

# Course Overview: LIFE

Content Area: **Health and Physical Education**  
Course(s): **LIFE**  
Time Period:  
Length:  
Status: **Published**

## Course Overview

**Aligned to Standards:**

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

**Revision Date:** 8-3-2023

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).

## Course Overview

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

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:** Building a Foundation

**Unit 2:** Presentation and Facilitation Basics

**Unit 3:** Understanding Gender

**Unit 4:** Postponing Sexual Involvement

**Unit 5:** Pregnancy Prevention

**Unit 6:** Understanding & Preventing Sexually Transmitted Infections

**Unit 7:** Understanding & Preventing HIV Transmission

**Unit 8:** Understanding the Effects of Alcohol and Other Drugs

**Unit 9:** Closure & Celebration

**Unit 10:** Tennis

**Unit 11:** Volleyball

**Unit 12:** Table Tennis

**Unit 13:** Fitness Center/Weight Training

**Unit 14:** Ropes Course/Rock Wall

**[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.