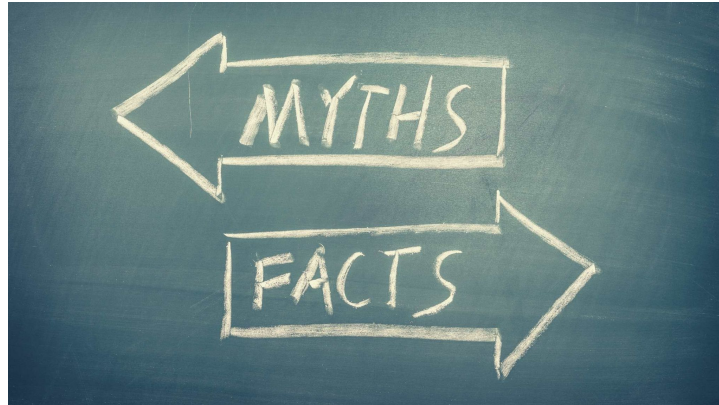


2020 Comprehensive Health & Physical Education Standards

Breaking through the myths of the 2020 Health Curriculum



West Windsor-Plainsboro Health Education Program

K-2 Health Classes:

- Traditionally Health was taught by the classroom teacher.
- Starting this year we have a certified Health teacher rotating between all K-2 classrooms.
 - 1st Grade- September through November will receive 6 Health lessons
 - 2nd Grade- December through February will receive 9 Health lessons
 - Kindergarten- March through May will receive 6 Health lessons
- Parents will be notified of upcoming Family Life Lessons with resources that are going to be used.
- All standards that are covered per grade level are listed on the curriculum documents on the district website.

West Windsor-Plainsboro Health Education Program

3-5 Health Classes:

- Grades 3rd and 4th, our Physical Education classes will cover topics on Nutrition and Safety that are in NJ standards.
- 5th grade Health class covers all the other NJ Health and Physical Education standards with a certified Health education teacher.
- All standards that are covered per grade level are listed on the curriculum documents on the district website.

West Windsor-Plainsboro Health Education Program

6-8 Health Classes: ★

- Grades 6th, 7th and 8th have health class on a rotating 30 day cycle with a certified Health education teacher.

★ 9-12 Health Classes: ★

- 9th, 11th and 12th grade receive a Health education course for one marking period out of the school year taught by a certified Health teacher.
 - ★ ● 10th grade has Drivers Education that is taught by a teacher with the Drivers Education certificate. ★
- ★ ★

Facts or Myth?

The NJ Department of Education reduced the number of standards in the Health & Physical Education curriculum.

Facts

The previous state standards for Health and Physical Education had 6 standards. The NJDOE reorganized the previous standards into 3 standards for the 2020 Comprehensive Health & Physical Education Standards:

2014	2020
<ul style="list-style-type: none"> 2.1 Wellness <ul style="list-style-type: none"> A. Personal Growth and Development B. Nutrition C. Diseases and Health Conditions D. Safety E. Social and Emotional Health 2.2 Integrated Skills <ul style="list-style-type: none"> A. Interpersonal Communication B. Decision-Making and Goal Setting C. Character Development D. Advocacy and Service E. Health Services and Information 2.3 Drugs and Medicines <ul style="list-style-type: none"> A. Medicines B. Alcohol, Tobacco, and Other Drugs C. Dependency/Addiction and Treatment 2.4 Human Relationships and Sexuality <ul style="list-style-type: none"> A. Relationships B. Sexuality C. Pregnancy and Parenting 2.5 Motor Skill Development <ul style="list-style-type: none"> A. Movement Skills and Concepts B. Strategy C. Sportsmanship, Rules, and Safety 2.6 Fitness <ul style="list-style-type: none"> A. Fitness and Physical Activity 	<ul style="list-style-type: none"> 2.1 Personal and Mental Health <ul style="list-style-type: none"> A. Personal Growth and Development B. Pregnancy and Parenting C. Emotional Health D. Social and Sexual Health E. Community Health Services and Support 2.2 Physical Wellness <ul style="list-style-type: none"> A. Movement Skills and Concepts B. Physical Fitness C. Lifelong Fitness D. Nutrition E. Personal Safety 2.3 Safety <ul style="list-style-type: none"> A. Health Conditions, Diseases and Medicines B. Alcohol, Tobacco and other Drugs C. Dependency, Substance Disorder and Treatment

Facts or Myth?

