

2422 HEALTH AND PHYSICAL EDUCATION (M)

~~The Board of Education requires all students to participate in a comprehensive, sequential health and physical education program aligned with the New Jersey Student Learning Standards (NJSLs) that emphasizes the natural interdisciplinary connection between wellness and health and physical education. The primary focus on the NJSLs is the development of knowledge and skills that influence healthy behaviors within the context of self, family, school, and the local and global community. The curriculum requirements listed below address the need for students to gain knowledge and skills in caring for themselves, interacting effectively with others, and analyzing the impact of choices and consequences. The primary focus of the curriculum listed below is to help students develop concepts and skills that promote and influence healthy behaviors, including supporting each other, recognizing opportunities for growth, and developing self-advocacy skills.~~

~~In implementing the curricula referenced below, the guiding principal shall be the District's commitment to equity, diversity and inclusivity, and providing safe and welcoming spaces for all students, regardless of race, ethnicity, national origin, language, disability status, gender expression or identity, sexual orientation, religion, and economic status. In the event that this policy expands on the requirements of a statute **or is not based on a state statute**, the District shall implement the **curricula** in the more expansive manner directed below.~~

~~The NJSLs incorporate New Jersey statutes related to health and well-being of students in New Jersey schools. The following statutes incorporated into the NJSLs include, but are not limited to, the following requirements:~~

~~The New Jersey Student Learning Standards (NJSLs) provide clear and consistent learning goals across distinct content areas to help prepare students for postsecondary success. The NJSLs demonstrate what students are expected to learn at specific grade levels and bands, so that every parent and teacher can understand and support learning. The NJSLs offer the foundation on which school districts build coherent curriculum and plan instruction to prepare each student with the knowledge and skills needed to succeed.~~

~~The New Jersey State Board of Education adopts the NJSLs and the New Jersey statutes require instruction to be part of the school district's implementation of the NJSLs. The following statutes that require instruction to be part of the school district's implementation of the NJSLs include:~~

1. Accident and Fire Prevention (N.J.S.A. 18A:6-2) requires regular courses of instruction in accident and fire prevention.



2. Breast Self-Examination (N.J.S.A. 18A:35-5.4) requires offering instruction on breast self-examination for students in grades seven through twelve.—

3. Bullying Prevention Programs (N.J.S.A. 18A:37-17) requires the establishment of bullying prevention programs, ~~as detailed in policy 5512-Harassment, Intimidation and Bullying.~~

4. Cancer Awareness (N.J.S.A. 18A:40-33) requires the development of a school program on cancer awareness by the Commissioner of Education.

5. Dating Violence Education (N.J.S.A. 18A:35-4.23a) requires instruction regarding dating violence in grades seven through twelve. ~~The dating violence education shall include, but not be limited to, information on the definition of dating violence, recognizing dating violence warning signs, and characteristics of healthy relationships. See Policy 5519.~~

6. Domestic Violence Education (N.J.S.A. 18A:35-4.23) allows instruction on problems related to domestic violence and child abuse.

7. Gang Violence Prevention (N.J.S.A. 18A:35-4.26) requires instruction in gang violence prevention for elementary school students.

8. Health, Safety, and Physical Education (N.J.S.A. 18A:35) requires that all students in grades one through twelve participate in at least two and one half hours of health, safety, and physical education each school week.

9. Drugs, Alcohol, Tobacco, Controlled Dangerous Substances, and Anabolic Steroids (N.J.S.A. 18A:40A-1) requires instructional programs on drugs, alcohol, anabolic steroids, tobacco, and controlled dangerous substances and the development of curriculum guidelines for each grade Kindergarten through twelve. ~~See policy 5530-Substance Abuse.~~

10. Lyme Disease Prevention (N.J.S.A. 18A:35-5.1) requires the development of Lyme disease curriculum guidelines for the teaching of information on the prevention of Lyme disease and other tick-borne diseases and training to all teaching staffmembers who instruct students with Lyme Disease.

11. Organ Donation (N.J.S.A. 18A:7F-4.3) requires information relative to organ donation to be given to students in grades nine through twelve.



12. Sexual Assault Prevention (N.J.S.A. 18A:35-4.3) requires the development of a sexual assault prevention education program by the Commissioner of Education for utilization by school districts.

13. Stress Abstinence (N.J.S.A. 18A:35-4.19 through N.J.S.A. 18A:35-4.22), also known as the “AIDS Prevention Act of 1999,” requires sex education programs to stress that abstinence ~~from sexual activity is the only completely reliable means of eliminating the sexual transmission of HIV/AIDS and other sexually transmitted diseases and of avoiding pregnancy.~~

14. Suicide Prevention (N.J.S.A. 18A:6-111 through 113) requires instruction in suicide prevention ~~as part of any continuing education that in public schools, teaching staff members as detailed in Policy 5350 Student Suicide Prevention.~~

15. Cardiopulmonary Resuscitation (CPR)/Automated External Defibrillator (AED) (N.J.S.A. 18A:35-4.28 and 18A:35-4.29) requires public high schools and charter schools to provide instruction in cardiopulmonary resuscitation and the use of an automated external defibrillator to each student prior to graduation.

16. Sexually Explicit Images through Electronic Means (N.J.S.A. 18A:35-4.32 and 18A:35-4.33) requires instruction, once during middle school, on the social, emotional, and legal consequences of distributing and soliciting sexually explicit images through electronic means.

17. History of Disabled and LGBT Persons (N.J.S.A. 18A:35-4.35 and 18A:35-4.36) requires instruction on the political, economic, and social contributions of persons with disabilities and lesbian, gay, bisexual, and transgender people for elementary, middle and high school students.

18. Financial Literacy (N.J.S.A. 18A:35-4.34) requires instruction with basic financial literacy necessary for sound financial decision-making in each of the grades six through eight.

