

Comprehensive Health and Physical Education Curriculum

SCOPE AND SEQUENCE FOR 4TH GRADE

<u>Grade</u>	<u>Content Area</u>	<u>Content</u>
4	1. Mental Health	-Health Triangle -Making positive health choices -Establishing good health choices -Recognizing health risk
	-(Girls only) 4 th grade- talk about the changes during puberty 2. Family & Social Health	- Decision making process -Getting along with others - Handling problems - Conflict Resolution - Refusal Skills
	3. Growth and Development	- Knowledge, process, and understanding on how the 5 senses operate -Body systems
	4. Nutrition	- eating a well balance diet -weight management
	5. Exercise and Fitness	-lifetime health practices
	6. Drugs/Substance	-Tobacco
	-Chemicals in a cigarette.	
	-Resistance skills	

7. Diseases & Disorders	-Cardiovascular Diseases -Cancer/Asthma - HIV- Blood to Blood precaution -Vaccines/Immunity
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8. Consumer & Personal Health	-Health and wellness - Dental health
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9. Safety & First Aid	-Sports Injuries -Strangers - Fire Safety
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10. Community & Environmental Health	-Pollution -Energy -Recycle
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Grade Four Mental Health

Essential Understanding: Learning to handle stress and emotions is a difficult process; learning how to understand, express and communicate your feelings is a key role in developing a positive self-concept.

Objective	NJ Core Standard	Strategies/Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> ○ learn the 3 parts of health ○ Learn steps to follow to practice healthful behaviors ○ Learn steps to follow in setting health goals ○ Learn kinds of emotions and healthful ways to express them 	<p>2.1 A,F</p> <p>2.2 A,B,C</p> <p>2.4 A</p>	<p>To perform skits to one of the examples</p> <p>Projects</p> <p>Discussions with groups</p>	<p>Test/Quiz</p> <p>Project work</p> <p>Teacher rubrics</p> <p>Exit cards</p> <p>Peer Assessment</p> <p>Closure Assessment</p>

Grade Four: Family and Social Health

Essential Understanding: Social health is an important part of overall wellness; it is essential to comprehend the different aspects of a family, the importance of friends, and resolving conflicts that will come with both.

Objectives	NJ Core Standards	Strategies/Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> ○ learn how influences on your character and actions ○ learn how to use resistance skills to maintain good character ○ learn steps to follow to make responsible decisions ○ learn the benefits of making responsible decisions ○ (Girls only) learn how our body changes during puberty 	<p>2.1 F</p> <p>2.2 A,B,C,D</p>	<p>Skits</p> <p>Projects</p> <p>Group Discussion</p> <p>Nurse speaks to only the girls about changes the body during puberty</p> <p>Small group stations</p>	<p>Test/Quiz</p> <p>Project Work</p> <p>Teacher Rubrics</p> <p>Exit cards</p> <p>Peer Assessment</p> <p>Closure Assessment</p>

Grade Four: Growth and Development

Essential Understanding: Identifying different body systems, how to care for the body at different stages, and how the body grows will help students learn more about their bodies and how it works.

Objectives	NJ Core Standards	Strategies/Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> ○ learn how the 5 senses operate ○ learn the introduction of the Skeletal system ○ learn the introduction of the Muscular system ○ learn the introduction of the Respiratory System ○ learn the introduction of the Digestive System ○ learn the introduction of the Circulatory System 	<p>2.1 B</p>	<p>Diagrams</p> <p>Projects- ex: coloring, identifying, and assembling a skeleton</p> <p>Group Stations</p> <p>Physical Activity- ex. performing jumping jacks, then take your pulse rate for circulatory system</p> <p>Small group stations</p>	<p>Test/Quiz</p> <p>Project Work</p> <p>Teacher Rubrics</p> <p>Exit cards</p> <p>Peer Assessment</p> <p>Closure Assessment</p>

Grade Four: Nutrition

Essential Understanding: Nutrition is important to overall health and wellness.

Objectives	NJ Core Standards	Strategies/Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> ○ learn how to eat a well balance diet ○ learn how to plan a healthful meal ○ learn ways to determine healthful weight and body composition ○ learn strategies for healthful weight management 	<p>2.1 C</p>	<p>Group Discussion</p> <p>Chart Ideas</p> <p>Draw the Food Pyramid</p> <p>Small group stations</p>	<p>Test/Quiz</p> <p>Project Work</p> <p>Teacher Rubrics</p> <p>Exit cards</p> <p>Peer Assessment</p> <p>Closure Assessment</p>

Grade Four: Exercise and Fitness

Essential Understanding: maintaining a desirable level of physical fitness is vital; it is essential to know the skills needed to achieve a lifetime of physical fitness through exercise.

Objectives	NJ Core Standards	Strategies/Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> ○ learn ways physical activity improves health ○ learn about physical activities to help achieve and maintain health related fitness ○ learn lifetime health practices 	<p>2.6 A</p>	<p>Group Discussion</p> <p>Chart Ideas</p> <p>Skits</p> <p>Small group stations</p>	<p>Test/Quiz</p> <p>Project Work</p> <p>Teacher Rubrics</p> <p>Exit cards</p> <p>Peer Assessment</p> <p>Closure Assessment</p>

Grade Four: Drugs/Substance

Essential Understanding: Drugs can be both beneficial and harmful. Knowing the different effects of drugs from both sides will help keep people from abusing drugs.

Objectives	NJ Core Standards	Strategies/Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> ○ learn harmful effects of using tobacco products ○ learn harmful effects of second hand smoke ○ learn how to resist pressure to use tobacco ○ learn harmful ingredients in a cigarette ○ learn influences on tobacco use and regulations ○ learn how to quit using tobacco products 	<p>2.3 B</p>	<p>Group Discussion</p> <p>Chart Ideas</p> <p>Skits</p> <p>Say No to Tobacco Poster</p>	<p>Test/Quiz</p> <p>Project Work</p> <p>Teacher Rubrics</p> <p>Exit cards</p> <p>Peer Assessment</p> <p>Closure Assessment</p>

Grade Four: Diseases/Disorders

Essential Understanding: It is important for students to learn about diseases, what they can do, how they are spread/acquired, and prevention. This will enable students to take better care of them and live a healthier lifestyle.

