

Course Overview: Health and Physical Education 11

Content Area: **Health and Physical Education**
Course(s): **Health & Physical Education 11**
Time Period:
Length: **Health 3rd MP and PE 1-2, 4MP**
Status: **Published**

Course Overview

Aligned to Standards:

2020 New Jersey Student Learning Standards for Comprehensive Health & Physical Education

Revision Date: 8/12/2022

In compliance with the NJ Student Learning Standards, climate change, career readiness, DEI (Diversity, Equity, & Inclusivity), as well as other standards have been integrated within the NBCRSD curricula (NJ Administrative Code Title 6A: chapter 8; Title 18A: chapter 35).

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Sequence- Unit Titles, Summaries, and Number of weeks per unit (total = 18 semester/36 year)

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The ten comprehensive health and physical education practices will be woven into learning experiences to enable students to develop these skills in conjunction with the content knowledge:

- Acting as responsible and contributing member of society
- Building and maintaining healthy relationships
- Communicating clearly and effectively (verbal and nonverbal)
- Resolving conflict
- Attending to personal health, emotional, social and physical well-being
- Engaging in an active lifestyle
- Making decisions
- Managing-self
- Setting goals
- Using technology tools responsibly

Unit 1: Tennis

Unit 2: Fitness Testing

Unit 3: Golf

Unit 4: Volleyball

Unit 5: Table Tennis

Unit 6: Weight Training/Fitness

Unit 7: Badminton

Unit 8: Basketball

Unit 9: Softball

Unit 10: Pickleball

Unit 11: Speedball

Unit 12: Outdoor Recreational Games

Health Unit 1: First Aid
Health Unit 2: CPR/AED
Health Unit 3: Choking
Health Unit 4: Teen Dating Violence

[Reporting Student Progress](#) (link to NB's Assessment System)

All courses follow a balanced assessment system with Practice and Assessments.
Each category includes formative, summative and alternative assessments.

[Accommodations and Modifications](#) (link to menu)

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.