

## **NEW JERSEY STUDENT LEARNING STANDARDS FOR COMPREHENSIVE HEALTH AND PHYSICAL EDUCATION 2020**

### **2.1 WELLNESS:**

All students will acquire health promotion concepts and skills to support a healthy, active lifestyle; (a) personal growth & development (b) nutrition (c) diseases and health conditions (d) safety (e) social and emotional health.

### **2.2 INTEGRATED SKILLS:**

All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle; (a) interpersonal communication (b) decision making and goal setting (c) character development (d) advocacy & service (e) health services & information.

### **2.3 DRUGS & MEDICINES:**

All students will acquire knowledge about alcohol, tobacco, other drugs, and medicines and apply these concepts to support a healthy, active lifestyle; (a) medicine (b) alcohol, tobacco & other drugs (c) dependence/addiction & treatment.

### **2.4 HUMAN RELATIONS & SEXUALITY:**

All students will acquire knowledge about the physical, emotional and social aspects of human relationships and sexuality and apply these concepts to support a healthy, active lifestyle; (a) relationship (b) sexuality (c) pregnancy & parenting.

### **2.5 MOTOR SKILL DEVELOPMENT:**

All students will utilize safe, efficient and effective movement to develop and maintain a healthy, active lifestyle; (a) movement skills and concepts (b) strategy (c) sportsmanship, rules & safety.

### **2.6 FITNESS:**

All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle; (a) fitness & physical activity.