

# NJ Standards for Physical Education

<p><b><u>2.1 Wellness</u></b>  <i>All students will learn and apply health promotion concepts and skills to support a healthy, active lifestyle</i>  A. Personal Health  B. Growth and Dev.  C. Nutrition  D. Diseases and Health  E. Safety  F. Social and Emotional</p>	<p><b><u>2.2 Integrated Skills</u></b>  <i>All students will use health-enhancing personal, interpersonal and life skills to support a healthy, active lifestyle</i>  A. Communication  B. Decision Making  C. Goal Setting  D. Character Dev.  E. Leadership &amp; Advocacy  F. Health Careers</p>	<p><b><u>2.3 Drugs and Medicines</u></b>  <i>All students will learn and apply information about alcohol, tobacco, other drugs and medicines to make decisions that support a healthy, active lifestyle.</i>  A. Medicines  B. Alcohol, Tobacco, and Other Drugs  C. Addiction/Treatment</p>
<p><b><u>2.4 Human Relationships &amp; Sexuality</u></b>  <i>All students will learn the physical, social, and emotional aspects of human relationships and sexuality and apply these concepts to support a healthy, active lifestyle.</i>  A. Relationships  B. Sexuality  C. Pregnancy/Parenting</p>	<p><b><u>2.5 Motor Skill Development</u></b>  <i>All students will utilize safe, efficient and effective movement to develop and maintain a healthy, active lifestyle.</i>  A. Movement Skills/ Concepts  B. Strategy  C. Rules, Safety, and Sportsmanship  D. Sport Psychology</p>	<p><b><u>2.6 Fitness</u></b>  <i>All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.</i>  A. Fitness and Physical Activity  B. Training  C. Achieving and Assessing Fitness</p>

\*\*\*\*Assessments (refer to grade level report card indicators)

**Understands and applies movement skills.**

**Understands and demonstrates fitness concepts. (Grades 3-5)**

**Takes responsibility for following directions.**

**Respects the rights and opinions of others.**