

Course Overview: Health and Physical Education 10:

Content Area: **Health and Physical Education**
Course(s):
Time Period: **Year**
Length: **Driver Education 1MP Physical Education 2-4MP**
Status: **Published**

Course Overview

Aligned to Standards:

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

Revision Date: 8/11/2021

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: Paddle Tennis

Unit 2: Ropes Course/Team Building

Unit 3: Flag Football

Unit 4: Rhythmics/Yoga

Unit 5: Weight Training/Fitness

Unit 6: Basketball

Unit 7: Soccer

Unit 8: Floor Hockey

Unit 9: Fitness Testing

Unit 10: Lacrosse

Unit 11: Golf

Unit 12: Softball

Unit 13: Track and Field

Health/Driver Education-Unit 14: Pre-Test, The NJ Driver License System & NJ Driver Testing

Health/Driver Education-Unit 15: Driver Responsibility

Health/Driver Education-Unit 16: Safe Driving & Regulations

Health/Driver Education-Unit 17: Defensive Driving, Drinking, Drugs & Health, Driver Privileges & Penalties

Health/Driver Education-Unit 18: Sharing the Road with Others, Vehicle Information & State Exam

[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.