19. Sexual Abuse and Assault Awareness and Prevention Education (N.J.S.A. 18A:35-4.5a) requires age-appropriate sexual abuse and assault awareness and prevention education in grades preschool through twelve.

20. Curriculum to Include Instruction on Diversity and Inclusion (N.J.S.A. 18A:35-4.36a) requires instruction on diversity and inclusion in an appropriate place in the curriculum for students in grades Kindergarten through twelve.



21. Incorporation of Age-Appropriate Instruction Relative to Consent for Physical Contact and Sexual Activity (N.J.S.A. 18A:35-4.38) requires age-appropriate instruction in grades ~~kindergarten~~ six through twelve on the law and meaning of consent for physical contact and sexual activity. ~~The instruction shall be designed to increase discussion and awareness that consent is required before physical contact or sexual activity, as well as the social, emotional, and relational impact surrounding sexuality, the right to say no to unwanted physical contact or sexual activity, and the virtues of respecting the right of others to say no.~~

22. Health Curriculum to Include Instruction on Mental Health (N.J.S.A. 18A:35-4.39) requires health education programs to include instruction on mental health and the relation of physical and mental health for students in grades Kindergarten through twelve.

23. Information About “New Jersey Safe Haven Infant Protection Act” Included in Public School Curriculum (N.J.S.A. 18A:35-4.40) requires information on the provisions of the “New Jersey Safe Haven Infant Protection Act” shall be included in curriculum for public school students in grades nine through twelve.

24. Infusion of African American Accomplishments into School Curricula (N.J.S.A. 18A:35-4.43) requires in the curriculum for all elementary and secondary students instruction that infuses into all courses on the United States the centuries of accomplishments by African Americans in the building and development of America.

25. Asian American, Pacific Islander history, eContributions; instruction included in eCurriculum (N.J.S.A. 18A:35-4.44) requires instruction on that the contributions, history and heritage contributions of Asian Americans and Pacific Islanders (AAPI) in an appropriate place in the curriculum of students in grades Kindergarten through twelve as part of the district’s implementation of the NJSLs in Social Studies. are included in the New Jersey Student Learning Standards for Social Studies for students in grades Kindergarten through 12.

26. Know Your Rights: The Board of Education directs that every student in grades nine through twelve be given a “Know Your Rights” training regarding their Constitutional rights during a police encounter. [This is a local addition, not a statutory curricular requirement.]

Know Your Rights–The Board of Education directs that every student in grades nine through twelve be given a “Know Your Rights” training regarding their



Constitutional rights during a police encounter. See Policy 5770–Student Right of Privacy.

27. Any other statutory or administrative codes requiring instruction to be part of the district’s implementation of the NJSLs.

~~27. Safe Firearms Storage—Because secure firearm storage is an essential component to an effective strategy to keep schools and students safe, the Board directs the Superintendent to instruct students on gun safety and accident prevention and to place an appropriate letter on the District website and in the District’s Annual Family Digital Backpack (PowerSchool), in English, Spanish, and Creole, to parents/guardians that explains the importance of secure gun storage and the legal obligations to protect minors from accessing irresponsibly stored guns, to be signed and returned by parents/guardians.~~

~~28. Other Statutory or Administrative Codes. The Board will incorporate into its health and physical education curriculum any other requirements of the NJSLs in Comprehensive Health and Physical Education.~~

In accordance with the provisions of N.J.S.A. 18A:35-4.7, any student whose parent presents to the Principal a signed statement that any part of the instruction in health, family life education, or sex education is in conflict with their conscience or sincerely held moral or religious beliefs shall be excused from that portion of the course where such instruction is being given and no penalties as to credit or graduation shall result.

The Board of Education must provide two and one-half hours of health, safety, and physical education courses in each school week, or proportionally less when holidays fall within the week. Recess period(s) shall not be used to meet the requirements of N.J.S.A. 18A:35-5, 7, and 8. ~~See Policy 5460, High School Graduation, for information about Alternative Physical Education.~~

In accordance with N.J.S.A. 18A:35-4.31, the Board of Education shall provide a daily recess period of at least twenty minutes for students ~~of all abilities~~ in grades Kindergarten through five. A recess period is not required on a school day in which the day is substantially shortened due to a delayed opening or early dismissal. The recess period shall be outdoors, if feasible. A student shall not be denied recess for any reason, except as a consequence of a violation of the school district’s Code of Student Conduct, including a harassment, intimidation, or bullying (HIB) investigation pursuant to N.J.S.A. 18A:37-13 et seq. Students may not be denied recess more than twice per week for a violation of the Code of Student Conduct or HIB investigation and these students shall be



~~provided restorative justice activities during the recess period. The student's recess period should be scheduled in a manner that does not interfere with the implementation of a student's Individualized Education Program (IEP). School staff may deny recess for a student on the advice of a medical professional, school nurse, or the provisions of a student's IEP and/or 504 Plan.~~

Restorative justice activities are defined as activities designed to improve the socioemotional and behavioral responses of students through the use of more appropriate and less punitive interventions thereby establishing a more supportive and inclusive school culture. The student's recess period should be scheduled in a manner that does not interfere with the implementation of a student's Individualized Education Program (IEP). School staff may deny recess for a student on the advice of a medical professional, school nurse, or the provisions of a student's IEP and/or 504 Plan.

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A copy of the NJSLS ~~for Comprehensive Health and Physical Education~~ and all related curriculum/course guides and instructional material shall be available for public inspection ~~in each school~~.

~~N.J.S.A. 18A:35-4.1 et seq; 18A:35-1 et seq.;
18A:40A-1 et seq.~~

~~Cross reference: Policy 5530-Substance Abuse~~

~~Policy 5460-High School Graduation~~

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