure, viewing sports, and social and emotional connections.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.2.12.LF.7*

1. Identify personal and community resources to explore career options related to physical activity and health.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.2.12.LF.8*

# Nutrition Core

1. Compare and contrast the nutritional trends, eating habits, and the impact of marketing foods on adolescents and young adults nationally and worldwide.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.2.12.N.1*

1. Determine the relationship of nutrition and physical activity to weight loss, gain, and maintenance.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.2.12.N.2*

1. Analyze the unique contributions of each nutrient class (e.g., fats, carbohydrates, protein, water, vitamins, minerals) to one’s health and fitness.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.2.12.N.3*

1. Implement strategies and monitor progress in achieving a personal nutritional health plan.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.2.12.N.4*

1. Research recent trends in plant based and organic food choices and industries that have shown an impact on lowering heart, cancer, diabetes, and other diseases.

*New Jersey Student Learning Standards for Comprehensive Health and Physical Education, 2.2.12.N.5*

# CONTENT, SCOPE AND SEQUENCE

Students in grade 10 continue their physical education experience with prescribed physical activities. The focus is on the continuing development of movement skills and strategies and fitness concepts. Refined motor skills are introduced in grade 10 and applied in a variety of team-oriented activities.

**Movement Skills and Concepts**

* 1. Applying Gross Motor Skills into Team Activities
     1. Locomotion
     2. Striking
     3. Kicking
     4. Catching
     5. Throwing
     6. Jumping
     7. Eye–hand coordination
     8. Eye-foot coordination
     9. Agility
     10. Reaction time
  2. Developing Proficiency of Individually Oriented Fine Motor Skills
     1. Manipulation
     2. Eye-hand coordination
     3. Eye-foot coordination
     4. Refinement of tactile response
     5. Pace
  3. Development of the Strategies in Team Play
     1. Passing
     2. Defensive play
     3. Offensive play
     4. Specific situational play

# Physical Fitness

1. Guidelines for Exercise
   1. Proper attire
   2. Exercising in differing weather conditions
   3. Safety precautions for exercise
   4. Benefits of warm up and cool down
   5. Procedures of warm up and cool down
2. Fitness - Building Blocks of Physical Fitness
   1. Heart rate assessment
   2. Cardiorespiratory endurance
   3. Muscular strength
   4. Muscular endurance
   5. Flexibility
   6. Benefits of exercise
   7. Rhythm in fitness
3. Building block of lifelong fitness
   1. Primary muscle groups
   2. Secondary muscle groups
   3. Body composition
   4. Proper technique in lifting
   5. Fitness center etiquette
   6. Navigating a fitness center
   7. Following a fitness plan
   8. Proper use of fitness equipment

# INSTRUCTIONAL TECHNIQUES

A variety of instructional techniques are utilized that encourage students to become active participants in the learning process, promote collaboration on team building and accommodate the readiness levels, interests and learning styles of all learners. Such techniques include:

* 1. Lecture
  2. Teacher directed questioning
  3. Demonstration modeling proper technique
  4. Small group discussion
  5. Large group discussion
  6. Independent practice
  7. Flexible grouping
  8. Multimedia instructional technology
  9. Student generated presentations
  10. Differentiated tasks
  11. Team Challenges/Problem based initiatives
  12. Guided observation
  13. Research and analysis
  14. When appropriate, outside presenters and field trips relevant to physical education may also be used to enhance in-class learning.
  15. For strategies to differentiate for special education students, English Language Learners, Students at Risk of School Failure, Gifted and Talented Students, and Students with 504 Plans, please consult the Accommodations and Modifications appendix in the appendices section of this document.

