



**Nutley Public Schools**  
**Office of Curriculum and Instruction**  
371 Franklin Avenue  
Nutley, New Jersey 07110

September 8, 2025

Dear K-8 Parents and Guardians,

We hope this letter finds you rested from the summer break and ready for an exciting year of new learning. As you may know, every public school district in New Jersey is required to adopt and teach curriculum aligned to the New Jersey Student Learning Standards. Each September we provide information on [New Jersey's 2020 Health and Physical Education Standards \(NJSLs\)](#) and the curriculum that the district utilizes to meet these standards. **The curriculum, topics, and units for this year are the same as in previous years.** All district curriculum documents are available on our website [here](#).

To review, our health curriculum was developed utilizing the following three guiding principles:

- First, we held standards on sensitive topics to the highest possible grade-level in the grade-level band. (Grade-level bands include Grades K-2, 3-5, 6-8, 9-12.) For example, *standard 2.1.2.PGD.5: List medically accurate names for body parts, including the genitals*, must be mastered by the end of Grade 2. In our curriculum, we chose to hold off teaching that standard until Grade 2, and to not include it in our Grades K or 1 curriculum.
- Secondly, we partnered with school nurses and elementary school counselors to ensure lessons are developed and delivered by staff with specific areas of training and/or expertise.
- Lastly, we strived to provide the greatest amount of transparency as possible to parents and the community about what is taught ([NJ Student Learning Standards](#)), how it is taught ([NPS Curriculum Documents](#)), when it is taught (Scope and Sequence charts below), and how to opt out ([Policy 2422](#)).

Parents play an important role in supporting their children's health and learning. We respect each parent's personal choices concerning their child's health education pursuant to N.J.S.A. 184:35-4.7. With that in mind, we want to remind parents of district [Policy 2422: Health and Physical Education](#), which states, *"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 his/her 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."*

If you would like your child excused from a specific part of the Health and Physical Education curriculum, please submit, in writing, a signed statement to your principal, and include the specific curricular unit and lesson objective and/or NJ Student Learning Standard that you would like your child excused from. Your statement will be shared with the appropriate teacher and your child will be placed in an supervised alternative location during the excused lesson and given an alternative assignment to work on during this time. [Our district's Health and Physical Education curriculum documents can be found here](#) for your reference.

Below, please find detailed Scope and Sequence charts for our K-8 Health Curriculum. Please feel free to contact your child's principal or me with any additional questions.

