

Hamilton Township School District
Comprehensive Health and Physical Education
Curriculum



Health and Physical Education Curriculum Committee

Teachers of Hamilton Township School District
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Board of Education Approved: November 11, 2008

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I. INTRODUCTION

Philosophy

It is the goal of the Hamilton Township School District Comprehensive Health and Physical Education Curriculum to teach students the knowledge, skills, and attitudes necessary to adopt, maintain, and enjoy behaviors that promote health and a physically active lifestyle. The curriculum promotes interdisciplinary connections with other content areas and integrates the skills of effective communication, goal-setting, character development, and decision-making into all the health and physical education standards. These efforts address the need for students to recognize the connection between the health-related behaviors they choose and their ultimate well-being. In accordance with recommendations outlined in the New Jersey Core Curriculum Content Standards, the district's health and physical education program must:

- Promote each student's optimum physical, mental, emotional, and social development by supporting and promoting health-enhancing behaviors;
- Provide cognitive content and developmentally appropriate learning experiences that support a variety of physical activity areas including basic movement skills; team, dual, and individual sports; physical fitness; rhythm and dance; and lifetime recreational activities;
- Address and integrate the full range of categorical health problems and issues that impact the quality of life;
- Incorporate the use of technology and encourage students to research and use valid and reliable sources of health information; and
- Provide student-centered and interactive activities such as classroom discussion, research, modeling, and skill practice.

Overview

The New Jersey Core Curriculum Content Standards

The New Jersey Core Curriculum Content Standards include six Comprehensive Health and Physical Education standards, each of which has a number of strands followed by cumulative progress indicators within the following specific grade level clusters: K-2; 3-4; 5-6; 7-8; and 9-12. The standards and their associated strands are as follows:

2.1 Wellness:

- A. Personal Health*
- B. Growth and Development*
- C. Nutrition*
- D. Diseases and health Conditions*
- E. Safety*
- F. Social and Emotional health*

2.2 Integrated Skills

- A. Communication*
- B. Decision Making*
- C. Planning and Goal Setting*
- D. Character Development*
- E. Leadership, Advocacy, and Service*
- F. Health Services and Careers*

2.3 Drugs and Medicines

- A. Medicines*
- B. Alcohol, Tobacco, and Other Drugs*
- C. Dependency/Addiction and Treatment*

2.4 Human Relationships and Sexuality

- A. Relationships*
- B. Sexuality*
- C. Pregnancy and Parenting*

2.5 Motor Skill Development

- A. Movement Skills*

- B. Movement Concepts*
- C. Strategy*
- D. Rules, Safety, and Sportsmanship*
- E. Sport Psychology*

2.6 Fitness

- A. Fitness and Physical Activity*
- B. Training*
- C. Achieving and Assessing Fitness*

The Comprehensive Health and Physical Education Cumulative Progress Indicator Matrix

A comprehensive matrix indicating the grade levels at which each cumulative progress indicator is addressed was created to show the developmental continuum of health and physical education skills and knowledge taught from grades kindergarten through grade eight. The curriculum seeks to teach students to act responsibly as they confront the health and wellness challenges they face today. Behaviors students establish in childhood and adolescence will directly affect their health and consequently the health of the nation. The cumulative nature of the skills and knowledge outlined in the curriculum provides opportunities for students to explore health-related issues at increasingly complex levels as they progress through the grade levels and to engage in responsible decision making that will have long term health consequences for them individually and for society as a whole.

**II. COMPREHENSIVE HEALTH
AND PHYSICAL EDUCATION
CUMULATIVE PROGRESS
INDICATOR MATRIX K-8**