# EVALUATION

Student knowledge and understanding of content areas are evaluated through the use of the following techniques:

* 1. Ongoing informal methods
     1. Assessment of individual student’s physical active participation.
     2. Assessment of individual student’s classroom participation.
     3. Discussion
  2. Periodic assessment
     1. Baseline and benchmark assessments
     2. Skills checklist
     3. Rubric
     4. Written and oral reports
     5. Written tests
     6. Class preparation
     7. Journals
     8. Projects
     9. Interim reports
     10. Alternative Assessment (Medical Excuse Program)

# PROFESSIONAL DEVELOPMENT

Opportunities are provided that appropriately support this curriculum including the following:

* 1. Access to in-house, in-service or professional training in the content area
  2. Access to professional books and software to enhance development
  3. Opportunities to confer with colleagues and supervisors to discuss and reflect upon unit plans, homework and assessment
  4. Professional conferences, physical education organizations, workshops and college courses that enhance specific instructional skills and strategies
  5. Private study with an individual professional or place of study to further develop
  6. Visit school districts with innovative physical education programs
  7. Professional development opportunities on Response to Intervention (RTI) concepts, practical applications, and sustainability

**VII. CONTROVERSIAL STANDARDS**

A. Parental consent to opt-out of instructional activities aligned within Standard 2.1: Personal and Mental Health

B. Addresses the needs of each student to gain knowledge and skills in caring for themselves, interacting effectively, respectfully and safely with others, and analyzing the impact of health choices.

**VIII. DIVERSITY, EQUITY, AND INCLUSION**

1. Use students’ interests in conceptualized tasks
2. Expose students to a diverse group of educators
3. Design assessments and assignments with a variety of response types
4. Use systematic grading and participation methods
5. Encourage students to embrace a growth mindset

**APPENDIX I**

**Comprehensive Health and Physical Education Practices**

Standard 2.1- Personal and Mental Health Standard 2.2 - Physical Wellness Standard 2.3 - Safety

**APPENDIX II**

**Comprehensive Health and Physical Education Practices**

The Ten Comprehensive Health and Physical Education practices describe the ways in which individuals in these ﬁelds engage in their careers as well as reﬂect the actions and behaviors of active, informed, responsible individuals and contributing community members.

Curriculum writers and educators will want to consider how they can design learning experiences that will enable their students to develop these skills in conjunction with the content knowledge reﬂected in the core ideas and performance expectations.

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| **Practice** | **Description** |
| Acting as responsible  and contributing member of society | Individuals who possess health and physical literacy understand the obligations and responsibilities of being a member of a community. They demonstrate this understanding every day through their interactions with others. They are conscientious of the impacts of their decisions on others and on their environment. They consider the short-term and long-term consequences of their actions and seek to act in ways that contribute to the betterment of their families, teams, community, and school. They are reliable and consistent in going beyond the minimum expectation and in participating in community outreach that serves the greater good. |
| Building and maintaining healthy relationships | Individuals who possess health and physical literacy establish and maintain healthy relationships by utilizing positive communication and social skills to interact eﬀectively with others. They are aware of others’ feelings and ideas. They respect diﬀerences and identify ways to resist inappropriate social pressure. Students demonstrate the ability to prevent and resolve interpersonal conﬂicts in constructive ways.  They identify who, when and where, or how to seek help for oneself or others when needed. |