*Janine Loconsolo*

Director of Curriculum, Instruction, and Assessment

## Grade K Scope and Sequence

	Competent Kids Caring Communities (CKCC)	Healthy Lifestyle Choices (HLC) Unit/ Outside Resources
September	<b>Unit 1: The CKCC Garden</b> Lesson 1: Hummingbird: Ms. Hum, the teacher Lesson 2: Goal- Setting in the Garden School Lesson 3: The Ants- Paying Attention Lesson 4: Snail, the Worrier	
October	Lesson 5: The Butterfly- Uniqueness Lesson 6: Ladybug- Kindness Counts Lesson 7: Grasshopper” It’s Hard to Sit Still Lesson 8: Firefly- The Problem Solver	<b>HLC Unit 5- Safety</b> Lesson 1: Keeping Safe Lesson 2: Street Safety Lesson 3: Home Safety Lesson 4: Fire Safety
November	<b>Unit 2: Organization and Study Skills</b> Lesson 9: Caring for Our Belongings Lesson 10: Checklist Help Us Get Organized	
December	Lesson 11: Meeting Our Goals Lesson 12: Getting in the Habit of Being More Organized Lesson 20: Celebrating Differences: Multicultural Holidays	<b>HLC Unit 3- Nutrition</b> Lesson 1- Healthy Foods Lesson 2- MyPlate Food Groups Lesson 3- Variety Lesson 4- Breakfast is the Key to School Success
January	<b>Unit 3: Feelings, Kindness, and Sharing</b> Lesson 21: New Ideas for the New Year <i>(From Unit 5)</i> Lesson 13: We All Have Feelings Lesson 14: Learning About Feelings: It’s Written on Our Faces Lesson 15: Kindness Counts: My Kindness Promise	<b>HLC Unit 1- Life Skills</b> Lesson 1: Self- Image Lesson 2: Communication Lesson 3: Making Decisions
February	<b>Unit 4: Problem-Solving, Celebrating Differences</b> Lesson 17: The ABCD Problem-Solving Plan Lesson 18: Relaxation: We Can Calm Down Lesson 19: It’s Okay to Be Different: Purple Cow	
March	<b>Unit 5: Tolerance , Resolving Conflict</b> Lesson 16: Sharing is Caring <i>(From Unit 3)</i> Lesson 22: Tolerance and Acceptance: Fair and Unfair Lesson 23: Feeling Left Out Lesson 24: Sir Snake’s Get-Along	<b>HLC Unit 2- Conflict Resolution</b> Lesson 2- Cooperation Lesson 3- Working Out Conflict with Words
April	<b>Unit 6: The Power of Words</b> Lesson 25: Words Can Help or Hurt: Kindness Counts Lesson 26: Telling the Truth Lesson 27: I Want It: Is It Mine? Lesson 28: Relax and Feel Cozy	<b>HLC Unit 4- Substance Abuse, Prevention</b> Lesson 1- My Body Lesson 2- Medicine Lesson 3- Harmful Substance Lesson 4- Healthy Lungs
May	<b>Unit 8: All About Bullying</b> Lesson 33: A Bully in the Garden Lesson 34: Teasing: Bullying with Words Lesson 35: Finders Keepers? <b>Unit 7: Anger Management</b> Lesson 29: Getting the Grumps: Recognizing Anger	<b>HLC Unit 6- Fitness</b> Lesson 1- My Healthy Body Lesson 2- Warming Up & Cooling Down Lesson 3- My Strong Heart Lesson 4- Chill Out
June	Lesson 30: Snail Time: An Anger Management Strategy Lesson 31: Ladybug’s Angry Day Lesson 32: Managing Anger: A Book of Solutions	

## Grade 1 Scope and Sequence

	Competent Kids Caring Communities (CKCC)	Health Unit
September	<b>Unit 1: Basics for a Good School Year</b> 1. The Garden 2. Welcoming the Garden Friends 3. Paying Attention and Listening 4. The Problem-Solving Plan: Firefly Lights Up	
October	5. My Feelings <b>Unit 2: Organization and Study Skills</b> 6. Setting Goals and Getting Organized 7. Using Our Strategies to Get and Stay Organized 8. Let's Study Using Firefly's 3-Step Plan	<b>Unit 5: Safety</b> Lesson 1: Playing Safe Lesson 2: Knowing Who to Trust Lesson 3: Calling for Help Lesson 4: Fire Risks
November	9. Study Skills Supply Success <b>Unit 3: Making Friends, Resolving Conflict</b> 10. Making Friends 11. Becoming a People Magnet      12. Feeling Left Out	<b>Unit 1: Life Skills</b> Lesson 1: Self Image Lesson 2: Communication Lesson 3: Making Good Decisions
December	13. Resolving Conflict: Sir Snake's Get Along Plan <b>Unit 4: We Are Unique, Celebrating Differences</b> 14. We Are Unique 15. Our Differences Make Us Unique 16. Celebrating Differences: Multicultural Holidays	<b>Unit 2: Conflict Resolution</b> Lesson 1: Feeling Different is OK Lesson 2: Our Names Are Special Lesson 3: Be Nice to Others Lesson 4: Grandparents Are Special
January	<b>Unit 5: Tolerance, Kindness, Cooperation</b> 17. Bright Ideas for the New Year 18. Tolerance and Acceptance: Fair and Unfair 19. Kind Words and Deeds Make Good Feelings 20. Teamwork: Working Together	
February	<b>Unit 6: Managing Our Feelings</b> 21. Relaxation: I Can Calm Down 22. Relaxation: Releasing Tension	
March	23. We All Get Angry 24. Stop and Think Before You Act 25. Self Talk <b>Unit 7: Bullying and Teasing</b> 26. A Bully in the Garden	<b>Unit 6: Fitness</b> Lesson 1: Getting Physical Lesson 2: Get Ready for Physical Activity Lesson 3: Regular Physical Activity
April	27. Stop the Teasing 28. Hands Are Not for Hitting <b>Unit 8: Good Citizenship</b> 29. Following the Rules	<b>Unit 3: Nutrition</b> Lesson 1: Variety Lesson 2: Oils and Empty Calorie Foods Lesson 3: Healthy Foods in Healthy Amounts Lesson 4: A Healthy Breakfast
May	30. Telling the Truth 31. Taking What Isn't Yours 32. A Litterbug in the Garden	<b>Unit 4: Substance Abuse Prevention</b> Lesson 1: Do Not Touch Lesson 2: Habits Lesson 3: Smoking is Harmful      Lesson 4: Secondhand Smoke
June	<b>Unit 9: Garden Memories</b> 33. Our CKCC Garden Memories 34. Competent Kids Treasures 35. The Garden Memory Book	