Objectives	NJ Core Standards	Strategies/Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> ○ gain knowledge about HIV as related to Universal Precaution (Blood to Blood) ○ learn how to identify and manage asthma, cancer, and cardiovascular diseases ○ learn reasons to have a physical examination 	<p>2.1 D 2.2 A, B, C</p>	<p>Group Discussion Chart Ideas Skits Say No to Tobacco Poster Small group stations</p>	<p>Test/Quiz Project Work Teacher Rubrics Exit cards Peer Assessment Closure Assessment</p>

Grade Four: Consumer and Personal Health

Essential Understanding: Learning about health care and the importance of making good decisions about how to care for ourselves is vital. Learning how to make the best choice with our knowledge of information given is extremely important.

Objectives	NJ Core Standards	Strategies/Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> ○ develop and understanding of dental health ○ develop and understanding of what services are provided by the School Health Services 	<p>2.1 A</p> <p>2.2 A, B, C,D,E,F</p>	<p>Invite a dentist as a guest speaker</p> <p>Invite the school nurse to speak</p> <p>Group Discussion</p> <p>Small group stations</p>	<p>Test/Quiz</p> <p>Project Work</p> <p>Teacher Rubrics</p> <p>Exit cards</p> <p>Peer Assessment</p> <p>Closure Assessment</p>

Grade Four: Safety and First Aid

Essential understanding: Learning the basic safety and first aid skills necessary to handle everyday life and proper steps to take during and emergency/crisis.

Objectives	NJ Core Standards	Strategies/Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> ○ learn about safety from strangers and animals ○ gain understanding about fire safety and recreational safety 	<p>2.1 E</p> <p>2.2 A</p>	<p>Posters</p> <p>Create a list of reason on safety</p> <p>Skits</p> <p>Small group stations</p>	<p>Test/Quiz</p> <p>Project Work</p> <p>Teacher Rubrics</p> <p>Exit cards</p> <p>Peer Assessment</p> <p>Closure Assessment</p>

Grade Four: Community and Environmental Health

Essential Understanding: Gaining awareness of the environment and importance of taking care of it.

Objectives	NJ Core Standards	Strategies/Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> ○ learn how to protect the natural environment ○ learn the different sources of pollution ○ Learn how you can be an advocate for a clean environment 	<p>2.1-D, E, F</p>	<p>Discuss environmental hazards</p> <p>Chart how to protect the environment</p> <p>Skits</p> <p>List ways to safely remove or avoid hazards</p>	<p>Test/Quiz</p> <p>Project Work</p> <p>Teacher Rubrics</p> <p>Written Report</p> <p>Exit cards</p> <p>Peer Assessment</p> <p>Closure Assessment</p>

Grade 5 Scope & Sequence

Grade	Content Area	Content
1. Mental Health 5	-Handling emotions -Stress, Stress Management -Self-concept/Attitude -Uncomfortable feelings	
2. Family & Social Health Communication	-Peer Mediation -Conflict Resolution -Family/Friends/Peers -Harassment/Violence Prevention -Decision Making	-
3. Growth & Development	-Body Systems -Personal Hygiene -Inherited Traits -Basic Cell Genetics	
4. Nutrition	-Nutrients -Food Pyramid -Nutrition Facts Label	
5. Exercise and Fitness	-Aerobic/Anaerobic Exercises -Components of Fitness -Benefits -Preparing/Finishing	
6. Drugs/Substance Abuse	-Prescription/OTC -Tobacco -Harmful/Helpful -Consequences -Safe Uses	
7. Diseases & Disorders	-Infectious/Non-Infectious -Types of Germs -Ways to Acquire -HIV – Universal Precautions -Cancer/Heart Disease	
8. Consumer & Personal Health	-Doctors/Specialists -Health and Wellness Δ	

- Health Care Facilities
 - Reading Health Product Labels
 - Reliable Sources of Information
-

9. Safety & First Aid

- Emergency Procedures
 - First Aid (Basic)
 - Preventing Outdoor Accidents
-

10. Community and Environmental Health

- Pollution
- Environmental Awareness
- Reuse, Recycle, Reduce
- Energy – Sources/Conservation

Grade Five: Mental Health

Essential Understanding One: Learning to handle stress and emotions is a difficult process; learning how to understand, express and communicate your feelings is a key role in developing a positive self-concept.

Objectives	NJ Core Standards	Strategies and Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> • Identify stressors and strategies for coping with stress. • List steps in responsible decision making process • Define self-concept and attitude • Discuss importance of self-respect, positive thinking • List and explain uncomfortable feelings, strategies to deal. • Develop awareness of emotions, and explain relationship between health Δ • Discuss/practice importance of having positive attitude and using appropriate manners, thus developing responsible personal behavior 	<p>2.1 A 2.1 B 2.1 D 2.1 F 2.2 A 2.2 B 2.2 C 2.2 D 2.4 A</p>	<ul style="list-style-type: none"> • List stressors in daily life • Identify strategies for coping w/stress • Define vocabulary words; discuss • Web List in groups • List ways to think positive • List/explain steps in decision making 	<ul style="list-style-type: none"> • Teacher Observation • Class Discussion • Tests/Quizzes • Notebook

Grade Five: Family & Social Health

Essential Understanding One: Social health is an important part of overall wellness; it is essential to comprehend the different aspects of a family, the importance of friends, and resolving conflicts that will come with both.