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| Communicating clearly and  eﬀectively (verbal and nonverbal) | Individuals who possess health and physical literacy communicate thoughts, ideas, emotions and action plans with clarity, using written, verbal and/or visual methods. They are excellent communicators who master movements, word choices, and use of eﬀective tone and presentation skills to articulate ideas and movements. They are skilled at interacting with others as they are active listeners who speak clearly and with a purpose. They demonstrate and perform movements and skills with accuracy and balance. They consider the audience and prepare accordingly to ensure the desired outcome. |
| Resolving conﬂict | Individuals who possess health and physical literacy acknowledge problems in school and in the community and develop skills to create strategies to resolve the issue. They are aware of the reason(s) of the conﬂict and quickly take positive action to address the problem. They thoughtfully probe the root cause of the conﬂict prior to introducing a  resolution. They carefully consider the consequences both positive and negative to resolve the conﬂict. Once a resolution is agreed upon, they follow through to ensure the conﬂict is resolved, whether through their own actions or the actions of others and they take the necessary steps to eliminate the conﬂict from recurring. |
| Attending to personal health, emotional, social and physical well-being | Individuals who possess health, emotional, social and physical literacy understand the relationship between the body and the mind. They create and implement a personal self-care plan that promotes a healthy lifestyle. They recognize the importance of a healthy diet, regular exercise, and promote mental health activities that lead to healthier behaviors. They also take regular actions that contribute to their personal, emotional, and social well-being by regulating emotions, understanding personal  self-care, and engaging in appropriate self-expression. Establishing outlets that are safe and take place in healthy environments allow for positive social interaction for self and others. They recognize that an active body promotes an active healthy mind that contributes to their overall health. |
| Engaging in an active lifestyle | Individuals who possess health and physical literacy understand the importance of wellness and being active throughout their lifetime. They understand that daily activity is crucial to establishing and maintaining good health habits of regular exercise, a balanced diet, and healthy social and mental activities that encourage help seeking skills. They know that an active lifestyle lowers the risk of cardiovascular diseases by strengthening the immune system. They also take regular action to contribute to their active lifestyle with regular health exams, a personalized ﬁtness plan, and balanced daily schedule that provides the peace of mind and satisfaction required to fully enjoy an active lifestyle. |
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| Making decisions | Individuals who possess health and physical literacy make informed, responsible decisions in order to lead a lifestyle that promotes wellness. Students examine their options and consider their values, their own beliefs, and consequences, that will impact their decisions. They develop, implement, and model eﬀective critical thinking skills in their decision-making process. They consider the impacts of the decisions to self and others and evaluate whether the results of their decision promote one’s health or present a risk. They analyze if a decision can be made individually or collaboratively. |
| Managing-self | Individuals who possess health and physical literacy understand and practice strategies for managing one’s own emotions, thoughts and behaviors. They recognize the skills needed to establish and achieve success in situations. They identify and apply skills, such as  self-regulating, self-control, asking questions, and setting goals to persevere and overcome barriers. They research reliable sources to inform and engage in healthy behaviors. They reﬂect on personal experiences, and recognize their strengths, traits and limitations to avoid risky or dangerous behaviors and situations. |
| Setting goals | Individuals who possess health and physical literacy are focused with a plan in mind and a task to complete. They set high but realistic standards, prioritize responsibilities, utilize time wisely and think short and  long-term to achieve the intended results. Goal-setters are organized, self-directed, highly motivated, curious, and desirous of living healthy and productive lives. |
| Using technology tools responsibly | Individuals who possess health and physical literacy ﬁnd and maximize the productive value of existing with new technology to accomplish personal and professional tasks. They are ﬂexible and adaptive in  acquiring and operating new technology. They are proﬁcient with ubiquitous technology applications. They understand the laws, inherent risks - personal and organizational - of technology applications, and they take actions to prevent or mitigate these risks as responsible users. |

**APPENDIX III**

**NEW JERSEY STUDENT LEARNING STANDARDS FOR ENGLISH LANGUAGE ARTS**

Anchor Standards – Reading: Key Ideas and Details

NJSLSA.R1. Read closely to determine what the text says explicitly and to make logical inferences and relevant connections from it; cite specific textual evidence when writing or speaking to support conclusions drawn from the text.

NJSLSA.R2. Determine central ideas or themes of a text and analyze their development; summarize the key supporting details and ideas.

Anchor Standards – Reading: Craft and Structure

NJSLSA.R4. Interpret words and phrases as they are used in a text, including determining technical, connotative, and figurative meanings, and analyze how specific word choices shape meaning or tone.

NJSLSA.R5. Analyze the structure of texts, including how specific sentences, paragraphs, and larger portions of the text (e.g., a section, chapter, scene, or stanza) relate to each other and the whole.

Anchor Standards – Reading: Integration of Knowledge and Ideas

NJSLSA.R7. Integrate and evaluate content presented in diverse media and formats, including visually and quantitatively, as well as in words.

NJSLSA.R8. Delineate and evaluate the argument and specific claims in a text, including the validity of the reasoning as well as the relevance and sufficiency of the evidence.

Anchor Standards – Writing: Text Types and Purposes

NJSLSA.W1. Write arguments to support claims in an analysis of substantive topics or texts, using valid reasoning and relevant and sufficient evidence.

