

## JACKSON SCHOOL DISTRICT HEALTH CURRICULUM OUTLINE

SEPTEMBER 8, 2020

A statewide panel of outstanding high school and university educators, the New Jersey Department of Health, and the New Jersey Department of Education was appointed to recommend statewide core proficiencies in health education. The New Jersey State Board of Education adopted these core proficiencies and the Jackson School District has incorporated them into our district-wide health programs (grades K-12). These comprehensive health standards will establish a strong foundation of knowledge, skills, and attitudes. Our goal is to encourage students to make appropriate choices and lead a healthy lifestyle.

In accordance with the New Jersey Administrative Code (N.J.A.C.6:29:4.1.1(J)), the Jackson School District policy states that, "Any pupil whose parents present to the principal a signed statement that any part of the instruction in Family Life Education is in conflict with his or her conscience or sincerely held moral or religious beliefs, shall be excused from the portion of the courses where such instruction is being given and no penalties as to credit or graduation shall result."

The content of your child's comprehensive health program is enclosed in outline form for your review. If you have any questions, or wish to exercise your choice of exclusion, please contact your building principal no later than September 25, 2020.

For more information, about the New Jersey Core Curriculum Content Standards for Comprehensive Health and Physical Education, visit the New Jersey Department of Education's comprehensive Health and Physical Education Curriculum and Instruction web page at <http://www.nj.gov/education/aps/cccs/chpe/>

**JACKSON SCHOOL**  
**COURSE PROFICIENCIES**

**HEALTH**  
**GRADE 6**

**Description of Course Content**

Health is a course in which students will learn about a variety of issues that will help them to better understand the importance of being healthy. Students will learn how to enhance their personal lives as well as to avoid situations that may be harmful to them. All dimensions of wellness will be stressed so that students will learn to make healthy and informed choices.

Description of Expected Learning

- I. Personal Health
  - The student will demonstrate comprehension of:
    - A. Mental and Emotional Health
      - 1. Health and Wellness
      - 2. Character and Personalities
      - 3. Making responsible decisions
      - 4. Emotions and Stress
- II. Nutrition
  - The student will demonstrate comprehension of:
    - 1. Following Dietary Guidelines
    - 2. Healthful Eating Habits
    - 3. Choosing Foods Carefully
    - 4. Healthful Weight Management
    - 5. Body Image
- III. Personal Health and Physical Activity
  - The student will demonstrate comprehension of:
    - A. Hygiene
      - 1. Personal Healthcare/Daily Hygiene
    - B. Keeping Healthy/Checkups
      - 1. Caring for your Teeth
      - 2. Caring for your Skin
      - 3. Caring for your Hair and Nails
      - 4. Caring for your Eyes
      - 5. Caring for your Ears
- IV. Safety
  - The student will demonstrate comprehension of:
    - A. Rules of First Aid
      - 1. Being Prepared
      - 2. Initial Steps of First Aid

- V. Basic First Aid Skills
  - 1. Abdominal Thrusts
  - 2. Rescue Breathing and CPR
  - 3. Bleeding and Shock
  - 4. Breaks, Sprains, and Burns

- VI. Alcohol, Tobacco and Other Drugs

Evaluative Means to Determine Mastery:

- 1. Texts and Teacher prepared tests and quizzes.
- 2. Class Participation
- 3. Self and Group Evaluation.
- 4. Alternative Assessments: Projects, Portfolios, and Homework Assignments.

## **HEALTH GRADE 7**

### Description of Course Content

Health is a course in which students will learn about a variety of issues that will help them to better understand the importance of being healthy. Students will learn how to enhance their personal lives as well as to avoid situations that may be harmful to them. All dimensions of wellness will be stressed so that students will learn to make healthy and informed choices.