Objectives	NJ Core Standards	Strategies and Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> • Define families and discuss roles of family members • Discuss manners and etiquette • Define conflict resolution and explain ways to practice • List and explain peers, peer pressure, harassment. • List and discuss effective ways of communication • Explain process of decision making • Define risk and risk management • Compare/contrast needs verses wants • Discuss violence and violence prevention • Define self-concept, attitude, wellness • View and discuss health triangle • List characteristics of good friends 	<p>2.1 A</p> <p>2.1 B</p> <p>2.1 E</p> <p>2.1 F</p> <p>2.2 A</p> <p>2.2 B</p> <p>2.2 C</p> <p>2.2 D</p> <p>2.4 A</p>	<ul style="list-style-type: none"> • Wellness triangle • Role play: Manners, Conflict Resolution • List/discuss high risk behaviors • List family and personal values • DARE 	<ul style="list-style-type: none"> • Teacher Observation • Class Discussion • Tests/Quizzes • Notebook

Grade Five: Growth & Development

Essential Understanding One: Identifying different body systems, how to care for the body at different stages, and how the body grows will help students learn more about their bodies and how it works

Objectives	NJ Core Standards	Strategies and Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> • Identify and discuss functions/parts of following systems: <ul style="list-style-type: none"> -Digestive -Circulatory -Muscular -Skeletal -Excretory -Intugamentary -Endocrine -Nervous -Respiratory -Immune • List behaviors that promote proper personal hygiene • Discuss basic cell genetics/inherited traits • List stages of development through childhood 	<p>2.1 A 2.1 B 2.1 D 2.1 F 2.2 A 2.2 B</p>	<ul style="list-style-type: none"> • Handouts • Diagrams • Website research • T-Charts 	<ul style="list-style-type: none"> • Teacher Observation • Class Discussion • Tests/Quizzes • Notebook

Grade Five: Nutrition

Essential Understanding One: Nutrition is important to overall health and wellness.

Objectives	NJ Core Standards	Strategies and Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> • List and explain functions of the six main nutrients • View/discuss current food pyramid • Learn how to read/analyze nutrition facts label • Comprehend how fitness/exercise affects appetite 	<p>2.1 A 2.1 B 2.1 C 2.1 D 2.2 B 2.2 C 2.4 A</p>	<ul style="list-style-type: none"> • Notes/Vocabulary • Reading facts label • Creating diet diary 	<ul style="list-style-type: none"> • Teacher Observation • Tests/Quizzes • Notebook

Grade Five: Exercise & Fitness

Essential Understanding One: Maintaining a desirable level of physical fitness is vital; it is essential to know the skills needed to achieve a lifetime of physical fitness through exercise

Objectives	NJ Core Standards	Strategies and Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> • Identify and list benefits of fitness • List and define components of fitness • Explain difference between aerobic and anaerobic exercise • Make a plan of activity based on knowledge of activity pyramid • Define/discuss warm-up and cool down 	<p>2.1 A</p> <p>2.1 B</p> <p>2.1 C</p> <p>2.1 D</p> <p>2.1 E</p> <p>2.1 F</p> <p>2.6 A</p> <p>2.6 B</p> <p>2.6 C</p>	<ul style="list-style-type: none"> • Designing personal fitness plan • Videos on flexibility, overall health • Participate in variety of exercises 	<ul style="list-style-type: none"> • Teacher Observation • Class Discussion • Tests/Quizzes • Notebook

Grade Five: Drugs/Substance Abuse

Essential Understanding One: Drugs can be both beneficial and harmful. Knowing the different effects of drugs from both sides will help keep people from abusing drugs.

Objectives	NJ Core Standards	Strategies and Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> • Define drug • List/Discuss various types of drugs and effects on body • List effects of drug abuse on family • Explain difference between OTC and Prescription drugs • Define tobacco, list types and effects • Discuss legal age for tobacco/alcohol use and purchase • List and discuss consequences for underage use 	<p>2.1 A</p> <p>2.1 B</p> <p>2.1 D</p> <p>2.1 E</p> <p>2.1 F</p> <p>2.2 A</p> <p>2.2 B</p> <p>2.3 A</p> <p>2.3 B</p> <p>2.3 C</p>	<ul style="list-style-type: none"> • DARE Program • Class survey • Define vocabulary 	<ul style="list-style-type: none"> • Teacher Observation • Class Discussion • Tests/Quizzes • Notebook

Grade Five: Diseases & Disorders

Essential Understanding One: It is important for students to learn about diseases, what they can do, how they are spread/acquired, and prevention. This will enable students to take better care of themselves and live a healthier lifestyle.

Objectives	NJ Core Standards	Strategies and Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> • Define disease • Discuss infectious/non-infectious diseases: types, ways to acquire • Discuss cardiovascular disease and cancer • List/explain ways to live a disease free lifestyle • Types of germs/microbes • Discuss HIV: What it does to immune system; list and practice universal precautions • Define immunity and discuss how vaccines work 	<p>2.1 A 2.1 B 2.1 D 2.1 F 2.2 A 2.2 B 2.3 A 2.4 B</p>	<ul style="list-style-type: none"> • Define vocabulary words • View Heart model • Smoking and lung disease flip chart • Class list of types of disease 	<ul style="list-style-type: none"> • Teacher Observation • Class Discussion • Student Self-Assessment • Tests/Quizzes • Notebook

Grade Five: Consumer & Personal Health

Essential Understanding One: Learning about health care and the importance of making good decisions about how to care for ourselves is vital. Learning how to make the best choice with our knowledge of information given is extremely important.