NJSLSA.W2. Write informative/explanatory texts to examine and convey complex ideas and information clearly and accurately through the effective selection, organization, and analysis of content.

Anchor Standards – Writing: Production and Distribution of Writing NJSLSA.W4. Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.

NJSLSA.W6. Use technology, including the Internet, to produce and publish writing and to interact and collaborate with others.

Anchor Standards – Writing: Research to Build and Present Knowledge NJSLSA.W7. Conduct short as well as more sustained research projects, utilizing an inquiry- based research process, based on focused questions, demonstrating understanding of the subject under investigation.

Anchor Standards – Speaking and Listening: Comprehension and Collaboration NJSLSA.SL1. Prepare for and participate effectively in a range of conversations and collaborations with diverse partners, building on others’ ideas and expressing their own clearly and persuasively.

NJSLSA.SL2. Integrate and evaluate information presented in diverse media and formats, including visually, quantitatively, and orally.

NJSLSA.SL3. Evaluate a speaker’s point of view, reasoning, and use of evidence and rhetoric.

Anchor Standards – Speaking and Listening: Presentation of Knowledge and Ideas NJSLSA.SL4. Present information, findings, and supporting evidence such that listeners can follow the line of reasoning and the organization, development, and style are appropriate to task, purpose, and audience.

NJSLSA.SL5. Make strategic use of digital media and visual displays of data to express information and enhance understanding of presentations.

**APPENDIX IV**

**NEW JERSEY STUDENT LEARNING STANDARDS FOR MATHEMATICAL PRACTICE**

SMP1 – Make sense of problems and persevere in solving them

SMP2 – Reason abstractly and quantitatively

SMP3 – Construct viable arguments and critique the reasoning of others

SMP4 – Model with mathematics

SMP5 – Use appropriate tools strategically

SMP6 – Attend to precision

SMP7 – Look for and make use of structure

SMP8 – Look for and express regularity in repeated reasoning

**APPENDIX V**

**NEW JERSEY STUDENT LEARNING STANDARDS FOR SCIENCE**

Physical Science Performance Expectations

4-PS4-1. Develop a model of waves to describe patterns in terms of amplitude and wavelength and that waves can cause objects to move.

4-PS4-3. Generate and compare multiple solutions that use patterns to transfer information.

4-PS4-2. Develop a model to describe that light reflecting from objects and entering the eye allows objects to be seen.

4-PS3-1. Use evidence to construct an explanation relating the speed of an object to the energy of that object.

4-PS3-2. Make observations to provide evidence that energy can be transferred from place to place by sound, light, heat, and electric currents.

4-PS3-3. Ask questions and predict outcomes about the changes in energy that occur when objects collide.

4-PS3-4. Apply scientific ideas to design, test, and refine a device that converts energy from one form to another.

1. PS1-1. Develop a model to describe that matter is made of particles too small to be seen.
2. 5-PS1-2. Measure and graph quantities to provide evidence that regardless of the type of change that occurs when heating, cooling, or mixing substances, the total weight of matter is conserved.
3. PS1-3. Make observations and measurements to identify materials based on their properties.

5-PS1-4. Conduct an investigation to determine whether the mixing of two or more substances results in new substances.

5-PS2-1. Support an argument that the gravitational force exerted by Earth on objects is directed down.

5-PS3-1. Use models to describe that energy in animals’ food (used for body repair, growth, motion, and to maintain body warmth) was once energy from the sun.

Life Science Performance Expectations

4-LS1-1. Construct an argument that plants and animals have internal and external structures that function to support survival, growth, behavior, and reproduction.

1. LS1-2. Use a model to describe that animals receive different types of information through their senses, process the information in their brain, and respond to the information in different way

5-LS1-1. Support an argument that plants that plants get the materials they need for growth chiefly from air and water.

5-LS2-1. Develop a model to describe the movement of matter among plants, animals, decomposers, and the environment.

Engineering, Technology, and Applications of Science Performance Expectations

3-5-ETS1-1. Define a simple design problem reflecting a need or a want that includes specified criteria for success and constraints on materials, time, or cost.

