



# Township of Ocean Schools

Assistant Superintendent  
Office of Teaching and Learning

## **SPARTAN MISSION:**

*Meeting the needs of all students with a proud tradition of academic excellence.*

---

## **Curriculum Development Timeline**

**School:** Township of Ocean Elementary Schools

**Course:** Health, Grade 5

**Department:** Physical Education

| <b>Board Approval</b> | <b>Supervisor</b> | <b>Notes</b> |
|-----------------------|-------------------|--------------|
| October 2006          | Dave Enderly      | Born Date    |
| December 2008         | Denise Palaia     | Revisions    |
| October 2012          | Denise Palaia     | Revisions    |
| August 2013           | Denise Palaia     | Revisions    |
| August 2018           | Denise Palaia     | Revisions    |

*Home of the Spartans!*  
*#spartanlegacy*





# Township of Ocean Schools

Assistant Superintendent  
Office of Teaching and Learning

## **SPARTAN MISSION:**

*Meeting the needs of all students with a proud tradition of academic excellence.*

| W<br>e<br>e<br>k | Marking Period 1                            | W<br>e<br>e<br>k | Marking Period 3                          |
|------------------|---|------------------|---|
| 1                | Health Introduction                         | 21               | Drugs & Medicines                         |
| 2                | Pre-Assessment Benchmark                    | 22               | Drugs & Medicines                         |
| 3                | Health Services & Information               | 23               | Over the Counter & Prescription Medicines |
| 4                | Dimensions of Wellness                      | 24               | Stimulants & Depressants                  |
| 5                | Character Education                         | 25               | Alcohol                                   |
| 6                | Refusal, Negotiation & Assertiveness Skills | 26               | Tobacco & E-Cigarettes                    |
| 7                | Decision Making & Goal Setting              | 27               | Illegal Substances                        |
| 8                | Harassment & Bullying Prevention            | 28               | Illegal Substances                        |
| 9                | Harassment & Bullying Prevention            | 29               | Dependency, Addiction & Treatment         |
| 10               | Cyber Bullying & Online Safety              | 30               | Dependency, Addiction & Treatment         |
| W<br>e<br>e<br>k | Marking Period 2                            | W<br>e<br>e<br>k | Marking Period 4                          |
| 11               | Nutrition - MyPlate                         | 31               | Gang Violence                             |
| 12               | Nutrition - MyPlate                         | 32               | Families                                  |
| 13               | Nutrition – Food Labels                     | 33               | Relationships & Problem Solving           |
| 14               | Nutrition – Meal Planning                   | 34               | Puberty - Male                            |
| 15               | Basic First – Aid                           | 35               | Puberty - Female                          |
| 16               | Injuries & Accident Prevention              | 36               | Reproduction & Abstinence                 |
| 17               | Fire Safety                                 | 37               | Fertilization & Fetal Growth              |
| 18               | Traffic Safety                              | 38               | Pregnancy & Adolescent Challenges         |
| 19               | Sun & Skin Safety                           | 39               | HIV/AIDS                                  |
| 20               | CPR Training – Hands Only CPR               | 40               | Post – Assessment Benchmark               |

*Home of the Spartans!*  
*#spartanlegacy*



# Township of Ocean Schools

Assistant Superintendent  
Office of Teaching and Learning

## **SPARTAN MISSION:**

*Meeting the needs of all students with a proud tradition of academic excellence.*

---

| <b>Time Frame</b>  | <b>Marking Period 1</b> |
|--|-------------------------|
| <b>Topic</b>   |                         |
| Wellness & Character Education   |                         |
| <b>Essential Questions</b>   |                         |
| <ul style="list-style-type: none"><li>● What are examples of physical, social, mental and emotional health?</li><li>● What are the pillars of Character Education?</li><li>● Why are feelings towards yourself and other important for promoting a healthy lifestyle?</li><li>● How can I set specific goals and make appropriate decisions?</li><li>● What are strategies to prevent harassment and bullying?</li><li>● What can I do if I am being bullied or I see someone being bullied?</li><li>● What are the basic safety rules of Online Safety?</li><li>● How can I recognize cyber bullying?</li></ul> |                         |
| <b>Enduring Understandings</b>   |                         |
| <ul style="list-style-type: none"><li>● Self-esteem and self-respect leads to healthy emotional wellness.</li><li>● Character Education is key to overall wellness and healthy relationships.</li><li>● Bullying and Cyber bullying takes on multiple forms.</li></ul>   |                         |