Objectives	NJ Core Standards	Strategies and Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> • Define Health and Wellness • View/analyze health triangle • View health product labels • List reliable sources of information about products • List/discuss health care facilities • View advertisements and discuss difference between myths and facts 	<p>2.1 A 2.1 B 2.1 D 2.1 F 2.2 A 2.2 B 2.2 E 2.2 F 2.3 A</p>	<ul style="list-style-type: none"> • Product comparison • View Health Δ • View portion of TV/print advertisements • Health care facilities list • Class list: product label information 	<ul style="list-style-type: none"> • Teacher Observation • Class Discussion • Student Self-Assessment • Tests/Quizzes • Notebook

Grade Five: Safety & First Aid

Essential Understanding One: Learning the basic safety and first aid skills necessary to handle everyday life and proper steps to take during and emergency/crisis

Objectives	NJ Core Standards	Strategies and Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> • Know what they can do to help during emergency • Know whom to contact • Know basic first aid treatments (cuts, bruises, etc.) • Know how to prevent outdoor accidents • Know and implement emergency procedure at home 	<p>2.1 A 2.1 E 2.1 F 2.2 C</p>	<ul style="list-style-type: none"> • Demonstrate and practice Emergency/First Aid procedures • Make emergency plan for home • List local health care services • Invite school nurse to speak 	<ul style="list-style-type: none"> • Teacher Observation • Class Discussion • Student Self-Assessment • Tests/Quizzes • Notebook

Grade Five: Community & Environmental Health

Essential Understanding One: Gaining awareness of the environment and importance of taking care of it.

Objectives	NJ Core Standards	Strategies and Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> • Gain awareness of environment • Define pollution • List/know types of pollution/pollutants • Identify ways to recycle, reuse, reduce • Analyze ways to conserve energy 	<p>2.1 A 2.1 B 2.1 D 2.1 E 2.1 F 2.2 D 2.2 E 2.2 F</p>	<ul style="list-style-type: none"> • Health Survey • Research about hazardous sites • Website activities 	<ul style="list-style-type: none"> • Teacher Observation • Class Discussion • Tests/Quizzes • Notebook

Grade 6 Scope & Sequence

Grade 6	Content Area	Content
1. Mental Health	- Health Triangle - Stress/Coping Strategies	
2. Family & Social Health - Conflict Resolution - Peer Pressure - Harassment - Violence Prevention - Tolerance - Define Abstinence	- Decision Making	
3. Growth & Development - Hygiene - Puberty/Changes	- Body Systems	
4. Nutrition - Obesity	- Responsible Health Habits - Food Health Risks	
5. Exercise and Fitness	- Benefits of Physical Fitness - Lifetime Health Practices	
6. Drugs/Substance Abuse	- Effects of Alcohol, Tobacco and Inhalants - Medicines - Signs and Symptoms of Substance Abuse - Laws/Consequences	
7. Diseases & Disorders	- Communicable/Non-Communicable - Universal Precautions	

- 8. Consumer & Personal Health**
- Lifetime Health Practices
 - Consumerism
 - Community Health Resources
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- 9. Safety & First Aid**
- Injury Prevention
 - Proper Equipment and Use
 - Universal First Aid Precautions and Treatment
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- 10. Community and Environmental Health**
- Types of Environments
 - Effects on Personal Health

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Grade Six: Mental Health

Essential Understanding: Learning to handle stress and emotions is a difficult process. Learning how to understand, express and communicate feelings is a key role in developing a positive self-concept.

Objectives	NJ Core Standards	Strategies/Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> • Review the 3 parts of health. • Review ways to maintain good mental health. • Be able to use goal setting techniques. • Develop strategies for coping with stress. 	<p>2.1 A, F</p> <p>2.2 A, B, C, D, E, F</p> <p>2.6 A</p>	<ul style="list-style-type: none"> • Group Discussions • Group Projects • Role Playing • Research local health resources 	<ul style="list-style-type: none"> • Tests/Quizzes • Oral Reports • Teacher Rubrics • Questions • Notebook

Grade Six: Family and Social Health

Essential Understanding: Social health is an important part of overall wellness. It is essential to comprehend the different aspects of a family, the importance of friends, and resolving conflicts that will come with both.

Objectives	NJ Core Standards	Strategies/Activities	Assessment
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<ul style="list-style-type: none"> • Students will: • Learn steps in decision making • Learn conflict resolution skills • Learn strategies to handle peer pressure • Learn types of harassment, prevention and coping strategies. • Define violence and prevention techniques • Define Tolerance • Define Diversity • Define Abstinence as related to social behaviors 	<p>2.1 F</p> <p>2.2 A, B, C, D</p>	<ul style="list-style-type: none"> • Discuss decision making procedures • Role Playing • Debate groups 	<ul style="list-style-type: none"> • Tests/Quizzes • Debate Groups • Rubrics • Written Reports • Notebook
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Grade Six: Growth and Development

Essential Understanding: Identifying different body systems, how to care for the body at different stages, and how the body grows will help students learn how their body works.

Objectives	NJ Core Standards	Strategies/Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> • List all of the body systems • Understand the purpose and basic functions of each body system. • Understand in some detail, how the nervous, endocrine and reproductive systems work. • Understand puberty and changes that occur in the male body. • Understand puberty and changes that occur in the female body. • Define Hygiene and it's importance. 	<p>2.1 A, B, C, D</p> <p>2.4 B</p>	<ul style="list-style-type: none"> • Charts • Models: Identify parts of the spine, skull and brain. • List functions of the spine, skull and brain • Class Discussions • List daily hygiene needed for good health. 	<ul style="list-style-type: none"> • Tests/Quizzes • Rubrics • Exit Cards • Questions • Notebook • Peer Assessment

Grade Six: Nutrition

Essential Understanding: Nutrition is important to overall health and wellness.

Objectives	NJ Core Standards	Strategies/Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> • Understand the need for responsible health habits. • Define Obesity • List effects of Obesity on Physical, Mental and Social health. • Understand food related health risks. 	<p>2.1 A, B, C, D, F</p> <p>2.2 A, B, C, F</p> <p>2.6 A, C</p>	<p>Videos: <u>Super Size Me</u></p> <p>Charts: Body Fat/Muscle</p> <p>Reports on Health Issues caused by Obesity</p>	<ul style="list-style-type: none"> • Tests/Quizzes • Oral Presentations • Teacher Rubrics • Questions • Notebook • Guest Speaker

Grade Six: Exercise and Fitness

Essential Understanding: Maintaining a desirable level of physical fitness is vital. It is essential to know the skills needed to achieve
a
Lifetime of physical fitness through exercise.