3-5-ETS1-2. Generate and compare multiple possible solutions to a problem based on how well each is likely to meet the criteria and constraints of the problem.

3-5-ETS1-3. Plan and carry out fair tests in which variables are controlled and failure points are considered to identify aspects of a model or prototype that can be improved.

Science and Engineering Practices

P1 - Asking Questions and Defining Problems

P2 - Developing and Using Models

P3 - Planning and Carrying Out Investigations

P4 - Analyzing and Interpreting Data

P5 - Using Mathematics and Computational Thinking

P6 - Constructing Explanations and Designing Solutions

P7 - Engaging in Argument from Evidence

P8 - Obtaining, Evaluating, and Communicating Information

Disciplinary Core Ideas

PS4.A - Wave Properties

PS4.B - Electromagnetic Radiation

PS4.C - Information Technologies and Instrumentation

PS3.D - Energy in Chemical Processes and Everyday

Life ESS1.A - The Universe and its Stars

ESS1.B - Earth and the Solar System

ESS1.C - The History of Planet Earth

ESS2.A – Earth

Materials and Systems

ESS2.B - Plate Tectonics and Large-Scale System Interactions

ESS2.C - The Roles of Water in Earth’s Surface Processes

ESS2.D - Weather and Climate

ESS2.E - Biogeology

ESS3.A - Natural Resources

ESS3.B - Natural Hazards

ESS3.C - Human Impacts on Earth Systems

ESS3.D - Global Climate Change

LS1.A - Structure and Function

LS1.B - Growth and Development of Organisms

LS1.C - Organization for Matter and Energy Flow in Organisms

LS1.D - Information

Processing

LS2.A - Interdependent Relationships in Ecosystems

LS2.B - Cycles of Matter and Energy Transfer in Ecosystems

LS2.C - Ecosystem Dynamics, Functioning, and Resilience

LS2.D - Social Interactions and Group Behavior

LS3.A - Inheritance of Traits

LS3.B - Variation of Traits

LS4.B - Natural Selection

LS4.C - Adaptation

LS4.D - Biodiversity and Humans

ETS1.A - Defining Engineering Problems

ETS1.B - Developing Possible Solutions

ETS1.C - Optimizing the Design Solution

Cross Cutting Concepts

CCC1 - Patterns

CCC2 - Cause and effect: Mechanism and explanation

CCC3 - Scale, proportion, and quantity

CCC4 - Systems and system models

CCC5 - Energy and matter: Flows, cycles, and conservation

CCC6 - Structure and function

CCC7 - Stability and change

*The entire standards document may be viewed at:* [*http://www.state.nj.us/education/cccs/2016/science/*](http://www.state.nj.us/education/cccs/2016/science/)

**APPENDIX VI**

**NEW JERSEY STUDENT LEARNING STANDARDS FOR TECHNOLOGY**

Standard 8.1: (Educational Technology) All students will use digital tools to access, manage, evaluate, and synthesize information in order to solve problems individually and collaboratively and to create and communicate knowledge.

*The entire standards document may be viewed at* [*http://www.state.nj.us/education/cccs/2014/tech/*](http://www.state.nj.us/education/cccs/2014/tech/)

**APPENDIX VII**

**NEW JERSEY STUDENT LEARNING STANDARDS FOR 21st CENTURY LIFE and SKILLS**

Standard 9.1: (21st-Century Life and Career Skills) all students will demonstrate the creative, critical thinking, collaboration, and problem-solving skills needed to function successfully as both global citizens and workers in diverse ethnic and organizational cultures.

Standard 9.3: (Career Awareness, Exploration, and Preparation) all students will apply knowledge about and engage in the process of career awareness, exploration, and preparation in order to navigate the globally competitive work environment of the information age.

