



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 Documents

School: Ocean Township High School

Course: Health – Grade 11

Department: Health and Physical Education

Supervisor: Mike Lambusta

Board Approval	Supervisor	Notes
August 2007	Mike Lambusta	Update Standards
October 2012	Mike Lambusta	Update Standards
December 2017	Mike Lambusta	Update Standards

Home of the Spartans!
#spartanlegacy



Week	Marking Period 1	Week	Marking Period 3
1	Nutrition - Nutrients	1	N/A (1 Quarter per Year)
2	Nutrition - Decision Making	2	
3	Lifestyle Disease	3	
4	Fitness – Programs	4	
5	Fitness – Goal Setting	5	
Week	Marking Period 2	Week	Marking Period 4
1	N/A (1 Quarter per Year)	31	N/A (1 Quarter per Year)
1		32	
2			
1		33	
3			
1		34	
4			
1		35	
5			

Time Frame	2 Weeks
Topic	
Fitness	
Essential Questions	
<ul style="list-style-type: none"> • What is the minimum amount of exercise I can do to stay physically fit? • How do I develop an appropriate personal fitness program and find the motivation to commit to it? • How do you realize age-appropriate fitness? 	
Enduring Understandings	
<ul style="list-style-type: none"> • Understanding fitness concepts and skills and integrating them into your everyday routine supports wellness. • Physical fitness is the ability of your whole body to work together efficiently to be able to do the most work with least effort • Developing and implementing a program that utilizes appropriate training principles is necessary for lifetime fitness • Achieving and maintaining fitness requires age-appropriate intensity, duration and frequency of exercise • Ongoing feedback and assessment is necessary in determining the effectiveness of a personal fitness program 	
Alignment to NJSL	
2.1:	A, A.1, A.2, C.1, C.2, D, D.6, E.4
2.2:	B, B.2, D, E.1, E.2
2.3:	A.1, A.3
2.6:	A, A.1, A.2, A.3, A.4, A.5

Key Concepts and Skills

- Physical Activity and Personal Fitness
- Health related and Skill related Fitness Components
- Cardio respiratory Endurance
- Difference between aerobic and anaerobic exercise
- Muscle development and Resistance Training
- Designing A Personal Fitness Program
- Safety and Injury Prevention

Learning Activities

Lecture/Note taking
 Journal Entries
 Quick Write/Do Now
 Cooperative Learning
 Visuals/Video
 Fitness Appraisal
 Design Personal Fitness Program
 Wellness Project
 Injury Prevention Worksheet

Assessments

Quizzes/Tests
 Fitness Unit Worksheet
 Injury Prevention Worksheet
 Fitness Project
 Teacher Observation
 Preparation/Participation
 Portfolio

21st Century Skills

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

Interdisciplinary Connections

Language Arts
 Math
 Science
 Technology
 History

Technology Integration

8.1.12.A.1
 8.1.12.C.1
 8.1.12.F1
 Chromebook
 Google Classroom

Time Frame	2 Weeks
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Topic

Nutrition

Essential Questions

- What makes a food healthy?
 - How do you determine appropriate portion sizes?
 - What are the health risks related to poor nutritional practices?
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- There are many short and long term health benefits and risks associated with nutritional choices.
 - Decision-making can be affected by a variety of factors that may not be in a person’s best interest.

Alignment to NJSLs

2.1: B, B.1, B.2, B.3, C.1, C.2, D
2.2: B.1, B.2, E.1

- Importance of Nutrition
- Vitamins, Minerals, and Water
- Choosing foods wisely
- Body weight and health risks
- Body image and weight control
- Nutrition myths and fad diets
- Methods of weight control

Learning Activities

- Lecture/Note taking
- Journal Entries
- Quick Write/Do Now
- Cooperative Learning
- Visuals/Video (Fat, Sick & Nearly Dead)
- Nutrition Appraisal
- Diet Analysis Project
- Nutrition Worksheets

Assessments

- Quizzes/Tests
- Nutrition Unit Worksheet
- Eating Disorder Worksheet and Organizer Chart
- MyFitnessPal Nutrition Analysis Project
- Teacher Observation
- Preparation/ Participation
- Portfolio

21st Century Skills

X	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
X	Skills	X	Information Literacy	X	Media Literacy		

Interdisciplinary Connections

Language Arts
 Math
 Science
 Technology
 History

Technology Integration

8.1.12.A.1
 8.1.12.C.1
 8.1.12.F1
 Google Classroom
 Chromebook

Time Frame 1 Week**Topic**

Lifestyle Disease

Essential Questions

- How is personal health impacted by family, community, national, and international efforts to prevent and control diseases and health conditions?
- What preventable diseases and health conditions may occur during one's lifestyle and what are some treatment strategies?
- How can we impact local, state, national and international public health efforts to prevent and control preventable diseases and health condition?

Enduring Understandings

- Students will understand how decision making will impact their personal health and wellness.
- Analyze current and future personal wellness is dependent upon applying health-related concepts and skills in everyday lifestyle behaviors.

Alignment to NJSLs

- 2.1.12.C.1
- 2.1.12.C.2
- 2.1.12.C.3

Key Concepts and Skills

- Risk factors and lifestyle disease

Learning Activities

Lecture/Note taking
 Unit Worksheet
 Journal Entries
 Quick Write/Do Now
 Cooperative Learning
 Visuals/Video
 Poster Project and Presentation

Assessments

Quizzes/Tests/ Teacher Observation
 Preparation/Participation

Department: Health

Course: 11th Grade

Unit Worksheet
Lifestyle Projects
Portfolio

21st Century Skills

X	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
X	Skills	X	Information Literacy	X	Media Literacy		

Interdisciplinary Connections

Visual Arts
Language Arts

Technology Integration

8.1.12.F.1
Chromebook
Google Classroom