Objectives	NJ Core Standards	Strategies/Activities	Assessment
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<p>Students will:</p> <ul style="list-style-type: none"> • Learn the benefits of physical fitness • Understand ways to improve physical fitness • Define callisthenic exercise • Understand the importance of cardiovascular exercise • Define cardio-endurance • Understand the need for overall muscular strength 	<p>2.5 A, B</p> <p>2.6 A, B, C,</p>	<ul style="list-style-type: none"> • Research ways to stay physically fit • Participate in aerobic exercises • Practice taking heart rate before, during, and after cardiovascular exercise. 	<ul style="list-style-type: none"> • Tests/Quizzes • Written/Oral Reports • Skills Test • Questions • Notebook
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Essential Understanding: Drugs can be both beneficial and harmful. Knowing the different effects of drugs from both sides will help keep people from abusing drugs.

Objectives	NJ Core Standards	Strategies/Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> • Learn the effects of Alcohol, Tobacco and Inhalants on the body. • Identify signs and symptoms of Substance abuse • Learn Laws regarding drug misuse and the consequences • Understand the effects of drug abuse on families 	<p>2.1 D</p> <p>2.2 A, B, C, D, E, F</p> <p>2.3 A, B, C</p>	<ul style="list-style-type: none"> • Research effects in computer lab. • Discussions • Game to identify symptoms • List laws • List consequences of breaking the laws 	<ul style="list-style-type: none"> • Tests/Quizzes • Oral Reports • Teacher Rubrics • Questions • Notebook

Grade Six: Diseases and Disorders

Essential Understanding: It is important for students to learn about diseases, what they can do, how they are spread/acquired, and prevention.

This will enable students to take better care and live a healthier lifestyle.

Objectives	NJ Core Standards	Strategies/Activities	Assessment
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<p>Students will:</p> <ul style="list-style-type: none"> • Define communicable diseases • Define non-communicable diseases • Learn preventative ways to deal with communicable and non-communicable diseases • Understand what universal precautions means 	<p>2.1 D</p> <p>2.2 F</p> <p>2.4 A, B</p>	<ul style="list-style-type: none"> • Charts • Group Work • Computer Lab research 	<ul style="list-style-type: none"> • Tests/Quizzes • Oral Reports • Teacher Rubrics • Questions • Notebook
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Essential Understanding: Learning about health care and the importance of making good decisions about how to care for ourselves is vital.

Learning how to make the best choice with our knowledge of information given is extremely important.

Objectives	NJ Core Standards	Strategies/Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> • Define Lifetime Health Practices • Relate Lifetime Health Practices to the Health Triangle 	<p>2.1 D, E</p> <p>2.2 A, B, C, D, E, F</p> <p>2.6 A</p>	<ul style="list-style-type: none"> • Group work • Computer Lab Research • Review of the health triangle 	<ul style="list-style-type: none"> • Tests/Quizzes • Written Reports • Teacher Rubrics • Exit Cards • Notebook

Grade Six: Safety and First Aid

Essential Understanding: Learning the basic safety and first aid skills is necessary to handle everyday life. Practicing proper steps to take can help prevent emergencies.

Objectives	NJ Core Standards	Strategies/Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> • Learn ways to prevent injuries during average daily activities. • Gain skills to properly treat minor injuries. • Learn proper use of First Aid equipment • Review Universal Precautions and Equipment Needed 	<p>2.1 E</p> <p>2.2 F</p>	<ul style="list-style-type: none"> • Role Play • Videos • Charts/Models • Practice proper use of First Aid Equipment • Discuss and relate Universal Precautions to various situations 	<ul style="list-style-type: none"> • Tests/Quizzes • Reports • Teacher Rubrics • Questions • Skills Test • Notebook

Grade Six: Community and Environmental Health

Essential Understanding: Gain awareness of the environment and the importance of taking care of it so that people can stay healthy.

Objectives	NJ Core Standards	Strategies/Activities	Assessment
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<p>Students will:</p> <ul style="list-style-type: none"> • Define Environment • Learn about various types of environments. • Learn the effects of various environments on personal health • health 	<p>2.1 A, B, C, D, E, F</p> <p>2.2 A, B, C</p>	<ul style="list-style-type: none"> • Group Work • Written Reports • Research using the Computer Lab • Videos • Create a personal environment chart and list effects of each area on personal health 	<ul style="list-style-type: none"> • Tests/Quizzes • Personal Environment Chart Project presentations • Peer Questions • Notebook
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Grade 7 Scope & Sequence

Robbinsville Public Schools Comprehensive Health Curriculum

Grade	Content Area	Content
1. Mental Health 7	-Handling emotions -Stress, Stress Management -Conflict Resolution -Uncomfortable feelings	
2. Family & Social Health	-Tolerance -Harassment -Family/Personal Values -Effects of Substance Abuse -Friendships -Risk Management/Behavior -Effective Decision Making	
3. Growth & Development	-Body Systems -Personal Hygiene -Stages of Growth/Pubescent Changes -Aging Process	
4. Nutrition	-Nutrients -Food Pyramid -Eating Disorders -Weight Management -Nutrition Facts Label	
5. Exercise and Fitness	-Aerobic/Anaerobic Fitness -Components of Fitness -Cardiovascular Fitness/Benefits -Sports (Injury: Prevention + Care) -Fitness Program Design	
6. Drugs/Substance Abuse	-Illicit Drugs -Tobacco -Alcohol -Effects/Types -Addiction/Dependence/Tolerance	

	<u>-Health Services</u>
7. Diseases & Disorders	-Communicable/Non-Communicable -Cardiovascular Diseases -Cancer/Diabetes/Asthma -HIV – Universal Precautions -Vaccines/Immunity
8. Consumer & Personal Health	-Health and Wellness Δ -Health Care Facilities (Doctors/Specialists) -Products/Services -Technology Resources
9. Safety & First Aid	-Medical Emergency Procedures -First Aid (Basic) -Sports Injuries
10. Community and Environmental Health	-Pollution: Illnesses, Effects -Controlling Pollution -Energy – Sources/Conservation

Grade Seven: Mental Health

Essential Understanding One: Learning to handle stress and cope with emotions can be a difficult process; proper knowledge of ways to handle or avoid these situations is vital for good mental health.