Standard 9.4: (Life Literacies and Key Skills) All students will develop key literacies and technical skills such as critical thinking, global and cultural awareness, and technology literacy\* that are critical for students to develop to live and work in an interconnected global

*The entire standards document may be viewed at* <https://www.nj.gov/education/standards/chp/>

*The entire standards document for Career Readiness, Life Literacies, and Key Skills may be viewed at* [*https://www.nj.gov/education/standards/clicks/*](https://www.nj.gov/education/standards/clicks/)

**APPENDIX VIII**

**New Jersey Competencies for Social Emotional Learning**

Social and emotional learning (SEL) refers to the process by which children and adults acquire and effectively apply the knowledge, attitudes and skills necessary to do the following: understand and manage emotions; set and achieve positive goals; feel and show empathy for others; and make responsible decisions. Students in SEL programs are more likely to attend school and receive better grades and are less likely to have conduct problems. Successful infusion of SEL can result in positive behaviors, increased academic success, and caring communities.

**APPENDIX VI**

**Integrated Accommodations and Modifications for Special Education Students, English Language Learners, Students at Risk of School Failure,**

**Gifted and Talented Students, and Students with 504 Plans (N.J.A.C. 6A:8)**

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| **Special Education** |
| **ENVIRONMENT** |
| Preferential Seating |
| Adjust time for completion of assignments when needed |
| Adjust length of assignments when needed |
| Allow additional oral response time |
| Break tasks (including long range assignments) into manageable steps |
| Provide copies of notes |
| Reduce the number of problems on a page |
| Provide assistance with organizing a notebook or folder |
| Repeat/ clarify directions when needed |
| Make frequent checks for work/assignment completion. |
| Modify homework and class work if needed |
| Extend time on tests/quizzes |
| Provide study guides for tests |
| Provide oral component when needed |

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| Modify format when needed- (ex: limit choices, word bank, shortened written responses) |
| Allow a private workspace when needed (study carrel, separate desk, desk away from the group) |
| Allow opportunities for movement (e.g., help with supplies, change to different part of room to work, carry messages to office) |
| Assist the student to keep only the materials required for the lesson on the desktop |
| Provide a seat away from distractions (or noise) |
| **MATERIAL/BOOKS/EQUIPMENT** |
| Allow use of a calculator |
| Allow use of a number line |
| Allow use of counting chips |
| Modify worksheets |
| Provide visual aids (pictures, flash cards, etc.) |
| Provide auditory aids (cues, tapes, etc.) |
| Use manipulatives |
| Provide hands-on learning activities |
| **INSTRUCTIONAL STRATEGIES** |
| Check work in progress |
| Provide immediate feedback |
| Provide extra drill/practice |
| Provide review sessions |

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| Provide models |
| Highlight key words |
| Provide pictures/charts |
| Use mnemonics |
| Support auditory presentations with visuals |
| Have student restate information |
| Provide lecture notes/outline |
| Give oral reminders |
| Give visual reminders |
| Review directions |
| Use graphic organizers |
| Assign partners |
| Repeat instructions |
| Display key vocabulary |
| Monitor assignments |
| Provide visual reinforcement |
| Provide concrete examples |
| Use vocabulary word bank |
| **ORGANIZATION** |
| Post assignments |

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| Provide a desktop list of tasks |
| Give one paper at a time |
| Provide extra space for work |
| List sequential steps |
| Provide folders to hold work |
| Post routines |
| Use pencil box for tools |
| Reorganize poorly designed worksheets to create simple, easy-to-follow layouts and formats |
| Give advance warning when transition is going to take place |
| Provide structure for success |
| Provide a contract, timer, etc., for self-monitoring |
| Give the student a prompt when he/she is off task (e.g., move close to the student, speak to the student, etc.) |
| **TEST/QUIZZES/TIME** |
| Give prior notice of test |
| Provide oral testing |
| Provide extra time for written work |
| Provide modified tests |
| Rephrase test questions/directions |
| Preview test procedures |
| Provide shortened tasks |