Grade level performance expectations have changed from the previous NJ Health & Physical Education curriculum.

Facts

Students were expected to learn certain standards by the following grade levels:
Pre, 2, 4, 6, 8, 10 & 12

For the 2020 curriculum it has been reduced to the following: 2, 5, 8, & 12

Facts or Myth?

New Jersey will require that sexual orientation and gender identity needs to be taught by the end of 2nd grade.

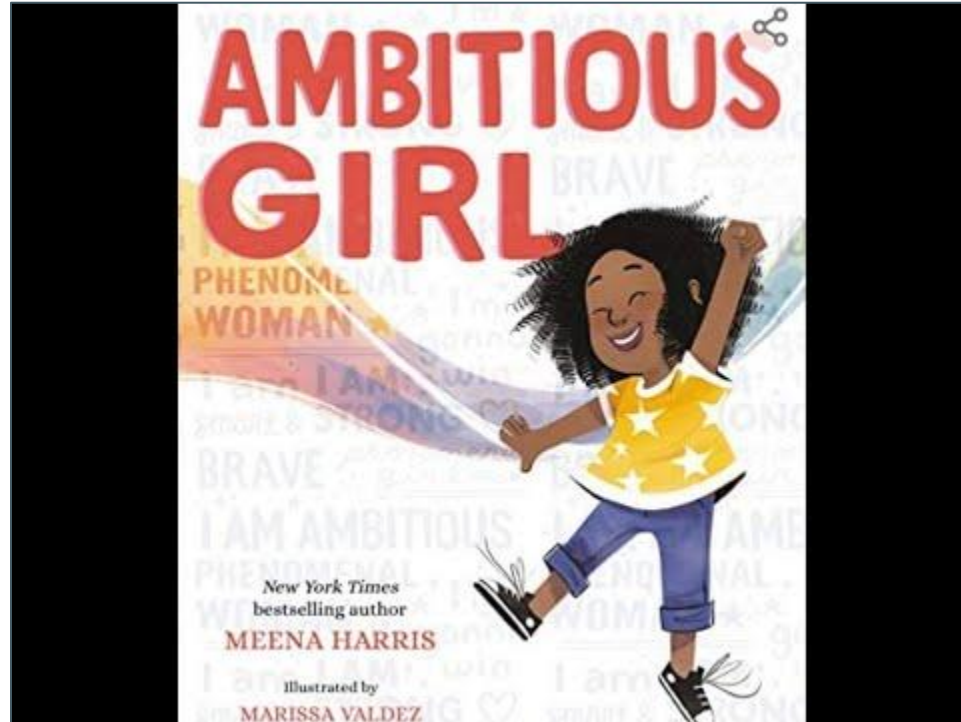
Myth

Here is the fact:

the state standards read that by 2nd grade the students will:

- Discuss how individuals make their own choices about how to express themselves.
- Discuss the range of ways people express their gender and how gender-role stereotypes may limit behavior.

Example Text:



Rationale

Students typically begin to develop an understanding of themselves and people around them in elementary school. This is also a time when implicit and explicit messages about gender and identity can become ingrained. For instance, girls may receive messages that math and science are “boy” subjects, and boys may be taught that arts are for girls. Gendered stereotypes are real and can have negative consequences for children’s academic growth, self-worth, and mental health as they get older. **These standards are designed to ensure that children understand that everyone has the ability to live their life in the way that suits them, no matter their gender. They should also help children to understand that every person deserves respect, no matter their identity or expression.** Children also initiate and develop relationships and navigate increasingly complex peer relationships in school settings. The inherent complexity in peer interactions can be challenging for students, from all backgrounds, and the rise in mental health concerns suggests a need to promote healthy relationships and positive self-worth at early ages. Beginning these conversations in early elementary school will help students develop empathy for a diverse group of people, and to learn about how to show respect to people no matter how they identify.