Objectives	NJ Core Standards	Strategies and Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> • Define Stress and Stress Management • Discuss effects of stress on body/mind • List strategies to cope with stress • Define Conflict Resolution • Review procedure for Conflict Resolution • Define/discuss anger and grief 	<p>2.1 A 2.1 B 2.1 E 2.1 F 2.2 A 2.2 D 2.2 F 2.4 A</p>	<ul style="list-style-type: none"> • Stress survey • Video on Stress • View steps to conflict resolution and peer mediation • List ways to deal with anger/grief 	<ul style="list-style-type: none"> • Teacher Observation • Class Discussion • Tests/Quizzes • Notebook

Grade Seven: Family & Social Health

Essential Understanding One: Throughout life we encounter various circumstances with our family and friends; the importance of family and friends, and the roles they play, are crucial in our development.

Objectives	NJ Core Standards	Strategies and Activities	Assessment
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<p>Students will:</p> <ul style="list-style-type: none"> • Define tolerance, harassment • List steps of the decision making process • Explain qualities/importance of friends • List importance of family and personal values • Describe the mental and social effects of substance abuse • Define risk • Discuss the importance of risk management 	<p>2.1 A 2.1 E 2.1 F 2.2 A 2.2 B 2.2 C 2.2 D 2.2 F 2.4 A</p>	<ul style="list-style-type: none"> • View steps of decision making process • Website activities/research • Comprise list of qualities of friends • Role playing • Develop coping strategies • List counseling resources 	<ul style="list-style-type: none"> • Teacher Observation • Class Discussion • Tests/Quizzes • Notebook
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Grade Seven: Growth & Development

Essential Understanding One: Adolescents face many changes, especially physically; addressing and discussing these issues is extremely important.

Objectives	NJ Core Standards	Strategies and Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> • View and analyze Health Δ • Review/define Body Systems • List hygiene habits for the body • Identify stages of growth/pubescent changes • Discuss aging process and effects on health Δ 	<p>2.1 A 2.1 B 2.1 D 2.1 F 2.2 F 2.4 A</p>	<ul style="list-style-type: none"> • Internet research • Charts • Videos • Overheads 	<ul style="list-style-type: none"> • Teacher Observation • Class Discussion • Tests/Quizzes • Notebook

Grade Seven: Nutrition

Essential Understanding One: Proper nutrition is vital to a healthy lifestyle; a balance between diet and exercise is necessary.

Objectives	NJ Core Standards	Strategies and Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> • List and define 6 main nutrients • Analyze current food pyramid • Define and discuss eating disorders: <ul style="list-style-type: none"> Anorexia nervosa Bulimia nervosa Obesity • View and analyze a nutrition facts label • Explain process of digestion 	<p>2.1 B</p> <p>2.1 C</p> <p>2.1 D</p> <p>2.1 F</p> <p>2.2 B</p> <p>2.2 C</p> <p>2.6 A</p>	<ul style="list-style-type: none"> • Define vocabulary • Reading a nutrition label • Watch video on digestion • Create personal daily menu 	<ul style="list-style-type: none"> • Teacher Observation • Class Discussion • Tests/Quizzes • Notebook

Grade Seven: Exercise & Fitness

Essential Understanding One: Students need know the benefits of exercise for all areas of health; establishing habits for life-long fitness is necessary.

Objectives	NJ Core Standards	Strategies and Activities	Assessment
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<p>Students will:</p> <ul style="list-style-type: none"> • Define aerobic/anaerobic exercise and list types • Define exercise and fitness • List/discuss 3 components of fitness • Define cardiovascular fitness; explain benefits • List team and individual sports and pros/cons • List ways to prevent injuries and ways to treat • Explain importance of designing personal fitness program 	<p>2.1 A 2.1 B 2.1 D 2.1 E 2.1 F 2.2 B 2.2 C 2.6 A 2.6 B,2.6 C</p>	<ul style="list-style-type: none"> • Define vocabulary • Venn diagram of sports • Videos on Muscular and circulatory systems • Design personal fitness program • Overhead charts 	<ul style="list-style-type: none"> • Teacher Observation • Class Discussion • Tests/Quizzes • Notebook
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Grade Seven: Drugs/Substance Abuse

Essential Understanding One: It is imperative to have the knowledge and resistance skills about drugs to cope with peer pressure and the temptations to use or abuse drugs.

Objectives	NJ Core Standards	Strategies and Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> • List/Discuss illicit drugs • Explain drug use, misuse and abuse • Discuss tobacco: facts, types, effects, ingredients, reasons for use, current issues • Define alcohol: list effects, consequences, laws • Define/Discuss addiction, dependence, tolerance • List available treatment services 	<p>2.1 A 2.1 B 2.1 D 2.1 E 2.1 F 2.2 A 2.2 B 2.2 D 2.3 A,2.3 B</p>	<ul style="list-style-type: none"> • Internet research • Outline • Overhead charts/diagrams • Video • Review of DARE information • Current periodical reviews 	<ul style="list-style-type: none"> • Teacher Observation • Class Discussion • Tests/Quizzes • Notebook

Grade Seven: Diseases & Disorders

Essential Understanding One: It is important to know about both infectious and non-infectious diseases, specifically prevention, Identification and treatment.