*Home of the Spartans!*  
*#spartanlegacy*



# Township of Ocean Schools

Assistant Superintendent  
Office of Teaching and Learning

## **SPARTAN MISSION:**

*Meeting the needs of all students with a proud tradition of academic excellence.*

### **Alignment to Standards**

NJSLS:

- 2.1.6.A.1-3
- 2.1.6.B.1-4
- 2.1.6.C.1-3
- 2.1.6.E.1-3

### **Key Concepts and Skills**

- Staying healthy is a lifelong process that includes all dimensions of wellness.
- The early detection and treatment of diseases and health conditions impact one's health.
- Social and emotional development impacts all components of wellness.
- Respect and acceptance for individuals regardless of gender, sexual orientation, disability, ethnicity, socioeconomic background, religion and/or culture provide a foundation for the prevention and resolution of conflict.
- Stress management skills impact and individual's ability to cope with different types of emotional situations.
- Effective communication may be a determining factor in the outcome of health and safety related situations.
- Effective communication is the basis for strengthening and interpersonal interactions and relationships and resolving conflicts.
- Every health related decision has a short and long-term consequence and affects the ability to reach health goals.
- Personal core ethical values impact the behavior of oneself and others.
- Character building is influenced by many factors both positive and negative, such as acceptance, discrimination, bullying, abuse, sportsmanship, support, disrespect and violence.
- Health literacy includes the ability to compare and evaluate health resources.
- Communicating health needs to trusted adults and professionals assists in the prevention, early detection, and treatment of health problems.

### **Learning Activities**

- Class discussion

*Home of the Spartans!*  
*#spartanlegacy*



# Township of Ocean Schools

Assistant Superintendent  
Office of Teaching and Learning

## **SPARTAN MISSION:**

*Meeting the needs of all students with a proud tradition of academic excellence.*

- Role playing and skits
- Kidshealth.org
- Brain Pop videos, quizzes and activities
- Group work and presentations

### **Assessments**

- Rubric for presentations
- Anti-bullying project
- Class discussion and participation

### **21<sup>st</sup> Century Skills**

|   |                      |   |                      |   |                |   |               |
|---|----------------------|---|----------------------|---|----------------|---|---------------|
| X | Creativity           | X | Critical Thinking    | X | Communication  | X | Collaboration |
| X | Life & Career Skills | X | Information Literacy | X | Media Literacy |   |               |

### **Interdisciplinary Connections**

Reading and Language Arts

### **Technology Integration**

Use of individual Chrome Books for internet and project work.

### **Career Education-Career Ready Practices**

**All students will demonstrate how to:**

- Act as a responsible and contributing citizen and employee.
- Apply appropriate academic and technical skills.
- Communicate clearly and effectively and with reason.
- Consider the environmental, social and economic impacts of decisions.
- Demonstrate creativity and innovation.

*Home of the Spartans!*  
*#spartanlegacy*



# Township of Ocean Schools

Assistant Superintendent  
Office of Teaching and Learning

## **SPARTAN MISSION:**

*Meeting the needs of all students with a proud tradition of academic excellence.*

Utilize critical thinking to make sense of problems and persevere in solving them.

Plan education and career paths aligned to personal goals.

Use technology to enhance productivity.

