



**Lower Township
Elementary Schools**
*Comprehensive Health and
Physical Education*

Presented by
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New Jersey Comprehensive Health and Physical Education 2020 Standards

CHPE Standards are divided into 3 overarching concepts:

1. Personal and Mental Health (2.1)
 - a. Personal Growth and Development
 - b. Pregnancy and Parenting
 - c. Emotional Health
 - d. Social Health
 - e. Community Health Services and Support
2. Physical Wellness (2.2)
 - a. Movement Skills and Concepts
 - b. Physical Fitness
 - c. Lifelong Fitness
 - d. Nutrition
3. Safety (2.3)
 - a. Personal Safety
 - b. Health Conditions, diseases, and medicines
 - c. Alcohol, Tobacco, and other drugs
 - d. Dependency, substance disorder, and treatment



STATE OF NEW JERSEY
DEPARTMENT OF EDUCATION

Framework for CHPE Standards

The **Performance Expectations** serve as the framework for what students should know and be able to do. They incorporate the knowledge and skills that are most important for students to know to be prepared for post-secondary success.

The **Disciplinary Concepts and Core Ideas** play an integral role in the framing by making connections among the performance expectations. Core ideas help to prioritize the important ideas and core processes that are central to a discipline and have lasting value beyond the classroom. **They provide clear guidance as to what should be the focus of learning by the end of each grade band level (i.e., end of grades 2, 5, 8, and 12).**

2.1 Personal and Mental Health (Grades K-2)

By the end of Grade 2:

- 2.1.2.PGD.4 Use correct terminology to identify body parts and explain how body parts work together to support wellness (Grade 2 CAP presentation)
- 2.1.2.PGD.5 List medically accurate names for body parts, including the genitals (Grade 2 CAP presentation)
- 2.1.2.PP.1 Define reproduction (Grade K-2 Knowing Science lessons- living things make other living things like themselves, i.e., animals and plants)
- 2.1.2.SSH.1 Discuss how individuals make their own choices about how to express themselves (Grade 2 Hula Hut lesson)
- 2.2.2.SSH.2 Discuss the range of ways people express their gender and how gender role stereotypes may limit behavior (Grade 2 Hula Hut lesson)

2.1 Personal and Mental Health (Grades 3-5)

By the end of grade 5:

- 2.1.5.PGD.4 Explain common human sexual development and the role of hormones. (Grade 5 Health and Family Life Lessons)
- 2.1.5.PP.1 Explain the relationship between sexual intercourse and human reproduction (Grade 5 Growing Up Male and Female lesson)
- 2.1.5.SSH.1 Describe gender role stereotypes and their potential impact on self and others (Grade 4 Gender Role Stereotypes- Dignity and Respect Lesson)
- 2.1.5.SSH.2 Differentiate between sexual orientation and gender identity (Grade 5 What is Identity? Definition and Discussion)
- 2.1.5.SSH.3 Demonstrate ways to promote dignity and respect for all people (Grade 4 Gender Role Stereotypes- Dignity and Respect Lesson and Grade 5 All About Families Lesson)

2.1 Personal and Mental Health (Grade 6)

By the end of grade 8:

- All of the Pregnancy and Parenting standards by the end of grade 8 will be taught at Richard M. Teitelman.
- There are no changes to the Grade 6 Family Life lessons but we have updated some of the accompanying resources which can be found in our new curriculum guides.

Important Information

- Our CHPE team worked together with our county curriculum liaison to understand the intention of each CHPE standard.
- Many of the available resources that align to the CHPE standards reach far beyond of the intention of the standard.
- We focused on the broad intention of the standards and our team worked together to incorporate resources that we know are appropriate for the age of the students and meet the intention of the standards.
- Grade level presentations will occur at Back to School Night (Mitnick, Maud, and Sandman)
- Once adopted by the board, all curriculum guides will be posted on our district website in the curriculum and instruction section.