Objectives	NJ Core Standards	Strategies and Activities	Assessment
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<p>Students will:</p> <ul style="list-style-type: none"> • Define Communicable and Non-Communicable diseases • List types of diseases and ways to acquire • Review and explain functions of Immune System • Discuss: Cardiovascular disease, Cancer, Diabetes, Asthma • Define Immunity and how a vaccine works • Discuss HIV and list universal precautions 	<p>2.1 A 2.1 D 2.1 E 2.1 F 2.2 B 2.2 F 2.3 A 2.4 A 2.4 B</p>	<ul style="list-style-type: none"> • Internet research • Videos • Outline • Overhead charts 	<ul style="list-style-type: none"> • Teacher Observation • Class Discussion • Tests/Quizzes • Notebook
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Essential Understanding One: Learning how to care for our bodies is vital for proper health; choosing the appropriate products to use is just as important. Deducing information from advertising is crucial to making the best choice.

Objectives	NJ Core Standards	Strategies and Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> • Review entire health triangle • Access updated health information using various sources, including technology • List types of health care facilities and services • Discuss difference between general doctors and specialists • View/Analyze/Compare health product labels • List standards of responsible decision making and importance of responsible behaviors. 	<p>2.1 A 2.1 E 2.1 F 2.2 B 2.2 E 2.2 F 2.4 A</p>	<ul style="list-style-type: none"> • Create personal health triangle • Research a specific health topic using information on the internet and in the media center • Compare and contrast health products 	<ul style="list-style-type: none"> • Teacher Observation • Class Discussion • Tests/Quizzes • Notebook

Grade Seven: Safety & First Aid

Essential Understanding One: Knowing how to act and handle a crisis is significant; basic and advanced safety/first aid skills, along with crisis management strategies are important for everyday life.

Objectives	NJ Core Standards	Strategies and Activities	Assessment
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<p>Students will:</p> <ul style="list-style-type: none"> • List types of sports related injuries, and ways to prevent • Review basic first aid concepts • Discuss safety/emergency procedures: home, fire, intruder. 	<p>2.1 D 2.1 E 2.2 F</p>	<ul style="list-style-type: none"> • List personal experiences of injuries and ways they were treated, as well as how they could have been prevented • First Aid demonstrations • Research/list home safety ideas 	<ul style="list-style-type: none"> • Teacher Observation • Class Discussion • Tests/Quizzes • Notebook
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Grade Seven: Community & Environmental Health

Essential Understanding One: Students should gain awareness of the importance of taking care of the environment at a community and global level.

Objectives	NJ Core Standards	Strategies and Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> • List and discuss types of pollution and effects • Explain ways to control pollution • List energy sources and ways to conserve 	<p>2.1 D 2.1 E 2.1 F 2.2 C 2.2 D 2.2 E 2.2 F</p>	<ul style="list-style-type: none"> • Research types and causes of pollution • Internet sites • Discussion: personal experiences 	<ul style="list-style-type: none"> • Teacher Observation • Class Discussion • Tests/Quizzes • Notebook

Grade 8 H/PE Scope & Sequence

Grade 8	Content Area	Content
1. Mental Health	-Self-Esteem -Stress Management -Communication Skills -Peer Pressure	
2. Family & Social Health	- Roles and Responsibilities of Family Members -Commitment, Marriage, Parenthood -Reputation and Respect - Coping Strategies for rejection, separation and loss - Effects of Substance Abuse on Families and Daily Life	
3. Growth & Development - Review Anatomy/Function of Endocrine and Reproductive	- Heredity Systems - Responsibility and Decision Making regarding affection and attraction - Contraception, Pregnancy	
4. Nutrition - Eating Disorders	- Responsible Health Habits	
5. Exercise and Fitness - Cardiovascular Fitness	- Weight management - Stress Management	
6. Drugs/Substance Abuse	- Effects of depressants, stimulants, hallucinogens and steroids - Appropriate use of Medicine - Laws/consequences of chemical abuse	

- **Helping a Friend with chemical abuse problems**

7. Diseases & Disorders
- Universal Precautions

- STDs, HIV/AIDS

8. Consumer & Personal Health
- Avoid High Risk Behaviors

- Decision Making
- Life Style for wellness
- Health Products

9. Safety & First Aid

- Intervention for common illnesses and Injuries

10. Community and Environmental Health
- Media Influence
- Internet Safety

- Community Health Services
- Health Care Providers and Outreach Programs

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Grade Eight: Mental Health

Essential Understanding: Learning to handle stress and cope with emotions can be a difficult process. Proper knowledge of ways to handle or avoid stressful and emotional situations is vital for good mental health.

Objectives	NJ Core Standards	Strategies/Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> • Define self-esteem • Review importance of good self-esteem • Define Stress management • Review the importance of stress management • Define communication skills • Learn positive ways to communicate 	<p>2.1 A</p> <p>2.2 A, B, C, D</p>	<ul style="list-style-type: none"> • Group Work • Discussions • Role Playing • Video 	<ul style="list-style-type: none"> • Tests/Quizzes • Written/Oral Reports • Rubrics • Questions • Notebook

Grade Eight: Family and Social Health

Essential Understanding: Throughout life we encounter various circumstances with our family and friends. The importance of family and friends, and the roles they play, are crucial in our development.

Objectives	NJ Core Standards	Strategies/Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> • Review Roles and Responsibilities of Family Members • Define Commitment • Define Reputation and Respect • Define Family Values • Define Marriage 	<p>2.1 F</p> <p>2.2 A, B, C, D,</p> <p>2.4 A, B, C</p>	<ul style="list-style-type: none"> • Role Play • Debates • List Family Values and expectations • Discuss the importance of Reputation and Respect • Discuss Commitment, Reputation, Respect, and Family Values in relation to Marriage 	<ul style="list-style-type: none"> • Tests/Quizzes • Written Class Work • Exit Cards • Questions • Notebook

Grade Eight: Growth and Development

Essential Understanding: Adolescents face many changes, especially physically. It is very important to address/discuss these topics.

