

## NJDOE MODEL CURRICULUM

<b>CONTENT AREA: Physical Education</b>	<b>GRADE: K-2</b>	<b>UNIT #: II</b>	<b>UNIT NAME: Wellness</b>
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#	STUDENT LEARNING OBJECTIVES	CORRESPONDING NJCCCS
<b>1</b>	Explain how one’s decisions to be active can have a direct impact on the way they feel. K	(2.2.2.B.2)
<b>2</b>	Develop decision making skills that promote participation in moderate to vigorous age-appropriate physical activities. 1	(2.6.2.A.2, 2.2.2.B.2)
<b>3</b>	Describe how outside factors influence decision making in regards to setting a fitness goal. 2	(2.6.2.A.3, 2.2.2.B.3)
<b>4</b>	Explain how regular physical activity contributes to being “well”. K	(2.6.2.A.1, 2.1.2.A.1)
<b>5</b>	Explain what it means to be physically fit and how moderate to vigorous physical activity aids in the achievement of obtaining wellness goals. 1	(2.6.2.A.2, 2.6.2.A.3, 2.2.2.B.4)
<b>6</b>	Develop a fitness goal and monitor how it might affect one’s overall wellness. 2	(2.6.2.A.3, 2.2.2.B.2, 2.2.2.B.4)
<b>7</b>	Identify the basic safety rules that should be applied when participating in any movement activity. K	(2.5.2.C.2)
<b>8</b>	Explain how a safe environment encourages continued participation in physical activity. 1	(2.6.2.A.1, 2.5.2.C.2)
<b>9</b>	Demonstrate basic activity and safety rules while engaging in moderate to vigorous age-appropriate physical activity. 2	(2.6.2.A.2, 2.5.2.C.2)
<b>10</b>	Identify foods that promote a healthy lifestyle. K	(2.1.2.B.1)
<b>11</b>	Explain how healthy food choices relate to personal wellness. 1	(2.6.2.A.1, 2.1.2.B.1)
<b>12</b>	Determine why making healthier food choices influences long term wellness goals. 2	(2.6.2.A.3, 2.1.2.B.1)
<b>13</b>	Recognize how one’s feelings can impact the progress toward the achievement of a wellness goal. 1	(2.6.2.A.3, 2.2.2.C.3)
<b>14</b>	Determine how participation in regular physical activity may help to prevent common health	(2.6.2.A.1, 2.1.2.C.1)

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conditions (diabetes, high blood pressure, etc.). 2	
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Code #	NJCCCS
2.6- Fitness	
A. Fitness and Physical Activity	2 Appropriate types and amounts of physical activity enhance personal health. 2.6.2.A.1 Explain the role of regular physical activity in relation to personal health. 2.6.2.A.2 Explain what it means to be physically fit and engage in moderate to vigorous age-appropriate activities that promote fitness. 2.6.2.A.3 Develop a fitness goal and monitor progress towards achievement of the goal.
2.5- Motor Skill Development	
C. Sportsmanship, Rules, and Safety	2 Practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events contributes to enjoyment of the event. 2.5.2.C.2 Demonstrate basic activity and safety rules and explain how they contribute to moving in a safe environment.
2.1 Wellness	
A. Personal Growth and Development	2 Health-enhancing behaviors contribute to wellness. 2.1.2.A.1 Explain what being “well” means and identify self-care practices that support wellness.
B. Nutrition	2 Choosing a balanced variety of nutritious foods contributes to wellness. 2.1.2.B.1 Explain why some foods are healthier to eat than others.

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C. Diseases and Health conditions	2 Knowledge about diseases and disease prevention promotes health-enhancing behaviors. 2.1.2.C.1 Summarize symptoms of common diseases and health conditions.
2.2-Integrated skills	
B. Decision-Making and Goal Setting	2 Effective decision-making skills foster healthier lifestyle choices. 2.2.2.B.1 Explain what a decision is and why it is advantageous to think before acting. 2.2.2.B.4 Select a personal health goal and explain why setting a goal is important.