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| Provide extra time for tests |
| Read test to student |
| Provide test study guides |
| Limit multiple choice options |
| Provide extra time for projects |
| Pace long term projects |
| Simplify test wording |
| Provide hands-on projects |
| Allow extra response time |
| [**ENGLISH LANGUAGE LEARNERS**](http://www.state.nj.us/education/bilingual/) |
| **GRADING** |
| [Standard Grades vs. Pass/Fail](https://drive.google.com/file/d/0Bwb32d4blI2xT3VGcnptWi05RmM/view) |
| **CONTINUUM OF ENGLISH LANGUAGE DEVELOPMENT** |
| [Pre K-K WIDA CAN DO Descriptors](https://drive.google.com/file/d/0Bwb32d4blI2xRGZ0eWlKZ25Mb2s/view) |
| [Grades 1-2 WIDA CAN DO Descriptors](https://drive.google.com/file/d/0Bwb32d4blI2xWWRHV3ltQjctRGc/view) |
| [Grades 3-5 WIDA CAN DO Descriptors](https://drive.google.com/file/d/0Bwb32d4blI2xUmZ4QVR0MUZtVG8/view) |
| [Grades 6-8 WIDA CAN DO Descriptors](https://drive.google.com/file/d/0Bwb32d4blI2xd0dTSXhpZ3l6UG8/view) |
| [Grades 9-12 WIDA CAN DO Descriptors](https://drive.google.com/file/d/0Bwb32d4blI2xdTd6N1VlbHJTT0k/view) |
| [**SIOP COMPONENTS AND FEATURES**](http://www.tesoltrainers.com/siop-components-and-features.html) |
| **PREPARATION** |
| Write content objectives clearly for students |
| Write language objectives clearly for students |

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| Choose content concepts appropriate for age and educational background levels of students |
| Identify supplementary materials to use |
| Adapt content to all levels of students’ proficiency |
| Plan meaningful activities that integrate lesson concepts with language practices opportunities for reading, writing, listening, and/or speaking |
| **BUILDING BACKGROUND** |
| Explicitly link concepts to students' backgrounds and experiences |
| Explicitly link past learning and new concepts |
| Emphasize key vocabulary for students |
| **COMPREHENSIBLE INPUT** |
| Use speech appropriate for students' proficiency level |
| Explain academics tasks clearly |
| Use a variety of techniques to make content concepts clear (e.g. modeling, visuals, hands-on activities, demonstrations, gestures, body language) |
| **STRATEGIES** |
| Provide ample opportunities for students to use strategies (e.g., problem solving, predicting, organizing, summarizing, categorizing, evaluating, self-monitoring) |
| [Use scaffolding techniques consistently throughout lesson](https://docs.google.com/document/d/1BSSLIaaoUmoLG-2fR__ew6piSITJlxjkUNn_z9U1AJU/edit?usp=sharing) |
| [Use a variety of question types including those that promote higher-order thinking skills throughout the](https://docs.google.com/document/d/1WFtb5QvIBhKrusQMPvbgAkugSa7deQ3RpXoExLHZb60/edit?usp=sharing) [lesson](https://docs.google.com/document/d/1WFtb5QvIBhKrusQMPvbgAkugSa7deQ3RpXoExLHZb60/edit?usp=sharing) |
| **INTERACTION** |
| Provide frequent opportunities for interaction and discussion between teacher/students and among students about lessons concepts, and encourage elaborated responses |
| Use group configurations that support language and content objectives of the lesson |
| Provide sufficient wait time for student responses consistently |
| Give ample opportunities for students to clarify key concepts in LI as needed with aide, peer, or LI text |

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| **PRACTICE/APPLICATION** |
| Provide hands-on materials and/ manipulatives for students to practice using new content knowledge |
| Provide activities for students to apply content and language knowledge in the classroom |
| Provide activities that integrate all language skills |
| **LESSON DELIVERY** |
| Support content objectives clearly |
| Support language objectives clearly |
| Engage students approximately 90-100% of the period |
| Pace the lesson appropriately to the students' ability level |
| **REVIEW/EVALUATION** |
| Give a comprehensive review of key vocabulary |
| Give a comprehensive review of key content concepts |
| Provide feedback to students regularly on their output |
| Conduct assessments of students’ comprehension and learning throughout lesson and all lesson objectives |
| [**STUDENTS AT RISK OF SCHOOL FAILURE (I&RS RESOURCE MANUAL)**](https://www.state.nj.us/education/students/irs/) |
| **ACADEMICS** |
| Provide necessary services (Lit Support, Math Support, OT, PT, speech, etc.) |
| [Literacy Support Interventions (Appendix B of IS forms)](https://drive.google.com/file/d/0B3fJgBKBWOhsTGxNSWdGR21odTg/view?usp=sharing) |
| Prompt before directions/questions are verbalized with visual cue between teacher and student |
| Task list laminated and placed on desk for classroom routines and organization |
| Preferential seating |
| Provide structure and positive reinforcements |
| Sustained working time connected to reward (If/Then statement) |