Objectives	NJ Core Standards	Strategies/Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> • Define Heredity • Learn the function of the Endocrine System • Learn the function of the Reproductive system in males And females • Define Affection • Define Attraction • Understand the Responsibilities and decision making process in regards to Affection and Attraction • Review Universal Precautions • Define Contraception • Learn types of contraception 	<p>2.1 A, B, C, D, E, F</p> <p>2.2 A, B, C, D, F</p> <p>2.3 A</p> <p>2.4 A, B, C</p>	<ul style="list-style-type: none"> • Charts • List family members’ physical traits and compare parents and children for eye, hair color etc. • Discussions • Role Play • Computer Lab • Group work • Universal Precautions 	<ul style="list-style-type: none"> • Tests/Quizzes • Reports • Teacher Rubrics • Research • Questions • Exit Cards • Notebook

Grade Eighth: Nutrition

Essential Understanding: Proper nutrition is vital to a healthy lifestyle. A balance between diet and exercise is necessary for lifetime fitness.

Objectives	NJ Core Standards	Strategies/Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> • List responsible Health Habits • Learn various types of Eating Disorders • Learn the dangers of Eating Disorders 	<p>2.1 A, B, C, D, F</p> <p>2.2 A, B, C, F</p> <p>2.6 C</p>	<ul style="list-style-type: none"> • Discussions • Reports • Research famous people who have struggled • To maintain proper nutrition • Role Playing 	<ul style="list-style-type: none"> • Tests/Quizzes • Reports • Rubrics • Questions • Notebook

Grade Eighth: Drugs and Substance Abuse

Essential Understanding: It is imperative to have the knowledge and resistance skills about drugs to cope with peer pressure and the temptations to use or abuse drugs.

Objectives	NJ Core Standards	Strategies/Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> • Learn effects of depressants, stimulants, hallucinogens and steroids • Learn Appropriate use of Medicines • Learn about Laws and consequences of chemical misuse • Be able to list ways to help a friend with chemical abuse problems 	<p>2.2 A, B, C, D, E, F</p> <p>2.3 A, B, C</p>	<ul style="list-style-type: none"> • Role Play • Use the computer lab to Research laws and consequences of chemical abuse. • Debate ways to help a friend with a chemical abuse problem 	<ul style="list-style-type: none"> • Tests/Quizzes • Oral Reports • Teacher Rubrics • Questions • Notebook

Grade Eight: Diseases and Disorders

Essential Understanding: It is important for students to learn about diseases, what they can do, how they are spread/acquired, and prevention.

This will enable students to take better care and live a healthier lifestyle.

Objectives	NJ Core Standards	Strategies/Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> • Review communicable diseases • Review non-communicable diseases • Learn preventative ways to deal with communicable and non-communicable diseases • Understand what universal precautions means • Define STDs • Learn about various types of STDs • Define HIV/AIDS <p>Learn about HIV/AIDS</p>	<p>2.1 D</p> <p>2.2 F</p> <p>2.3 A</p> <p>2.4 A, B, C</p>	<ul style="list-style-type: none"> • Charts • Group Work • Computer Lab research 	<ul style="list-style-type: none"> • Tests/Quizzes • Oral Reports • Teacher Rubrics • Questions • Notebook

Grade Eighth: Consumer and Personal Health

Essential Understanding: Learning how to care for our bodies and how to avoid high risk behaviors is vital for proper health.

Objectives	NJ Core Standards	Strategies/Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> • Review the decision making process. • Understand the Importance of avoiding high risk behaviors • Understand the importance of choosing a life style for wellness • Learn about choosing safe health products 	<p>2.1 A, F</p> <p>2.2 A, B, C, D, E, F</p> <p>2.6 A</p>	<ul style="list-style-type: none"> • Create posters about decision making steps • List high risk behaviors that are relevant to eighth graders • Relate the high risk behaviors to decision making • Create personal life style chart to promote wellness • Discuss various health products 	<ul style="list-style-type: none"> • Share posters with classmates • Debates • Positive Comments • Teacher Rubrics • Questions • Notebook

Grade Eighth: Safety and First Aid

Essential Understanding: Knowing first aid is significant to maintaining good health. Understanding symptoms and interventions of common illnesses is also important for everyday health and wellness.

Objectives	NJ Core Standards	Strategies/Activities	Assessment
<p>Students will:</p> <ul style="list-style-type: none"> • Recognize symptoms of common illnesses and injuries • Learn interventions for most common illnesses and injuries • Gain confidence to use interventions in order to maintain good health 	<p>2.1 D, E, F</p> <p>2.2 B, F</p>	<ul style="list-style-type: none"> • Group work to create lists of common illnesses and injuries • Game to match interventions to common illnesses and injuries • Role play 	<ul style="list-style-type: none"> • Tests/Quizzes • Fact Highlights • Rubrics • Questions • Notebook

Grade Eighth: Community and Environmental Health

Essential Understanding: Knowledge of community services, providers and outreach programs is invaluable for maintaining personal health and safety.

Objectives	NJ Core Standards	Strategies/Activities	Assessment
<p>Students will:</p> <p>Learn about various community health services, health care Providers and outreach programs</p> <p>Understand media influence on community health</p> <p>Understand the need for Internet safety</p>	<p>2.1 F</p> <p>2.2 A, E</p>	<p>Research community services, providers and Outreach programs</p> <p>Group work</p> <p>Computer Lab</p> <p>Charts/Posters</p> <p>Game: Match problem with community Service available</p> <p>List ways Internet use can be dangerous</p>	<ul style="list-style-type: none"> • Tests/Quizzes • Presentations • Teacher Rubrics • Questions • Notebook

