

## NEW JERSEY STUDENT LEARNING STANDARDS FOR HEALTH AND PHYSICAL EDUCATION

**2.1 WELLNESS:** All students will acquire health promotion concepts and skills to support a healthy, active lifestyle; (a) personal growth and development (b) nutrition (c) diseases and health conditions (d) safety (e) social and emotional health.

**2.2 INTEGRATED SKILLS:** All students will develop and use personal and interpersonal skills to support a healthy active lifestyle; (a) interpersonal communication (b) decision making and goal setting (c) character development (d) advocacy and service (e) health services and information.

**2.3 DRUGS AND MEDICINES:** All students will acquire knowledge about alcohol, tobacco, other drugs and medicines and apply these concepts to support a healthy, active lifestyle: (a) medicines (b) alcohol, tobacco and other drugs (c) dependence/addiction and treatment.

**2.4 HUMAN RELATIONS AND SEXUALITY:** All students will acquire knowledge about the physical, emotional and social aspects of human relationships and sexuality and apply these concepts to support a healthy, active lifestyle (a) relationships (b) sexuality (c) pregnancy and parenting.

**2.5 MOTOR SKILLS DEVELOPMENT:** All students will utilize safe, efficient and effective movement to develop and maintain a healthy, active lifestyle; (a) movement skills and concepts (b) strategy (c) sportsmanship, rules and safety.

**2.6 FITNESS:** All students will apply health-related and skill related fitness concepts and skills to develop and maintain a healthy, active lifestyle; (a) fitness and physical activity.

## NATIONAL STANDARDS FOR K-12 PHYSICAL EDUCATION

The physically literate individual....

- 1 ...demonstrates competency in a variety of motor skills and movement patterns.
- 2 ...applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- 3 ...demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- 4 ...exhibits responsible personal and social behavior that respects self and others.
- 5 ...recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

# NJ

### PHYSICAL LITERACY

To pursue a lifetime of healthful physical activity, a physically literate individual:

- Has learned the skills necessary to participate in a variety of physical activities.
- Knows the implications and the benefits of involvement in various types of physical activities.
- Participates regularly in physical activity.
- Is physically fit.
- Values physical activity and its contributions to a healthful lifestyle.

*National Standards & Grade-Level Outcomes for K-12 Physical Education (2014), SHAPE America.*

### A WELL DESIGNED PROGRAM:

- Meets the needs of all students;
- Keeps students active for most of physical education class time;
- Teaches self-management;
- Emphasizes knowledge and skills for a lifetime of physical activity; and
- Is an enjoyable experience for all students (CDC, 2013, p.12).

## SEQUENTIAL GUIDELINES FOR K-12 PHYSICAL EDUCATION



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This resource was developed by a NJAHPERD committee of health and physical education professionals representing all grade levels. The living document is based on the New Jersey Student Learning Standards and the SHAPE America National Standards with the intent to assist professionals in the planning and implementation of a well-designed program.

References/Resources available at [www.njahperd.org](http://www.njahperd.org)