Work productively in teams while using cultural global competence.

| <b>Time Frame</b>  | <b>Marking Period 2</b> |
|--|-------------------------|
| <b>Topic</b>   |                         |
| Nutrition and Safety   |                         |
| <b>Essential Questions</b>   |                         |
| <ul style="list-style-type: none"><li>● How are food choices influenced by culture, tradition, and knowledge of nutrition?</li><li>● What role does family, peers, and the media have on food choices now and throughout life?</li><li>● How do personal behaviors impact our own safety and the safety of others?</li><li>● Why do some people still engage in unsafe behaviors despite knowing the inherent risks and possible outcomes?</li><li>● How does a commitment to wellness reduce the risk for injuries and conditions that impact the quality or duration of one's life?</li></ul>  |                         |
| <b>Enduring Understandings</b>   |                         |
| <ul style="list-style-type: none"><li>● Food choices and eating patterns are developed at a young age, persist throughout one's life, and may affect long-term health.</li><li>● It may be difficult to change unhealthy eating patterns that are rooted in family traditions, religious beliefs, or culture.</li><li>● Peers and the media also have a significant impact on food choices and the availability of healthy options.</li><li>● Making healthy eating choices is an important part of achieving and sustaining wellness.</li><li>● Medical advances, technology and public health efforts enable some people to live healthier lives but many people still struggle to be healthy.</li><li>● Understanding why a behavior or activity is unsafe is only the first step towards preventing injuries and staying safe.</li></ul> |                         |

*Home of the Spartans!*

*#spartanlegacy*



# Township of Ocean Schools

Assistant Superintendent  
Office of Teaching and Learning

## **SPARTAN MISSION:**

*Meeting the needs of all students with a proud tradition of academic excellence.*

### **Alignment to Standards**

NJSLS:

2.1.6.B.1-4

2.1.6.D.1-4

### **Key Concepts and Skills**

- Eating patterns are influenced by a variety of factors.
- Identifying unsafe situations and choosing appropriate ways to reduce or eliminate risks, contributes to the safety of self and others.
- Applying first-aid procedures can minimize injury and save lives.

### **Learning Activities**

- Personal MyPlate
- Meal Planning Project
- Sodexo Guest Speaker
- Hands Only CPR
- Brain Pop videos, quizzes and activities
- Kidshealth.org

### **Assessments**

- Group projects and presentations
- Rubric created for individual projects

### **21<sup>st</sup> Century Skills**

|   |                      |   |                      |   |                |   |               |
|---|----------------------|---|----------------------|---|----------------|---|---------------|
| X | Creativity           | X | Critical Thinking    | X | Communication  | X | Collaboration |
| X | Life & Career Skills | X | Information Literacy | X | Media Literacy |   |               |

### **Interdisciplinary Connections**

Reading and Language Arts, Mathematics

*Home of the Spartans!*  
*#spartanlegacy*



# Township of Ocean Schools

Assistant Superintendent  
Office of Teaching and Learning

## **SPARTAN MISSION:**

*Meeting the needs of all students with a proud tradition of academic excellence.*

### **Technology Integration**

Use of individual Chrome Books for internet and project work.

### **Career Education-Career Ready Practices**

**All students will demonstrate how to:**

Act as a responsible and contributing citizen and employee.

Apply appropriate academic and technical skills.

Communicate clearly and effectively and with reason.

Consider the environmental, social and economic impacts of decisions.

Demonstrate creativity and innovation.

Utilize critical thinking to make sense of problems and persevere in solving them.

Plan education and career paths aligned to personal goals.

Use technology to enhance productivity.

Work productively in teams while using cultural global competence.

|                   |                         |
|-------------------|-------------------------|
| <b>Time Frame</b> | <b>Marking Period 3</b> |
|-------------------|-------------------------|

### **Topic**

Drugs & Medicines

### **Essential Questions**

- Why do people use and abuse alcohol, tobacco, caffeine and other drugs despite warnings about the dangers to self and others?
- What are the warning signs of someone abusing drugs?
- What are some resources available for someone seeking treatment?
- What is the difference between drug abuse and drug misuse?
- What is the difference between an over the counter drug and a prescription drug?

### **Enduring Understandings**

- The use and abuse of alcohol, tobacco, and other chemical substances not only affects the

*Home of the Spartans!*

*#spartanlegacy*



# Township of Ocean Schools

Assistant Superintendent  
Office of Teaching and Learning

## **SPARTAN MISSION:**

*Meeting the needs of all students with a proud tradition of academic excellence.*

individual but also may have a profound impact on others.

- The early detection and proper treatment of diseases and health conditions impact one's health.
- There are many ways to obtain help for treatment of substance abuse problems.

