



2020 New Jersey Student Learning Standards - Comprehensive Health and Physical Education Elementary Health Curriculum Units Of Instruction In Grades 1-5

Vision

A quality comprehensive health and physical education program fosters a population that:

- Maintains mental health awareness and relies on social/emotional support systems;
- Engages in a physically active lifestyle;
- Maintains awareness of health and wellness and how to access resources;
- Recognizes the influence of media, peers, technology, and cultural norms in making informed health-related decisions as a consumer of health products and wellness services;
- Practices effective cross-cultural communication and conflict resolution skills;
- Builds and maintains healthy relationships;
- Accepts and respects individual and cultural differences; and
- Advocates for personal, family, community, and global wellness and is aware of local, national, and global public health and climate change issues.

2.1 Personal and Mental Health

- Personal Growth and Development
- Pregnancy and Parenting
- Emotional Health
- Social and Sexual Health
- Community Health Services and Support

2.2 Physical Wellness

- Nutrition

2.3 Safety

- Personal Safety
- Health Conditions, Diseases, and Medicines

- Alcohol, Tobacco and other Drugs
- Dependency, Substances Disorder and Treatment

* We believe all these units are a valuable part of the health curriculum with a distinct benefit to the education of all students. **All of these health units are taught at the age-appropriate level of the students based on the New Jersey Learning Standards. The State of New Jersey has outlined specific Performance Expectations that need to be taught by the end of Grade 2 and Grade 5.** However, if moral or religious beliefs cause you to feel otherwise, please first talk to your child's health teacher and then submit a signed statement to this effect to your school principal. Your child will then be excused from that portion of the course without loss of credit or grade. No child will be excused from the entire course. Please understand that if you choose to exempt your son or daughter from one or more units of the Health Curriculum, they will be given an alternate assignment so he/she can still receive full credit for the course.

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