Health and Physical Education
Middle School
Curriculum Guide

LINDEN PUBLIC SCHOOLS
LINDEN, NEW JERSEY

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The Linden Board of Education adopted the Curriculum Guide on:

July 2025

Date | **Agenda Item**

Rationale

EDUCATION EQUITY: The Linden Public School District guarantees each student equal educational opportunity regardless of age, race, color, creed, religion, gender, language, affectional or sexual orientation, ancestry, national origin, marital or economic status. For Information, contact District Educational Equity Officer Kevin Thurston at **(**908) 486-2800 x 8307**.**

NONDISCRIMATION: The Linden Public School District does not discriminate against handicapped persons in admission or access to or treatment or employment in its programs, activities, and vocational opportunities. For information contact District Public 504 Officer Annabell Louis at (908) 486-2800 x 8025.

Revised July 2025

Linden Public Schools Vision

The Linden Public School District is committed to developing respect for diversity, excellence in education, and a commitment to service, in order to promote global citizenship and ensure personal success for all students

Linden Public Schools Mission

The mission of the Linden Public School District is to promote distinction through the infinite resource that is Linden's diversity, combined with our profound commitment to instructional excellence, so that each and every student achieves their maximum potential in an engaging, inspiring, and challenging learning environment.

Revised July 2025

Health and Physical Education Department Vision

Know the past. Engage the present. Impact the future.

Health and Physical Education Department Mission Statement

The mission of Health and Physical Education Department in the Linden Public Schools is to prepare our students to become physically literate and engaged citizens of an ever increasing, globally interdependent world. Our focus as Health and Physical educators are to ensure that students' experiences in our classrooms are meaningful, real, and authentic for all learners. We challenge our students to understand the importance and necessity of physical activity and wellbeing. Physical education makes transcends all disciplines and makes a special contribution to children and youth through games, movement, health education, exploration, sports and fitness activities.

Health and Physical Education Department Goals

- Develop and maintain a suitable level of physical fitness that includes muscle strength, endurance, flexibility, cardiovascular endurance and body composition.
- Become competent in management of the body and acquire useful physical skills.
- Acquire needed safety skills and habits.
- Enjoy healthful recreational activities.
- Acquire desirable self-concept and effective self-image.
- Derive personal and education benefits from the program
- Acquire desirable social standards and ethical concepts.

I. Course Description

II. Physical Education and Health courses are available in each quarter.
    A. Students will be placed in three quarters of physical education and one quarter of health per year. Physical Education and Health courses are available for special needs students. Adapted Physical Education is a program of developmental activities, games, sports and rhythms suited to the capabilities and limitations of students with disabilities who may not safely or successfully be able to participate in the activities of the general Physical Education program.

III. Course Instructional Materials
    A. Basic Materials include but are not limited to:
        i. Balls
        ii. Fitness Equipment
        iii. Fitness Technology
        iv. Mats
        v. Gloves
        vi. Sticks
        vii. Tennis/Badminton Rackets
        viii. Textbooks
        ix. Internet Resources

IV. Standards Guiding Instruction

A. New Jersey Student Learning Standards
https://www.state.nj.us/education/cccs/

V. Pacing Guide – Grade 6-8

First Marking Period	Movement Skill and Concepts- September 3rd – September 21st Physical Fitness- September 22nd - October 6th Lifelong Fitness- October 7th - October 21st Nutrition- October 24th - November 13th
Second Marking Period	Movement Skill and Concepts- November 14th - December 6th Physical Fitness- December 7th - December 21st Lifelong Fitness- December 22nd - January 13th Nutrition- January 17th - January 29th
Third Marking Period	Movement Skill and Concepts- January 30th – February 17th Physical Fitness- February 20th – March 7th Lifelong Fitness- March 9th - March 24th Nutrition- March 27th - April 14th
Fourth Marking Period	Personal Growth and Development- April 15th – April 21st Pregnancy and Parenting- April 24th – April 28th Emotional Health- May 1st – May 5th Social and Sexual Health- May 8th – May 12th Community Health Services and Support- May 15th – May 19th Personal Safety- May 22nd – May 26th Health Conditions, Diseases and Medicines- May 30th – June 5th Alcohol, Tobacco, and other Drugs- June 7th – June 13th Dependency, Substance Disorder and Treatment- June 14th – June 22nd

VI. Vertical Integration – Program Mapping

The mapping of the Health and Physical Education program within Linden Public Schools consists of the following:

Grades K-5: Health and Physical Education	Movement Concepts, Fitness Concepts, Activity Module-Games. Mental and Emotional Health Family and Social Health Growth and Development Nutrition Personal Health and Physical Activity Injury Prevention and Safety, Alcohol, Tobacco and Other Drugs Communicable and Chronic Diseases Consumer and Community Health, Environmental Health
Grade 6-8: Health and Physical Education	Movement Skill and Concepts Physical Fitness Lifelong Fitness Nutrition Personal Growth and Development Pregnancy and Parenting Emotional Health Social and Sexual Health Community Health Services and Support Personal Safety Health Conditions, Diseases and Medicines Alcohol, Tobacco, and other Drugs Dependency, Substance Disorder and Treatment
Grade 9 -12: Health and Physical Education	Movement Skill and Concepts Physical Fitness Lifelong Fitness Nutrition Personal Growth and Development Pregnancy and Parenting Emotional Health Social and Sexual Health Community Health Services and Support Personal Safety Health Conditions, Diseases and Medicines Alcohol, Tobacco, and other Drugs Dependency, Substance Disorder and Treatment Driver's Education