

# Comprehensive Health and PE Curriculum for 2022-2023

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Waldwick School District

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August 15, 2022

# The Curriculum Development Process

- The NJDOE creates standards that all public schools in NJ must teach
- Districts are not told how to teach concepts or what resources to use
- Curriculum- Working document that provides us with a guideline that answers the following questions:
  - What do we teach?
  - How do we teach it?
  - What resources are available to us?
  - When do we teach specific concepts?
  - How can we assess learning?
  - What can we do for students who are struggling/excelling?

The Health and PE Curriculums at Waldwick School District were developed with a focus on what students need to know to lead safe and healthy lives.

# 2020 CHPE Standards

- Standards were developed in 2020 but must be implemented in September 2022
- Include a greater emphasis on Social/Emotional/Mental Health and additional standards related to acceptance of different gender expressions
- Written in “Grade Bands” K-2, 3-5, 6-8, 9-12
- Include some clarifying information for previous standards

Example:

## 2014 Standard

Core Idea- The health of the birth mother impacts the development of the fetus.

- 2.4.2.C.1 Explain the factors that contribute to a mother having a healthy baby.

## 2020 Standards

Core Idea- All living things may have the capacity to reproduce.

- 2.1.2.PP.1: Define reproduction.
- 2.1.2.PP.2: Explain the ways in which parents may care for their offspring (e.g., animals, people, fish).

How would this be taught?

- [Grade 2: Family Life- Lesson 1](#)

Example:

## 2014 Standard

Core Idea- Gender-specific similarities and differences exist between males and females.

- 2.4.2.B.1 Compare and contrast the physical differences and similarities of the genders.

## 2020 Standards

Core Idea- Every individual has unique skills and qualities, which can include the activities they enjoy such as how they may dress, their mannerisms, things they like to do.

- 2.1.2.SSH.1: Discuss how individuals make their own choices about how to express themselves.
- 2.1.2.SSH.2: Discuss the range of ways people express their gender and how gender-role stereotypes may limit behavior.

How would this be taught?

- [Grade 2: Family Life- Lesson 2](#)

# Instruction on Sexual Health

- “Sex Ed” is a broadly used term
  - K-2 Level: Lessons related to sexual health are geared towards child abuse prevention
  - There is no change to when students learn about puberty and topics related to sexual intercourse
    - 4th Grade- Puberty
    - 5th Grade- Puberty and Sexual Intercourse (relation to potential pregnancy)
    - 8th, 9th, and 12th- Sexual intercourse, safety (pregnancy prevention, STIs, etc.)
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# Instruction on Sexual Health

- In the state of New Jersey, parents/guardians may “opt out” of instruction in health, family life education, or sex education that is in conflict moral or religious beliefs (18A:35-4.7. Parent's statement of conflict with conscience). Parents/ Guardians wishing to opt out of any such instruction should notify the building principal.
- Family Life lessons and resources are included in the curriculum documents so parents may determine whether they would like their child to participate
- Family Life lessons at K-5 are taught by the Health and PE teachers and the School Nurse
- Health in grades 6-12 are taught by the Health and PE teachers

# Health Curriculum Documents

[Kindergarten](#)

[Grade 1](#)

[Grade 2](#)

[Grade 3](#)

[Grade 4](#)

[Grade 5](#)

[Grade 6](#)

[Grade 7](#)

[Grade 8](#)

[Grade 9](#)

[Grade 10](#)

[Grade 11](#)

[Grade 12](#)

