

Course Overview: Health and Physical Education 9

Content Area: **Health and Physical Education**
Course(s):
Time Period:
Length: **Physical Education 1-3MP Health 4MP**
Status: **Published**

Course Overview

Aligned to Standards:

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

Revision Date: 7/20/2021

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: Introduction/Team Building

Unit 2: Ropes Course/Rock Wall

Unit 3: Ultimate Games

Unit 4: Flag Football

Unit 5: Volleyball

Unit 6: Racket Sports

Unit 7: Basketball

Unit 8: Soccer

Unit 9: Floor Hockey/Pillo Polo

Unit 10: Fitness Testing

Unit 11: Strength and Circuit Training

Unit 12: Golf

Unit 13: Track and Field

Health Unit 14: Ice Breakers/Wellness

Health Unit 15: Stress, Mental and Emotional Health

Health Unit 16: Nutrition

Health Unit 17: Components of Fitness

Health Unit 18: Drugs and Alcohol

Health Unit 19: Relationships/Sexually Transmitted Infections

Health Unit 20: 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.