

Course Overview: Unified Health and Physical Education

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

Course Overview

Aligned to Standards:

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

Revision Date: 8/2025

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 - 2 Weeks

Unit 2: Ropes Course/Rock Wall - 2 Weeks

Unit 3: Strength Training - 6 Weeks

Unit 4: Leisure Games - 2 Weeks

Unit 5: Bicycling/Scooters - 3 Weeks

Unit 6: Softball/Wiffle Ball - 3 Weeks

Unit 7: Wellness /Nutrition 1 Week

Unit 8: Safety 1 Week

Unit 9: Hygiene/Relationships/Sexual Education 1 Week

Unit 10: Basketball - 2 Weeks

Unit 11: Volleyball - 3 Weeks

Unit 12: Soccer - 3 weeks

Unit 13: Yoga/Dance - 2 Weeks

Unit 14: Racket Sports - 2 Weeks

Unit 15: Cooperative Games/Pillo Polo - 3 Weeks

[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.