

NJDOE MODEL CURRICULUM

CONTENT AREA: Physical Education	GRADE: 6-8	UNIT #: 1	UNIT NAME: Wellness
---	-------------------	------------------	----------------------------

#	STUDENT LEARNING OBJECTIVES	CORRESPONDING NJCCCS
1	Identify the personal, social, and environmental factors that impact fitness and personal health. 6	(2.6.6.A.4, 2.6.6.A.5)
2	Identify the short and long term benefits (physical, social, emotional) of regular physical activity and how they may change during one’s lifetime. 7	(2.6.8.A.1, 2.2.8.B.3)
3	Define the differences between skill and health related fitness and explain how the respective components can be enhanced through practice / training. 6	(2.6.6.A.2)
4	Using an assessment of one’s personal fitness level, develop a personal physical activity program. 6	(2.6.6.A.3)
5	Define body composition and identify healthy strategies for gaining, maintaining or losing weight safely (such as applying healthy eating principles, modifying lifestyle behaviors, and increasing physical activity). 7	(2.6.8.A.4, 2.1.8.B.2)
6	Describe and apply the FITT (Frequency, Intensity, Time, Type) principle to improve personal fitness. 6	(2.6.6.A.6)
7	Determine how advances in technology may be used to improve personal fitness using the primary principles of training (FITT). 7	(2.6.8.A.3, 2.6.8.A.5)
8	Analyze and reflect on personal health data (HR monitors, pedometers, fitness assessments) to create and implement a comprehensive health and fitness program (wellness) applying the FITT principles. 8	(2.6.8.A.2, 2.6.8.A.4 2.6.8.A.5)
9	Determine and evaluate the short and long term effects, including the consequences, of the use and abuse of anabolic steroids and other performance enhancing drugs. (i.e. physical, behavioral, legal, and ethical) 8	(2.6.6.A.7, 2.6.8.A.6)

NJDOE MODEL CURRICULUM

CONTENT AREA: Physical Education

GRADE: 6-8

UNIT #: 1

UNIT NAME: Wellness

Code #	NJCCCS
2.6- Fitness	
A. Fitness and Physical Activity	<p>6 Knowing and applying a variety of effective fitness principles over time enhances personal fitness level, performance, and health status.</p> <p>2.6.4.A.2 Participate in moderate to vigorous age-appropriate activities that address each component of health-related and skill-related fitness.</p> <p>2.6.4.A.3 Develop a health-related fitness goal and track progress using health/fitness indicators.</p> <p>2.6.6.A.4 Predict how factors such as health status, interests, environmental conditions, and available time may impact personal fitness.</p> <p>2.6.6.A.5 Relate physical activity, healthy eating, and body composition to personal fitness and health.</p> <p>2.6.6.A.6 Explain and apply the training principles of frequency, intensity, time, and type (FITT) to improve personal fitness.</p> <p>2.6.6.A.7 Evaluate the short- and long-term effects of anabolic steroids and other performance-enhancing substances on personal health.</p>
	<p>8 Knowing and applying a variety of effective training principles over time enhances personal fitness level, performance, and health status.</p> <p>2.6.8.A.1 Summarize the short- and long-term physical, social, and emotional benefits of regular physical activity.</p> <p>2.6.8.A.2 Use health data to develop and implement a personal fitness plan and evaluate its effectiveness.</p> <p>2.6.8.A.3 Analyze how medical and technological advances impact personal fitness.</p> <p>2.6.8.A.4 Determine ways to achieve a healthy body composition through healthy eating, physical activity, and other lifestyle behaviors.</p> <p>2.6.8.A.5 Use the primary principles of training (FITT) for the purposes of modifying personal levels of fitness.</p> <p>2.6.8.A.6 Determine the physical, behavioral, legal, and ethical consequences of the use of anabolic steroids and other performance-enhancing substances.</p>

NJDOE MODEL CURRICULUM

CONTENT AREA: Physical Education	GRADE: 6-8	UNIT #: 1	UNIT NAME: Wellness
---	-------------------	------------------	----------------------------

2.1- Wellness	
A. Personal Growth and Development	<p>8 Developing and maintaining wellness requires ongoing evaluation of factors impacting health and modifying lifestyle behaviors accordingly.</p> <p>2.1.8.A.1 Assess and apply health data to enhance each dimension of personal wellness.</p>
B. Nutrition	<p>8 Eating patterns are influenced by a variety of factors.</p> <p>2.1.8.B.2 Identify and defend healthy ways for adolescents to lose, gain, or maintain weight.</p>
2.2- Integrated Skills	
B. Decision Making and Goal Setting	<p>6 Every health-related decision has short- and long-term consequences and affects the ability to reach health goals.</p> <p>2.2.6.B.4 Apply personal health data and information to support achievement of one's short- and long-term health goals.</p> <p>8 Every health-related decision has short- and long-term consequences and affects the ability to reach health goals.</p> <p>2.2.8.B.3 Analyze factors that support or hinder the achievement of personal health goals during different life stages.</p>