

2020 New Jersey Student Learning Standards - Comprehensive Health and Physical Education

Lebanon Borough School District

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Important Links

NJ Department of Education Comprehensive Health and Physical Education Webpage

<https://www.nj.gov/education/standards/chp/>

Full Standards Document

2020 NJSLS-CHPE

By Grade Band:

- [2020 NJSLS-CHPE K-2](#)
- [2020 NJSLS-CHPE 3-5](#)
- [2020 NJSLS-CHPE 6-8](#)
- [2020 NJSLS-CHPE 9-12](#)

[Parent Friendly Document with Changes between 2014 and 2020 NJSLS CHPE Standards](#)

Clarifications

- **Opt-out is the only option. Districts cannot offer opt-in options.**
- **As a PreK - 6 district we do not have as many changes to sensitive topics as a PreK-12 district.**
- **The district has opted to teach specific standards at the end of each grade band. (K-2 will be 2nd grade, 3-5 is 5th grade, 6-8 will be 8th grade at CPS). Kindergarteners, First, Third, & Sixth graders instruction will not be affected by the new curriculum.**
- **The new curriculum will not affect the daily instruction of students in the other content areas, Math, ELA, Science, and Social Studies will remain unchanged. Cross curricular connections will be made in Health class**
- **Standards will be interpreted for age appropriateness**
- **We will not be teaching about graphic sex as the media has implied**

What we recognize about parents and families

- The best way to support students is through a true partnership between families and schools.
- Parents have the right and responsibility to know what is going on in their child's education.
- Parents have the right to talk to their children about sexual health before or instead of school (we hope for a partnership)
- Students come from a wide range of cultures and backgrounds with varied perspectives and values.
- We see parents as partners in this journey of educating children.

Key Differences

2014 >>>>> 2020

- Competencies are now by the end of 4 grade bands:

2, 5, 8, 12 (instead of 6 grade bands: P,2,4,6,8,12)

- Instead of 6 standards there are 3 standards:

2.1 Personal and Mental Health

2.2 Physical Wellness

2.3 Safety

Broken into Disciplinary Concepts and Core Ideas-
“What content is included and what should students come away with?”

- **The NJDOE requires all public school districts to implement this school year.**

Standards and Disciplinary Concepts

2.1 Personal and Mental Health	2.2 Physical Wellness	2.3 Safety
Personal Growth and Development	Movement Skills and Concepts	Personal Safety
Pregnancy and Parenting	Physical Fitness	Health Conditions, Diseases, and Medicines
Emotional Health	Lifelong Fitness	Alcohol, Tobacco and Other Drugs
Social and Sexual Health	Nutrition	Dependency/Substance Disorder, and Treatment
Community Health Services and Support		

10 Health & Physical Education Practices: The “Backbone” of the New Standards

- Acting as responsible and contributing member of society
- Building and maintaining healthy relationships
- Communicating clearly and effectively (verbal and nonverbal)
- Resolving conflict
 - Attending to personal health, emotional, social and physical well-being
- Engaging in an active lifestyle
- Making decisions
- Managing-self
- Setting goals
- Using technology tools responsibly

2020 New Jersey Student Learning Performance Expectations – Comprehensive Health and Physical Education

2.1 Personal and Mental Health by the End of Grade 2

Personal Growth and Development

Core Idea	Performance Expectations
Individuals enjoy different activities and grow at different rates.	2.1.2.PGD.1: Explore how activity helps all human bodies stay healthy.
Personal hygiene and self-help skills promote healthy habits.	<ul style="list-style-type: none">• 2.1.2.PGD. 2: Develop an awareness of healthy habits (e.g., wash hands, cough in arm, brush teeth).• 2.1.2.PGD.3: Explain what being “well” means and identify self-care practices that support wellness.• 2.1.2.PGD.4: Use correct terminology to identify body parts and explain how body parts work together to support wellness.• 2.1.2.PGD.5: List medically accurate names for body parts, including the genitals.

Standards that are concerning to some parents...

Grades K-2 (taught in May of Grade 2)

- 2.1.2.PGD.5 - List medically accurate names for body parts, including the genitals
- 2.1.2.PP.1 - Define reproduction
- 2.1.2.SSH.2 - Discuss the range of ways people express their gender and how gender-role stereotypes may limit behavior

How will the new Health Standards be implemented at LBS?



Grade 2

Kids learn how their bodies are mostly alike. Standards: 2.1.2.PGD.4 & 2.1.2.PGD.5



Kids learn about gender stereotypes. Standards: 2.1.2.SSH.1 & 2.1.2.SSH.2



Kids learn about Gender. Standards: 2.1.2.SSH.1 & 2.1.2.SSH.2

Standard 2.1.2.PP.1 [Animal Reproduction Sample Lesson Plan](#)
Standard 2.1.2.PGD.5 - [Simple Factual Discussion of Body Parts](#)

<https://amaze.org/jr/> - Main site link. This has videos and information for educators, parents and elementary school children. **Note: If you click on this site, it contains ads for other videos that may not be age appropriate. **These are NOT visible when students watch the videos in class. If you visit these sites on your own you will see ads and videos for older students.**

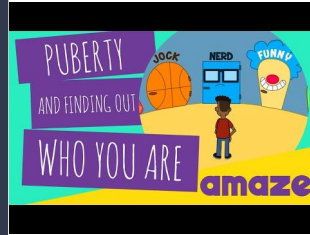
Standards that are concerning to some parents...

NOTE: Throughout these state standards, items in (parentheses) are optional examples and NOT required in the curriculum. We will NOT be teaching the topics that have a ~~strikethrough~~.

