

# Califon School

## Scope and Sequence

The NJSLS-CHPE highlights the expectation that all students participate in a high-quality, K–12 sequential health and physical education program that emphasizes 21st Century skills and interdisciplinary connections to empower students to live a healthy active lifestyle. The standards provide a blueprint for curriculum development, instruction, and assessment, and reflect the latest research for effective health and physical education programs. The primary focus of the standards consists of the development of concepts and skills that promote and influence healthy behaviors.

### **Mission**

All students will acquire the knowledge and skills of what is most essential to become individuals who possess health and physical literacy and pursue a life of wellness. They develop the habits necessary to live healthy, productive lives that positively impact their families, schools, and communities.

### **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.

**Grade: 4<sup>th</sup>**

**Subject: Health**

| Unit  | Sept. |   |   |   | Oct. |   |   |   | Nov. |   |   |   | Dec. |   |   |   | Jan. |   |   |   | Feb. |   |   |   | Mar. |   |   |   | Apr. |   |   |   | May |   |   |   | June |   |   |   |   |
|---|-------|---|---|---|------|---|---|---|------|---|---|---|------|---|---|---|------|---|---|---|------|---|---|---|------|---|---|---|------|---|---|---|-----|---|---|---|------|---|---|---|---|
|   | 1     | 2 | 3 | 4 | 1    | 2 | 3 | 4 | 1    | 2 | 3 | 4 | 1    | 2 | 3 | 4 | 1    | 2 | 3 | 4 | 1    | 2 | 3 | 4 | 1    | 2 | 3 | 4 | 1    | 2 | 3 | 4 | 1   | 2 | 3 | 4 |      |   |   |   |   |
| Personal Growth, Development, & Safety  | ■     | ■ | ■ | ■ | ■    | ■ | ■ | ■ |      |   |   |   |      |   |   |   |      |   |   |   |      |   |   |   |      |   |   |   |      |   |   |   |     |   |   |   |      |   |   |   |   |
| Pregnancy, Parenting, & Nutrition   |       |   |   |   |      |   |   |   | ■    | ■ | ■ | ■ | ■    | ■ | ■ | ■ |      |   |   |   |      |   |   |   |      |   |   |   |      |   |   |   |     |   |   |   |      |   |   |   |   |
| Emotional Health, Alcohol, Tobacco, and Other Drugs                                 |       |   |   |   |      |   |   |   |      |   |   |   |      |   |   |   | ■    | ■ | ■ | ■ | ■    | ■ | ■ | ■ |      |   |   |   |      |   |   |   |     |   |   |   |      |   |   |   |   |
| Social & Sexual Health and Health Conditions, Diseases, and Medicines               |       |   |   |   |      |   |   |   |      |   |   |   |      |   |   |   |      |   |   |   |      |   |   | ■ | ■    | ■ | ■ | ■ | ■    | ■ | ■ |   |     |   |   |   |      |   |   |   |   |
| Community Health Services & Support, Dependency, Substances Disorder, and Treatment |       |   |   |   |      |   |   |   |      |   |   |   |      |   |   |   |      |   |   |   |      |   |   |   |      |   |   |   |      |   |   |   |     |   | ■ | ■ | ■    | ■ | ■ | ■ | ■ |