## **Alignment to Standards**

NJSLS:

2.3.6.A.1-2

2.3.6.B.1-7

2.3.6.C.1-4

## **Key Concepts and Skills**

- Medicines come in a variety of forms (prescription medicines, over the counter medicines, medicinal supplements), are used for numerous reasons, and should be taken as directed in order to be safe and effective.
- There is a strong relationship between individuals who abuse drugs and increased intentional and unintentional health-risk behaviors.
- Substance abuse is caused by a variety of factors.
- There are many ways to obtain help for treatment of alcohol, tobacco, and other substance abuse problems.

## **Learning Activities**

- Class discussion
- Group tobacco project
- Kahoot quiz
- Brain Pop videos, quizzes and activities

## **Assessments**

- Group projects and presentations
- Quizzes

## **21<sup>st</sup> Century Skills**

|   |            |   |                   |   |               |   |               |
|---|------------|---|-------------------|---|---------------|---|---------------|
| X | Creativity | X | Critical Thinking | X | Communication | X | Collaboration |
|---|------------|---|-------------------|---|---------------|---|---------------|

*Home of the Spartans!*

*#spartanlegacy*



# Township of Ocean Schools

Assistant Superintendent  
Office of Teaching and Learning

## **SPARTAN MISSION:**

*Meeting the needs of all students with a proud tradition of academic excellence.*

|  |                      |   |                      |   |                |
|--|----------------------|---|----------------------|---|----------------|
| X  | Life & Career Skills | X | Information Literacy | X | Media Literacy |
| <b>Interdisciplinary Connections</b>   |                      |   |                      |   |                |
| Reading and Language Arts, Mathematics   |                      |   |                      |   |                |
| <b>Technology Integration</b>  |                      |   |                      |   |                |
| Use of individual Chrome Books for internet and project work.                      |                      |   |                      |   |                |
| <b>Career Education-Career Ready Practices</b>                                     |                      |   |                      |   |                |
| <b>All students will demonstrate how to:</b>                                       |                      |   |                      |   |                |
| Act as a responsible and contributing citizen and employee.                        |                      |   |                      |   |                |
| Apply appropriate academic and technical skills.                                   |                      |   |                      |   |                |
| Communicate clearly and effectively and with reason.                               |                      |   |                      |   |                |
| Consider the environmental, social and economic impacts of decisions.              |                      |   |                      |   |                |
| Demonstrate creativity and innovation.   |                      |   |                      |   |                |
| Utilize critical thinking to make sense of problems and persevere in solving them. |                      |   |                      |   |                |
| Plan education and career paths aligned to personal goals.                         |                      |   |                      |   |                |
| Use technology to enhance productivity.  |                      |   |                      |   |                |
| Work productively in teams while using cultural global competence.                 |                      |   |                      |   |                |

|   |                         |
|---|-------------------------|
| <b>Time Frame</b>   | <b>Marking Period 4</b> |
| <b>Topic</b>  |                         |
| Relationships & Human Reproduction  |                         |
| <b>Essential Questions</b>  |                         |
| <ul style="list-style-type: none"> <li>• How does your environment and heredity influence your development?</li> <li>• How can healthy relationships be developed and sustained over time?</li> </ul> |                         |

*Home of the Spartans!*  
*#spartanlegacy*



# Township of Ocean Schools

Assistant Superintendent  
Office of Teaching and Learning

## **SPARTAN MISSION:**

*Meeting the needs of all students with a proud tradition of academic excellence.*

- Why can it be difficult for adolescent parents to adjust to responsibilities of parenthood?
- What is the physiological process of human reproduction?

## **Enduring Understandings**

- Families provide connections between people and the building of relationship skills.
- Families are different and create foundations for future relationships.
- Families and social relationships change and are impacted in the global community.
- Human relationships include physical, emotional and social aspects.
- Significant growth changes occur at different rates during adolescence.
- The development of pregnancy spans 9 months with different stages.
- Adolescent pregnancy presents added stress and emotional and financial responsibilities.