Grades 3- 5 (Taught in May of Grade 5)

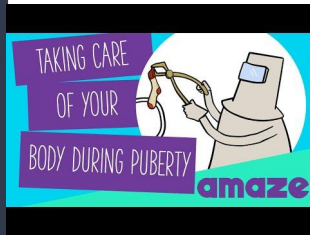
- 2.1.5.PGD.2: Examine how the body changes during puberty and how these changes influence personal self-care.
- 2.1.5.PGD.3: Explain the physical, social, and emotional changes that occur during puberty and adolescence and why the onset and progression of puberty can vary.
- 2.1.5.PGD.4: Explain common human sexual development and the role of hormones (~~e.g., romantic and sexual feelings, masturbation, mood swings, timing of pubertal onset~~).
- 2.1.5.PP.1: Explain the relationship between sexual intercourse and human reproduction.
- 2.1.5.PP.2: Explain the range of ways pregnancy can occur (e.g., IVF, surrogacy).
- 2.1.5.SSH.1: Describe gender-role stereotypes and their potential impact on self and others.
- 2.1.5.SSH.2: Differentiate between sexual orientation and gender identity.

How will the new Health Standards be implemented at LBS?



Grade 5

Puberty Finding out who you are
Standards : 2.1.5PGD.3 ; 2.15.PGD.3



Taking Care of Your Body During Puberty. Standards : 2.1.5PGD.2 ; 2.15.PGD.4

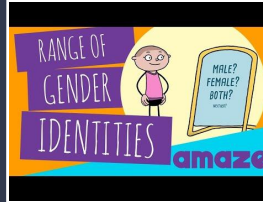


B.O. - We start to smell, why and what to do or try. Standards : 2.1.5PGD.2



Gender Roles and their Stereotypes.
Standards: 2.1.5.SSH.1 & 2.1.5.SSH.2

How will the new Health Standards be implemented at LBS?



Grade 5

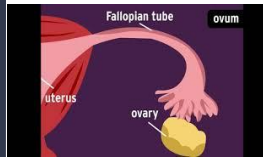
Range of Gender Identities

Standard: 2.1.5.SSH.1 & 2.1.5.SSH.2 & 2.1.5.SSH.3



Self Expression

Standards: 2.1.5.SSH.1 & 2.1.5.SSH.2 & 2.1.5.SSH.3



Human Reproductive Systems

Standard: 2.1.5.PP.1

- <https://amaze.org/> - Main site with ranging topics for middle school age and high school students.
**Note: If you click on this site, it contains ads for other videos that may not be age appropriate.
These are NOT visible when students watch the videos in class.

How will the new Health Standards be implemented at LBS?

Grade 5



Standard 2.1.5.PGD.4 -
"Puberty Video" - [Boys](#)



Standard 2.1.5.PGD.4 -
"Puberty Video" - [Girls](#)

All children would view both videos together as a class

Standard 2.1.5.PP.2 - [Range of Ways Pregnancy Can Occur Sample Slides](#)

- <https://amaze.org/> - Main site with ranging topics for middle school age and high school students. **Note: If you click on this site, it contains ads for other videos that may not be age appropriate. **These are NOT visible when students watch the videos in class.**

How will the lessons be presented at LBS?

- **Factual - Use of videos and material that present facts without teacher opinion**
- **2 adults in the classroom - Mr. Torres (Health Teacher) and Mrs. Kosciolek (School Nurse)**
- **Students will ask question and the adults will answer questions based on the materials**
 - **We will also focus on parents as trusted individuals who can help students understand feelings, situations, and process information**
 - **Standard 2.1.2.CHSS.6**
 - **Standard 2.3.2 PS.8**

What resources will LBS use? What resources can you use?

Lebanon Borough School uses a variety of resources such as The Great Body Shop, Healthsmart, Kidshealth.org, BrainPop, and Amaze.org to allow us to meet the developmental level of our students. Our resources:

- Meet the [National Health Education Standards](#)
- Focus on the [primary areas of risk for children and adolescents](#) identified and monitored by the Centers for Disease Control and Prevention (CDC).
- Reflects the [characteristics of an effective health education curriculum](#) defined by the CDC.
- Incorporates key knowledge and skill expectations detailed in the CDC's [Health Education Curriculum Analysis Tool \(HECAT\)](#) for each grade level.
- Supports [social and emotional learning \(SEL\)](#).

What resources will LBS use? What resources can you use?

For the 2023-2024 School Year, the district is previewing The Great Body Shop K-6 Health Curriculum Materials. They are aligned to the NJSLC CHPE and all materials are available for parents to preview at home online if the district purchases the program for district use. If we choose this program, parents will receive links for access. If you wish to investigate this program on your own the link to their general website is:

<https://www.thegreatbodyshop.net/curriculum/k-six>

What if I do not want my student to participate in the family life education, or sex education lessons as outlined in the standards by the New Jersey Department of Education?

Before our health teacher and school nurse begin a unit that covers the standards in family life education or sex education, all parents will receive a notification that gives them the option of providing a signed statement that opts their child out of attending the lesson(s). This will occur over approximately 3-4 lessons in May/June of grades 2 and 5.

N.J.S.A. 18A:35-4.7 provides parents with the choice of excusing their student (s) from health, family life education, or sex education. At parental request LBS will excuse a student from the portion of the course where such instruction is being given and no penalties as to credit or graduation shall result.

Students who are opted out by their parents will be provided with an alternative assignment in an alternate location.

LBS Comprehensive Health and PE Opt-Out Form

<https://forms.gle/TiV9aMs4G3LdHv5L7>

Questions & Comments

If you have questions, concerns, or comments about the standards and LBS' implementation of them, please contact:

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OR

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