**PLEASE NOTE:** The following Health standards are met through the district's Grade 1 Science Curriculum, in a unit about how animals care for their young:

### 2.1.2.PP.1 - Defining Reproduction

Unit Content- Reproduction is the process by which new organisms – "offspring" – are produced from their "parents".

### 2.1.2.PP.2 - Explain the ways parents care for their offspring

Unit Content- Offspring, the children of living things, need to get their needs met in order to survive. All offspring need food, shelter, protection, and comfort. They also need to learn how to survive on their own. Animal parents (including humans) have the important job of teaching their offspring how to survive before they grow up.

## Grade 2 Scope and Sequence

	Competent Kids Caring Communities (CKCC)	Healthy Lifestyle Choices (HLC) Unit/ Outside Resources
September	<b>Unit 1: The CKCC Park</b> Lesson 1: The CKCC Park Lesson 2: Class Agreements: Squirrel's Ideas Lesson 3: On the Path: Paying Attention to Attention Lesson 4: Owl: The Problem Solving Plan	<b>HLC Unit 5- Safety</b> Lesson 1: Weather Safety Lesson 2: Tattling Vs. Important Telling Lesson 3: Street Safety Lesson 4: Fire Safety
October	<b>Unit 5: Managing Anger, Conflict and Bullying</b> Lesson 17: Opening The Door To Friendship Lesson 18: Bullying Lesson 19: Stop the Teasing Lesson 20: The Nature of Anger	
November	<b>Unit 4: About Our Feelings</b> Lesson 13: About our Feelings Lesson 14: All Our Feelings Are Okay Lesson 15: Our Thoughts Affect Our Feelings Lesson 16: Kindness Counts: It's Contagious	
December	<b>Unit 6: The Nature of Stress and Its Symptoms</b> Lesson 21: The Nature of Stress and Its Symptoms Lesson 22: Measuring Stress Lesson 23: Relaxation: Calming My Body Lesson 24: Relaxation: Calming My Mind	
January	<b>Unit 2: Organization and Study Skills</b> Lesson 5: Set Goals, Get Organized and S.O.A.R. Lesson 6: There Are Many Ways to Sort and S.O.A.R. Lesson 7: Prioritizing Helps Us to S.O.A.R. Lesson 8: S.O.A.R. to Develop Study Skills	
February	<b>Unit 3: We Are Unique</b> Lesson 9: We Are You-nique Lesson 10: Our Culture Makes Us Unique Lesson 11: A View of My Own Lesson 12: Resolving Conflict: Sir Snake's Get Along Plan <a href="#">Counselor Led Health Lesson- Outside Resource- Stereotyping</a> <i>This unit includes a discussion of the range of ways people express their gender and how gender-role stereotypes may limit behavior.</i>	<b>HLC Unit 2- Conflict Resolution</b> Lesson 2- I Message Lesson 3- Stereotyping Lesson 4- Families
March	<b>Unit 7: Responsible Decision Making</b> Lesson 25: Frog: Look Before You Leap Lesson 26: Choices Lesson 27: Which Way You Choose Is Up To You Lesson 28: Learning From Our Mistakes	
April	<b>Unit 8: Park Memories</b> Lesson 29: Tickling My Memory Lesson 30: The CKCC Memory Game Lesson 31: Saying Thank You and Goodbye	<b>HLC Unit 3- Nutrition</b> Lesson 1: Recommended Daily Amounts Lesson 2: High Fiber/Low Fat Foods Lesson 3: Nutrient Dense Lesson 4: Drink More Water
May		<b>HLC Unit 6 - Fitness</b> Lesson 1: Physical Activity and Your Heart Lesson 2: Warming up and Cooling Down Lesson 3: Be Active Every Day Lesson 4: Controlling Stress
June		<b>HLC Unit 4- Substance Abuse Prevention</b> Lesson 1: Never Take Unknown Substances Lesson 2: Pollution Lesson 3: Smoking Lesson 4: Smoke All Around Us

