



| Totowa Public Schools 2025-26 Unit Pacing Guide | | |
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| Health | | |
| Grade Level | Unit | Approximate Weeks of Instruction |
| K-2 | Personal and Mental Health | 8 Weeks |
| K-2 | Drugs & Medicine | 8 Weeks |
| K-2 | Inegrated Wellness Skills | 8 Weeks |
| K-2 | Safety | 8 Weeks |
| K-2 | Family Life | 4 Weeks |
| Grades 3 - 5 | Personal and Mental Health | 9 Weeks |
| Grades 3 - 5 | Drugs & Medicine | 9 Weeks |
| Grades 3 - 5 | Inegrated Wellness Skills | 9 Weeks |
| Grades 3 - 5 | Family Life | 9 Weeks |

| Grade | Unit | Approximate Weeks of Instruction |
|-----------------|----------------------------|----------------------------------|
| Grades 6 - 8 | Personal and Mental Health | 9 Weeks |
| Grades 6 - 8 | Drugs & Medicine | 9 Weeks |
| Grades 6 - 8 | Inegrated Wellness Skills | 9 Weeks |
| Grades 6 - 8 | Family Life | 9 Weeks |



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|--|----------------------------|----------------------------------|
| Physical Education | | |
| Grade Level | Unit | Approximate Weeks of Instruction |
| K-2 | Movement Skills & Concepts | 12 Weeks |
| K-2 | Lifelong Fitness | 12 Weeks |
| K-2 | Physical Fitness | 12 Weeks |
| Grades 3 - 5 | Movement Skills & Concepts | 9 Weeks |
| Grades 3 - 5 | Lifelong Fitness | 9 Weeks |
| Grades 3 - 5 | Physical Fitness | 9 Weeks |
| Grades 6 - 8 | Movement Skills & Concepts | 9 Weeks |
| Grades 6 - 8 | Lifelong Fitness | 9 Weeks |
| Grades 6 - 8 | Physical Fitness | 9 Weeks |