

Delran Township Schools K-12 Health & PE Curriculum Map



Kindergarten Through Fifth Grade Physical Education

Grade	1st Trimester	2nd Trimester	3rd Trimester
K	<ul style="list-style-type: none"> ● Movement Skills <ul style="list-style-type: none"> ○ Gross Locomotor ○ Fine Locomotor ● Movement Education <ul style="list-style-type: none"> ○ Locomotor Movement ○ Jumping and Landing ○ Scooters 	<ul style="list-style-type: none"> ● Wellness <ul style="list-style-type: none"> ○ Staying Active ● Manipulative Skills <ul style="list-style-type: none"> ○ Coordination ● Imagination Playground 	<ul style="list-style-type: none"> ● Cooperative Activities <ul style="list-style-type: none"> ○ Sharing Equipment and Space ○ Strategies ○ Responsible Behavior
1	<ul style="list-style-type: none"> ● Movement Skills <ul style="list-style-type: none"> ○ Spatial Awareness ○ Change in Tempo, Force ● Movement Education <ul style="list-style-type: none"> ○ Coordination ○ Spatial Awareness 	<ul style="list-style-type: none"> ● Wellness <ul style="list-style-type: none"> ○ Regular Exercise ● Manipulative Skills <ul style="list-style-type: none"> ○ Visual Tracking ○ Short Handled Implements ○ Underhand Toss ● Imagination Playground 	<ul style="list-style-type: none"> ● Cooperative Activities <ul style="list-style-type: none"> ○ Rules and Parameters ○ Small and Large Group ○ Strategies

<p>2</p>	<ul style="list-style-type: none"> ● Movement Skills <ul style="list-style-type: none"> ○ Change in Levels ○ Change in Directions ● Strategy/Teamwork <ul style="list-style-type: none"> ○ Communication ● Sportsmanship ● Movement Education <ul style="list-style-type: none"> ○ Jogging and Sprinting ○ Movement in a Mature Pattern ○ Weight Transfer 	<ul style="list-style-type: none"> ● Wellness <ul style="list-style-type: none"> ○ Fitness Goal Setting ● Manipulative Skills <ul style="list-style-type: none"> ○ Striking With Implements ○ Dexterity ○ Proper Form for Toss ● Imagination Playground 	<ul style="list-style-type: none"> ● Cooperative Activities <ul style="list-style-type: none"> ○ Small and Large Group ○ Strategy ○ Control in Isolated and Applied Settings ○ Offense and Defense ○ Small Sided Game Situations
<p>3</p>	<ul style="list-style-type: none"> ● Movement Education <ul style="list-style-type: none"> ○ Balance ○ Weight Transfer ○ Movement in Game/Activity 	<ul style="list-style-type: none"> ● Wellness <ul style="list-style-type: none"> ○ Fitness ○ Jump Rope Skills ● Manipulative Skills <ul style="list-style-type: none"> ○ Throw and Catch ○ Bounce and Strike 	<ul style="list-style-type: none"> ● Movement Skills <ul style="list-style-type: none"> ○ Offense and Defense ○ Isolated and Applied Settings ● Cooperative Activities <ul style="list-style-type: none"> ○ Rules and Procedures ○ Sportsmanship
<p>4</p>	<ul style="list-style-type: none"> ● Movement Education <ul style="list-style-type: none"> ○ Balance ○ Weight Transfer ○ Rhythm ○ Coordination ○ Movement in Game/Activity 	<ul style="list-style-type: none"> ● Wellness <ul style="list-style-type: none"> ○ Fitness ○ Health Goals ○ Jump Rope Skills ● Manipulative Skills <ul style="list-style-type: none"> ○ Throw and Catch ○ Bounce and Strike ○ Body Management 	<ul style="list-style-type: none"> ● Movement Skills <ul style="list-style-type: none"> ○ Isolated and Applied Settings ○ Body Part Alignment ○ Body Part Balance ○ Body Part Patterning ○ Offense and Defense ● Cooperative Activities <ul style="list-style-type: none"> ○ Rules and Procedures ○ Sportsmanship
<p>5</p>	<ul style="list-style-type: none"> ● Movement Education <ul style="list-style-type: none"> ○ Balance ○ Weight Transfer ○ Rhythm 	<ul style="list-style-type: none"> ● Wellness <ul style="list-style-type: none"> ○ Activities that Address Health-Related and Skill-Related Fitness 	<ul style="list-style-type: none"> ● Movement Skills <ul style="list-style-type: none"> ○ Isolated and Applied Settings ○ Offense and Defense