Varies	<a href="#">Nurse-Led Health Lesson</a> - Grade 2 <i>This lesson happens once during the second grade year. Time of the year may vary based on the nurse's schedule. A letter will be sent home to parents informing them of the lesson and providing links to lesson resources. This lesson includes using medically accurate names for body parts, including the genitals.</i>
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## Grade 3 Scope and Sequence

	Competent Kids Caring Communities (CKCC)	Healthy Lifestyle Choices (HLC) Unit/ Outside Resources
September	<b>Unit 1: Tools for a Good School Year</b> Lesson 1: The CKCC Park Lesson 2: Squirrel: Our Class Agreements Lesson 3: On the Path: Paying Attention to Attention Lesson 4: Owl: The Problem Solving Plan	<b>HLC Unit 5- Safety</b> Lesson 1: Do Not Take Risks Lesson 2: Internet Safety Lesson 3: Home Emergencies Lesson 4: Car Safety
October	<b>Unit 5: Managing Anger, Conflict and Bullying</b> Lesson 17: The Nature of Anger Lesson 18: Let's Work It Out Lesson 19: Bullying Lesson 20: Stop the Teasing	
November	<b>Unit 3: We Are You-nique</b> Lesson 9: We Are You-nique Lesson 10: A View of My Own Lesson 11: Feeling Different: Our Differences Make Us Unique Lesson 12: Resolving Conflict: Sir Snake's Get Along Plan	
December	<b>Unit 4: About Our Feelings</b> Lesson 13: About our Feelings Lesson 14: Our Thoughts Affect Our Feelings Lesson 15: Shrinking And Expanding Our "Can-Do" Feelings Lesson 16: Kindness Counts	Optional: Connect to HLC Unit 2- Conflict Resolution, if needed
January	<b>Unit 2: Organization and Study Skills</b> Lesson 5: Sort and S.O.A.R. to organize Our Belongings Lesson 6: Setting Goals So We Can S.O.A.R. Lesson 7: Prioritizing Helps Us to S.O.A.R. Lesson 8: S.O.A.R. to Develop Study Skills	
February	<b>Unit 6: The Nature of Stress and Its Symptoms</b> Lesson 21: The Nature of Stress and Its Symptoms Lesson 22: Measuring Stress Lesson 23: Relaxation: Calming My Body Lesson 24: Relaxation: Calming My Mind	
March	<b>Unit 7: Our Decisions Have Consequences</b> Lesson 25: Our Decisions Have Consequences Lesson 26: Making Choices Lesson 27: Personal Responsibility: The Dancing Finger Lesson 28: Getting Unstuck from Dead End Behaviors	
April	<b>Unit 8: Park Memories</b> Lesson 29: The CKCC Memory Game Lesson 30: You Get To Keep What You Learn	<b>HLC Unit 3- Nutrition</b> Lesson 1: Nutrition Facts Label Lesson 2: Eat More Fiber Lesson 3: Am I Eating Healthy Lesson 4: Food From Around The World
May		<b>HLC Unit 6 - Fitness</b> Lesson 1: Types of Physical Activity Lesson 2: Muscles and Joints Lesson 3: Getting Active Lesson 4: Be Active Every Day
June		<b>HLC Unit 4- Substance Abuse Prevention</b> Lesson 1: Drugs Lesson 2: Alcohol Lesson 3: Nicotine Lesson 4: Media Influence