### Description of Expected Learning

#### I. Mental and Emotional Health

The student will demonstrate comprehension of:

1. Health and Wellness
2. Influences on Health/Decisions
3. Decision Making
4. Life Skills
5. Setting Goals
6. Emotions
7. Mental Illness
8. Stress

#### II. Nutrition

The student will demonstrate comprehension of:

1. Nutrients
2. MY PYRAMID
3. Eating Healthy
4. Balancing Diet
5. Body Image
6. Maintaining a Healthful Weight
7. Eating Disorders
8. Having a Positive Body Image

### III. Personal Health and Safety

The student will demonstrate comprehension of:

#### A. Personal Health and Physical Activity

1. Injury Prevention and Care
2. Safety Outdoors
3. Natural Disasters
4. First Aid
5. Benefits of physical activity
6. Parts of Fitness
7. Sports and Competition
8. Sports safety

### IV. Drugs and Disease Prevention

The student will demonstrate comprehension of:

#### A. Tobacco

1. Products, Disease and Death
2. Social and Emotional Effects
3. Addiction/Recovery
4. Refusal Skills

#### B. Alcohol

1. Teens and alcohol
2. Alcohol and your Body
3. Drunk Driving
4. Alcoholism
5. Alternatives

### Evaluative Means to Determine Mastery

1. Text and teacher prepared tests and quizzes
2. Class participation
3. Self and group evaluation
4. Alternative assessments: projects, portfolios, and homework assignments.

## **HEALTH GRADE 8**

### Description of Course Content

Health is a course in which students will learn about a variety of issues that will help them to better understand the importance of being healthy. Students will learn how to enhance their personal lives as well as to avoid situations that may be harmful to them. All dimensions of wellness will be stressed so that students will learn to make healthy and informed choices.

### Description of Expected Learning's

#### I. Family and Social Health

The student will demonstrate comprehension of:

1. Influences on teen relationships
2. Family Health
3. Healthy friendships
4. Social life and dating
5. Practicing abstinence
6. Marriage
7. Teen dating

#### II. Growth and Development

The student will demonstrate comprehension of:

1. The skeletal and muscular systems
2. The circulatory and respiratory systems
3. The digestive and urinary systems
4. The nervous and integumentary systems
5. The endocrine system
6. The reproductive system
7. Pregnancy and childbirth
8. The life cycle and adolescence
9. Healthful aging
10. Your changing mind
11. Your changing feelings
12. Preparing for the future

### III. Violence and Injury Prevention

The student will demonstrate comprehension of:

1. Violent behavior
2. Protective factors: family and friends
3. Communicating during conflict
4. Resolving conflict
5. Protective factors: your environment
6. Safety indoors
7. Safety outdoors
8. The weather and natural disasters
9. Being prepared for emergencies
10. First aid when time counts
11. More first aid
12. First aid for poisoning, bites, and burns
13. Communicating during conflict
14. Resolving conflict

### IV. Drugs and Disease Prevention

The student will demonstrate comprehension of:

#### A. Drugs

1. Stimulants, depressants, inhalants, hallucinogens and narcotics
2. Marijuana
3. Intervention and treatment; getting help and staying drug free
4. Saying "no" to drugs
5. Using drugs as medicines
6. Drug abuse and addiction

### V. Communicable and Chronic Diseases

1. What are pathogens and communicable diseases
2. Defense against infectious disease
3. Common communicable diseases
4. Sexually transmitted diseases
5. Preventing the spread of infectious diseases
6. HIV infections and AIDS
7. Common bacterial and viral infections
8. Allergies and autoimmune disease
9. Cancer
10. Metabolic and nutritional diseases and chronic health conditions

#### IV. Consumer and Community Health

The student will demonstrate the comprehension of:

1. Being a wise consumer
2. Health care information
3. Influencing health care
4. Health care services
5. Accessing services
6. Healthy environment
7. Meeting our basic needs
8. Environmental pollution
9. Maintaining healthy environment
10. Promoting public health
11. A global community

Evaluative Means to Determine Mastery

1. Text and teacher prepared tests and quizzes
2. Class participation
3. Self and group evaluation
4. Alternative assessments: projects, portfolios, and homework