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| Frequently check for understanding |
| Graphic organizers |
| Tracker |
| Slant board |
| Access to accurate notes |
| Additional time to complete tasks/long-term projects with adjusted due dates |
| Limit number of items student is expected to learn at one time |
| Break down tasks into manageable units |
| Directions repeated, clarified, or reworded |
| Frequent breaks during class |
| Allow verbal rather than written responses |
| Modify curriculum content based on student's ability level |
| Reduce readability level of materials |
| Allow typed rather than handwritten responses |
| Use of calculator |
| Use of a math grid |
| Provide models/organizers to break down independent tasks |
| Access to electronic text (e.g., Downloaded books) |
| Provide books on tape, CD, or read aloud computer software |
| Provide opportunities for using a Chromebook as well as assistive technologies |
| Provide buddy system |
| Adjust activity, length of assignment, and/or number of problems, including homework |
| Provide assessments in a small group setting |
| Educate/train relevant staff with regards to the signs/symptoms, promote tolerance of needs, and/or |

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| providing assistance |
| Communication with parents |
| Gradual release of responsibility related to writing prompts (Proximity, Sentence Starter, Attempt independently) |
| Rubric-based checklist |
| Target specific number of details and focus on organization with post-its |
| Accept late work/homework without penalty |
| Previewing material (access to PowerPoint slides, novels, syllabus, study guides when available) |
| **SOCIAL/EMOTIONAL** |
| Children's books addressing presenting problem |
| Student jots down presenting problem and erase when it goes away |
| Meet with guidance counselor |
| Student jots down presenting problem and erase when it goes away |
| Attendance plan |
| Utilize nurse during episodes of presenting problem |
| Provide short breaks |
| Attendance plan |
| Communication with parents |
| Assign "jobs" to reduce symptoms |
| Counseling check-ins |
| Praise whenever possible |
| **ATTENTION/FOCUS** |
| Seat student near front of room |
| Preferential seating |
| Monitor on-task performance |

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| Arrange private signal to cue student to off-task behavior |
| Establish and maintain eye contact when giving oral directions |
| Stand in proximity to student to focus attention |
| Provide short breaks when refocusing is needed |
| Use study carrel |
| Arrange physical layout to limit distractions |
| Frequently ask questions to engage student |
| Refocusing and redirection |
| Behavior/time management system |
| Group directions 1 step at a time |
| Assign "jobs" to reduce symptoms |
| Arrange physical layout to limit distractions |
| Frequently ask questions to engage student |
| Educate/train relevant staff with regards to the signs/symptoms, promote tolerance of needs, and/or providing assistance |
| Extended time on assignments/assessments |
| Provide assessments in a small group setting |
| Provide buddy system |
| Establish and maintain eye contact when giving oral directions |
| Permit the use of headphones while working |
| [**SCHOOL REFUSAL/ELEVATED ABSENTEEISM**](https://www.state.nj.us/education/students/safety/behavior/attendance/) |
| Attendance plan |
| **GIFTED AND TALENTED STUDENTS** |
| **CURRICULUM** |

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| [Acceleration](https://www.nagc.org/resources-publications/gifted-education-practices/acceleration) |
| [Compacting](https://www.nagc.org/resources-publications/gifted-education-practices/curriculum-compacting) |
| Telescoping |
| Advanced Placement Courses |
| **INSTRUCTION** |
| [Grouping](https://www.nagc.org/resources-publications/gifted-education-practices/grouping) |
| Independent Study |
| Differentiated Conferencing |
| Project-Based Learning |
| Competitions |
| Cluster Grouping Model with Flexible Grouping |
| Differentiated Instruction |
| Summer Work |
| Parent Communication |