

NJDOE MODEL CURRICULUM

CONTENT AREA: Health	GRADE: 3-5	UNIT #: 1	UNIT NAME: Personal Growth/Wellness
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#	STUDENT LEARNING OBJECTIVES	CORRESPONDING NJCCCS
1	Identify and explain factors (heredity, environment) that may have a positive or negative impact on personal health and fitness. 3	(2.6.4.A.4, 2.1.4.B.2)
2	Identify public health strategies and determine their impact on preventing diseases and health conditions. 4	(2.1.4.C.1, 2.1.4.C.2, 2.1.4.C.3)
3	Identify specific diseases and conditions that are prevalent in adolescents and determine preventative strategies. 5	(2.1.6.C.1)
4	Compare and contrast diets that contain healthy eating practices versus one that contains unhealthy eating practices. 3	(2.1.4.B.2)
5	Create a healthy meal by identifying and analyzing nutritional data. 4	(2.1.4.B.1,2.1.4.B.2,2.1.4.B.3,2.1.4.B.4)
6	Determine the benefits or risks that certain food choices and eating patterns have on one's overall wellness. 5	(2.1.6.B.1, 2.1.6.B.2)
7	Identify the physical, social, emotional and intellectual benefits of participating in daily physical activity. 3	(2.6.4.A.1, 2.6.4.A.4)
8	Analyze personal fitness levels to create and implement individualized wellness improvement plan. 4	(2.1.4.A.1,2.1.4.A.2, 2.6.4.A.1, 2.6.4.A.4)
9	Analyze personal wellness and health practices (nutrition, physical activity) to develop, implement, and achieve 3 personal health goals. 5	(2.1.6.A.1,2.6.6.A.1, 2.6.6.A.4)

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Code #	NJCCCS
2.1- Wellness	
A. Personal Growth and Development	4 The dimensions of wellness are interrelated and impact overall personal well-being.
	2.1.4.A.1 Explain the physical, social, emotional, and mental dimensions of personal wellness and how they interact.
	2.1.4.A.2 Determine the relationship of personal health practices and behaviors on an individual's body systems.
	6 Staying healthy is a lifelong process that includes all dimensions of wellness.
	2.1.6.A.1 Explain how health data can be used to assess and improve each dimension of personal wellness. 2.1.6.A.2 Relate how personal lifestyles habits, environment, and heredity influence growth and development in each life stage.
B. Nutrition	4 Choosing a balanced variety of nutritious foods contributes to wellness.
	2.1.4.B.1 Explain how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems functioning effectively.
	2.1.4.B.2 Differentiate between healthy and unhealthy eating practices.
	2.1.4.B.3 Create a healthy meal based on nutritional content, value, calories, and cost.
	2.1.4.B.4 Interpret food product labels based on nutritional content
	6 Eating patterns are influenced by a variety of factors.
	2.1.6.B.1 Determine factors that influence food choices and eating patterns. 2.1.6.B.2 Summarize the benefits and risks associated with nutritional choices, based on eating patterns.
C. Disease and Health conditions	4 The use of disease prevention strategies in home, school, and community promotes personal health.
	2.1.4.C.1 Explain how most diseases and health conditions are preventable.
	2.1.4.C.2 Justify how the use of universal precautions, sanitation and waste disposal, proper food handling and storage, and environmental controls prevent diseases and health conditions.

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	2.1.4.C.3 Explain how mental health impacts one’s wellness.
	6 The early detection and treatment of diseases and health conditions impact one’s health.
	2.1.6.C.1 Summarize means of detecting and treating diseases and health conditions that are prevalent in adolescents.
2.6 Fitness	
A. Fitness and Physical Activity	4 Each component of fitness contributes to personal health as well as motor skill performance.
	2.6.4.A.1 Determine the physical, social, emotional, and intellectual benefits of regular physical activity.
	2.6.4.A.4 Determine the extent to which different factors influence personal fitness, such as heredity, training, diet, and technology.
	6 Knowing and applying a variety of effective fitness principles over time enhances personal fitness level, performance, and health status.
	2.6.6.A.1 Analyze the social, emotional, and health benefits of selected physical experiences.
	2.6.6.A.4 Predict how factors such as health status, interests, environmental conditions, and available time may impact personal fitness.