

# HEALTH EDUCATION

## Best Practices

A quality Health Education Program is a standard-based, student-centered, balanced, sequential, and a progressive course of study. The program is developed to provide instruction and guidelines for Health Education, K-12. A quality program provides; each student the optimum physical, mental, emotional and social development. It also addresses and integrates various categories of health problems and issues that impact the quality of life. Finally it incorporates the use of technology, and empowers students to have discussions, do research, model and practice skills.

The program is designed to:

- Integrate health curriculum and coordinate instruction with the teachers of other disciplines
- Connect student achievement to the past, present and future learning
- Uses interactive teaching methods (i.e. inter-active play, small group activities)
- Link lesson cues to other learned activities
- Align instruction by design
- Focus instruction on teaching content and teaching skills including:
  - Decision-making
  - Problem-solving
  - Goal-setting
  - communication
  - negotiation and refusal
  - assertiveness
  - advocacy skills
- Provide a standard-based, student-centered instruction that follows a comprehensive, sequential, culturally-appropriate curriculum
- Enhance student learning, interest and engagement through various activities
- Infuse different instructional methods but not limited to visual aids, technology (software), research, and projects
- Engage students in a high degree of learning time

The program is designed to: (Continuation)

- Use progressively age-appropriate lessons
- Align assessments are aligned with the New Jersey Core Curriculum Content Standards

- Use traditional methods and rubric tools to score assessments
- Promote Staff Development
- Emphasize connections with health promoting services through technology, media, and resources
- Provide an Effective, Supportive environment which will
  - encourage open and receptive discussions and
  - focus on journal writing, demonstrations, class discussions, debates, oral presentation projects, small group interactions
- Access valid health information and health-promoting services, promote health-enhancing behaviors and reduce health risks
- Use interpersonal communication skills to enhance health
- Use goal-setting and decision-making to enhance health and wellness and advocate for personal, family, community and environmental health
- Empower students to analyze the influence of culture, media, technology, and other factors on health
- Comprehend concepts related to health promotion and disease prevention as a foundation for a healthy life style
- Provide opportunities for health educators to coordinate instruction with teachers of other subjects and integrate health into other content areas such as Physical Education, Science, and Mathematics

# PHYSICAL EDUCATION

## Best Practices

A quality Physical Education Program is a standard-based, student-centered, balanced, sequential, and progressive course of study. The program is developed to provide experiences that are age appropriate, developmentally sound, as well as provide genuine opportunities to acquire skills and knowledge to students with a high degree of engagement. The program creates numerous opportunities for success, provides students of all abilities and interests with movement experiences, (psychomotor), cognitive (intellectual) affective (personal goals) that leads to an active and healthy lifestyle.

The program is designed to:

- Integrates curriculum and learned activities with other disciplines
- Connect student achievement to past, present and future learning performance
- Introduce a variety of activities to meet the standards benchmarks
- Link lesson cues to other learned activities
- Align instruction is frequently by design
- Distribute Protocols and the method of collecting equipment
- Provide practice activities at various levels to enhance students interest and engagement
- Use a variety of instructional methods including but not limited to visual aids, music, pedometers, heart monitor, computers, etc.
- Engage students are in a high degree of learning time
- Lessons are progressively age appropriate
- Align assessments with the New Jersey Core Curriculum Content Standards
- Provided students with various age appropriate and developmental activities
- Connect students with the activities and the benefits toward a healthy lifestyle
- Direct assessments and link to instruction and curriculum
- Use recreational activities to promote a healthy lifestyle and understand health related fitness
- Use rhythm, movement and dance as an integral part of the curriculum
- Design activities to challenge and actively compete at all school levels
- Score assessments by both traditional methods and rubric method including the use of task cards
- Promote Staff in Development

The Program is designed to: (Continuation)

- Encourage the use of technology in the program (i.e., web-site addresses, video tape students, pedometers, heart rate monitors, fitness data with current software, etc)
- Maximize learning time in order to provide targeted descriptive feedback
- Modify or extend learning tasks for maximum student learning
- Provide a standard-base, student-centered instruction that follows a comprehensive, sequential, culturally-appropriate curriculum
- Provide the integration of curriculum and applied learning activities to enhance student learning which is useful and relevant in their life styles
- Introduce hands-on activities and develop a conceptual understanding to process skills