Facts or Myth?

★ Students will be taught about ★

★ sex at the lower elementary ★

★ level(K-2). ★

Myth

Here is the fact:

★ The state standards read that by
★ 2nd grade the students will:

- ★ ● Define reproduction.
- Explain the ways in which parents may care for their offspring (e.g., animals, people, fish).

Rationale

Reproduction before 2nd grade can simply be defined as all things reproduce- animals, plants and humans. This sets the stage for human reproduction that will be taught in the fifth grade.

Fact or Myth?

By the end of 2nd grade students will be learning about human sexual organs.

Myth

Here is the fact:

The state standards read that by
2nd grade the students will:

- List medically accurate names for body parts, including the genitals.

Rationale

When young people know the proper names of their genitals it reduces their risk for sexual abuse. Perpetrators are aware that young people who have this language also likely have trusted adults who they will discuss any abuse with and therefore the perpetrator is more likely to get caught. If a child has been abused and needs to testify, it is more likely for the abuser to be found guilty when the child can state exactly what behaviors occurred.

Fact or Myth?

By the end of 5th grade students will learn about masturbation.

Myth

Here is the fact:

The state standards read that by 5th grade the students will:

- Explain common human sexual development and the role of hormones (e.g., romantic and sexual feelings, masturbation, mood swings, timing of pubertal onset).

Rationale

Best practice is to introduce students to information about puberty prior to its onset, so that children know what to expect (see, for example, World Health Organization 2021 and United Nations Educational, Scientific, and Cultural Organization [UNESCO] 2018). Waiting until after they have begun processing the feelings and emotions associated with puberty may leave children without the tools to appropriately process these changes. **This can be a challenging time, where students' rapid physical and emotional development can put them at risk for bullying, social isolation, and increased need for mental health support.** Instruction in upper elementary school focuses on the physical, emotional, and social changes that students may experience. The focus of instruction is to emphasize to students that developmental changes and feelings are normal. **It is important to note that the examples in parenthesis of the performance expectations are not required concepts that must be taught in classes.** These are merely examples and school district curricula does not need to include these specific words or concepts in order to meet the Core Ideas or Performance Expectations of these standards.

Fact or Myth?

★ Students will learn about
★ sexual intercourse during 5th
★ grade health. ★

Myth

Here is the fact:

★ The state standards read that ★
★ by ★ 5th grade the students will: ★

- ★ Explain the relationship between sexual ★
intercourse and human reproduction.
- ★ Explain the range of ways pregnancy ★
can occur (e.g., IVF, surrogacy).

Rationale

All children should be educated about assisted reproduction, because the number of IVF kids in their classroom is increasing every year. Students need to learn that other people may have been born through other means and that children within those means do not carry a stigma. These stigmas could cause mental and emotional stress.

Fact or Myth?

By 8th grade students will be able to define vaginal, oral and anal sex.


Reality

In the middle school(6-8) health curriculum the following was added to the state standards:

- Define vaginal, oral, and anal sex.
- Identify factors that can affect the ability to give or perceive consent to sexual activity (e.g., body image, self esteem, alcohol, other substances).
- Identify factors that are important in deciding whether and when to engage in sexual behaviors.

Rationale

Ensuring that students understand that they have agency over their own bodies is foundational to keeping them safe and protecting themselves from pressure, dating violence, and assault. It is important to provide students language for, and understanding of, specific acts, empowering them to stay safe, evaluate risks, make informed decisions, and communicate health issues or injuries if necessary. Further, youth who are unable to appropriately name sexual acts may not be able to accurately report instances of sexual harm or abuse if it occurs.



Our teams at West Windsor-Plainsboro have worked hard to ensure that our lessons are age appropriate and tailored for our students at WW-P.

**Reach out before
you opt out...**

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