	<ul style="list-style-type: none"> ○ Coordination ○ Movement in Game/Activity 	<ul style="list-style-type: none"> ○ Jump Rope Skills ● Manipulative Skills <ul style="list-style-type: none"> ○ Throw and Catch ○ Bounce and Strike ○ Isolated and Applied Settings 	<ul style="list-style-type: none"> ○ Cooperative Strategies ● Cooperative Activities <ul style="list-style-type: none"> ○ Rules and Procedures ○ Sportsmanship
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Kindergarten Through Fifth Grade- Health

Grade	1st Trimester	2nd Trimester	3rd Trimester
K	<ul style="list-style-type: none"> ● Safety/Accident Prevention ● Body Systems 	<ul style="list-style-type: none"> ● Healthy Habits 	<ul style="list-style-type: none"> ● Drugs/Medicines ● Relationships
1	<ul style="list-style-type: none"> ● Safety/Accident Prevention ● Body Systems 	<ul style="list-style-type: none"> ● Healthy Habits 	<ul style="list-style-type: none"> ● Drugs/Medicines ● Relationships
2	<ul style="list-style-type: none"> ● Safety/Accident Prevention ● Body Systems 	<ul style="list-style-type: none"> ● Healthy Habits 	<ul style="list-style-type: none"> ● Drugs/Medicine ● Relationships
3	<ul style="list-style-type: none"> ● Personal Wellness ● Personal Health Goal ● Body Systems ● Interpersonal Communication 	<ul style="list-style-type: none"> ● Disease Prevention ● Personal Safety ● Ethical Values ● Drugs/Medicine 	<ul style="list-style-type: none"> ● Unsafe Behaviors ● First Aid ● Service Projects ● Communication Health Needs
4	<ul style="list-style-type: none"> ● Wellness through Nutrition ● Healthy Eating ● Character Building ● Universal Precautions 	<ul style="list-style-type: none"> ● Puberty ● Pregnancy ● Mental Health ● Stress Management ● Drugs/Medicine ● Drug Use and Abuse 	<ul style="list-style-type: none"> ● Relationship Abuse ● Healthy Relationships ● Social/Emotional Health ● Decision Making Process ● Service Projects

5	<ul style="list-style-type: none"> • Healthy Lifestyles • Nutrition • Growth Patterns in Adolescence • Pregnancy 	<ul style="list-style-type: none"> • Pregnancy • Disease and Health Conditions • Social and Emotional Development • Health Resources • Supplements • Tobacco/Inhalants • Signs and Symptoms 	<ul style="list-style-type: none"> • Safety • First Aid • Interpersonal Communication • Decision Making Skills • Character Development • Service Projects • Relationships
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Middle School Health

6th Grade Cycle	7th Grade Cycle	8th Grade Cycle
<ul style="list-style-type: none"> • Drug Education • Health and Wellness • Personal Growth • Human Sexuality • Relationships 	<ul style="list-style-type: none"> • Drug Education • Family Life • Human Sexuality • Community Health Skills • Disease 	<ul style="list-style-type: none"> • Drug Education • Nutrition • Wellness • Personal Growth

Middle School Physical Education

Grade	1st Marking Period	2nd Marking Period	3rd Marking Period	4th Marking Period
6-8	<ul style="list-style-type: none"> • Fitness • Invasion Games • Individual Activities 	<ul style="list-style-type: none"> • Net/Wall Games • Lifetime Activities 	<ul style="list-style-type: none"> • Dance • Individual Performance Activities 	<ul style="list-style-type: none"> • Striking Activities • Invasion Games • Lifetime Activities

High School Health

9th Grade Health	10th Grade Health	11th Grade Health	12 Grade Health
<ul style="list-style-type: none"> ● Mental Health ● Emotional Health ● Alcohol, Drug and Tobacco ● Human Sexuality ● Interpersonal Relationships <p style="text-align: center;"><i>Taught 4th Marking Period</i></p>	<ul style="list-style-type: none"> ● Driver's Education <p style="text-align: center;"><i>Taught 2nd Marking Period</i></p>	<ul style="list-style-type: none"> ● CPR ● First Aid ● AED <p style="text-align: center;"><i>Taught 3rd Marking Period</i></p>	<ul style="list-style-type: none"> ● Sexual Reproduction ● Reproductive System ● Disease/Disorders ● Sexually Transmitted Diseases ● Contraception <p style="text-align: center;"><i>Taught 1st Marking Period</i></p>

High School Physical Education

Grade	1st Marking Period	2nd Marking Period	3rd Marking Period	4th Marking Period
9-12	<ul style="list-style-type: none"> ● Adventure Education (9th) ● Cooperative Activities ● Fitness 	<ul style="list-style-type: none"> ● Fitness ● Individual Sports 	<ul style="list-style-type: none"> ● Fitness ● Dual Sports 	<ul style="list-style-type: none"> ● Fitness ● Team Sports