## **Alignment to Standards**

NJSLS:  
2.4.6.A.1-5  
2.4.6.B.1-4  
2.4.6.C.1-4

## **Key Concepts and Skills**

- Healthy relationships require a mutual commitment.
- Most significant physical, emotional, and mental growth changes occur during adolescence, but not necessarily at the same rates.
- Responsible actions regarding sexual behavior impact the health of oneself and others.
- Knowing the physiological process of how pregnancy occurs, as well as development of the fetus leading to childbirth, contribute to a greater understanding of how and why a healthy environment should be provided for the pregnant mother.
- Adolescent parents may have difficulty adjusting to emotional and financial responsibilities of parenthood.

## **Learning Activities**

- Brain Pop videos, quizzes and activities
- KidsHealth.org

*Home of the Spartans!*  
*#spartanlegacy*



# Township of Ocean Schools

Assistant Superintendent  
Office of Teaching and Learning

## **SPARTAN MISSION:**

*Meeting the needs of all students with a proud tradition of academic excellence.*

- Class discussion
- Diagram of the Reproductive System

### **Assessments**

- Kahoot quiz
- Classwork assignment

### **21<sup>st</sup> Century Skills**

|   |                      |   |                      |   |                |   |               |
|---|----------------------|---|----------------------|---|----------------|---|---------------|
| X | Creativity           | X | Critical Thinking    | X | Communication  | X | Collaboration |
| X | Life & Career Skills | X | Information Literacy | X | Media Literacy |   |               |

### **Interdisciplinary Connections**

Reading & Language Arts, Mathematics

### **Technology Integration**

Use of individual Chrome Books for internet and project work.

### **Career Education-Career Ready Practices**

**All students will demonstrate how to:**

- Act as a responsible and contributing citizen and employee.
- Apply appropriate academic and technical skills.
- Communicate clearly and effectively and with reason.
- Consider the environmental, social and economic impacts of decisions.
- Demonstrate creativity and innovation.
- Utilize critical thinking to make sense of problems and persevere in solving them.
- Plan education and career paths aligned to personal goals.
- Use technology to enhance productivity.
- Work productively in teams while using cultural global competence.

*Home of the Spartans!*  
*#spartanlegacy*



# Township of Ocean Schools

Assistant Superintendent  
Office of Teaching and Learning

## **SPARTAN MISSION:**

*Meeting the needs of all students with a proud tradition of academic excellence.*

## **Modifications (ELL, Special Education, Gifted and Talented, and 504 Plans)**

### **ELL:**

- Work toward longer passages as skills in English increase
- Use visuals
- Introduce key vocabulary before lesson
- Teacher models reading aloud daily
- Provide peer tutoring
- Use of Bilingual Dictionary
- Guided notes and/or scaffold outline for written assignments
- Provide students with English Learner leveled readers.

### **Supports for Students With IEPs:**

- Allow extra time to complete assignments or tests
- Guided notes and/or scaffold outline for written assignments
- Work in a small group
- Allow answers to be given orally or dictated
- Use large print books, Braille, or books on CD (digital text)
- Follow all IEP modifications

### **Gifted and Talented:**

- Create an enhanced set of introductory activities (e.g. advance organizers, concept maps, concept puzzles)
- Provide options, alternatives and choices to differentiate and broaden the curriculum
- Organize and offer flexible small group learning activities
- Provide whole group enrichment explorations
- Teach cognitive and methodological skills
- Use center, stations, or contracts
- Organize integrated problem-solving simulations
- Propose interest-based extension activities
- Expose students to beyond level texts.

### **Supports for Students With 504 Plans:**

- Follow all the 504 plan modifications
- Text to speech/audio recorded selections
- Amplification system as needed
- Leveled texts according to ability

*Home of the Spartans!*  
*#spartanlegacy*



# Township of Ocean Schools

Assistant Superintendent  
Office of Teaching and Learning

***SPARTAN MISSION:***

*Meeting the needs of all students with a proud tradition of academic excellence.*

- 
- Fine motor skill stations embedded in rotation as needed
  - Modified or constrained spelling word lists
  - Provide anchor charts with high frequency words and phonemic patterns

*Home of the Spartans!*  
*#spartanlegacy*