## Grade 4 Scope and Sequence

	Competent Kids Caring Communities (CKCC)	Health Unit
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September	<b>Unit 1: Tools for a Good School Year</b> Lesson 1: Organizing Our Belongings Lesson 2: Organizing Our Time Lesson 3: On Your Mark, Get Set, Set Goals! Lesson 4: Getting Information IN: Study Strategies	
October	Lesson 5: Solving Problems: The ABCDE Plan  <b>Unit 2: Building a Community of Mindful Learners</b> Lesson 6: My Learning Style and Me Lesson 7: There Are Many Ways to Be Smart: I am Unique Lesson 8: Paying Attention to Attention	<b>Unit 1- Life Skills</b> Lesson 1: Self-Image Lesson 2: Effective Communication Lesson 3: Making Good Decisions Lesson 4: Goal Setting
November	Lesson 9: Toucan-Do-It: Teamwork Lesson 10: Kindness Counts	*Can start Unit 3, Lesson 1
December	<b>Unit 3: Strengthening Self-Efficiency</b> Lesson 11: About Our Feelings Lesson 12: Our Thoughts Affect Our Feelings Lesson 13: The Can'tasaurus	<b>Unit 3: Nutrition</b> Lesson 1: Influence on Eating Habits Lesson 2: All About Fiber Lesson 3: Fast Food Lesson 4: Eating & Physical Activity
January	Lesson 14: Helper and Robber Thoughts Lesson 15: Meet the Zapper <b>Unit 4: Anger and Conflict Management</b> Lesson 16: Rewinds Lesson 17: Anger: My Fuse	*Can use both January and February for Unit 2  <b>Unit 2: Conflict Resolution</b> Lesson 1: My Support System Lesson 2: Avoiding Misunderstandings
February	Lesson 18: Responding to Anger in Safe Ways Lesson 19: Resolving Conflict: STAR Power  <b>Unit 5: Bullying, Teasing, and Shaming</b> Lesson 20: Bullying Lesson 21: Teasing: Bullying with Words	Lesson 3: Escalating Conflict Lesson 4: Cyber Bullying
March	Lesson 22: Our Class Is a No-Shame Zone  <b>Unit 6: Stress and You</b> Lesson 23: Stressing Stress: What is it? Lesson 24: Stress and You: Our Bodies Respond Lesson 25: Stress: How Do I Measure Up?	<b>Unit 6: Fitness</b> Lesson 1: Physical Activity is Fun Lesson 2: Aerobic Activity Lesson 3: Balance Lesson 4: Reducing Stress
April	Lesson 26: Relax  <b>Unit 7: Responsible Decision-Making</b> Lesson 27: Choosing Wisely Lesson 28: Predicting Outcomes and Consequences Lesson 29: Identifying a Sequence Behavior	<b>Unit 4: Substance Abuse Prevention</b> Lesson 1: Recognizing Drugs Lesson 2: Refusal Skills Lesson 3: Influences on Decisions Lesson 4: Understanding Media Messages
May	Lesson 30: Getting Stuck: Vicious Cycles Lesson 31: Good Result Cycles  <b>Unit 8: Reviewing and Celebrating</b> Lesson 32: Reviewing and Remembering	* Can use both May and June for this unit <b>Unit 5: Safety</b> Lesson 1: Internet Safety Lesson 2: Water Safety Lesson 3: Safety at Home Lesson 4: Fire Escape Plan
June	Lesson 33: Hobbies Lesson 34: Multicultural Show and Tell	

## Grade 5 Scope and Sequence

	<p><b><u>Nurse-Led Lesson: Human Development (puberty)</u></b></p> <p><i>A puberty lesson will be taught by the school nurse. It can be taught at any time during the year. A letter will be sent to parents informing them on the lesson and when it will take place.</i></p> <p><i>The following standards are covered during the puberty lesson:</i></p> <p><i>2.1.5.PGD.2: Examine how the body changes during puberty and how these changes influence personal self-care.</i></p> <p><i>2.1.5.PGD.3: Explain the physical, social, and emotional changes that occur during puberty and adolescence and why the onset</i></p>
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	<p>and progression of puberty can vary.</p> <p>2.1.5.PGD.4: Explain common human sexual development and the role of hormones (e.g., romantic and sexual feelings, mood swings, timing of pubertal onset).</p> <p>2.1.5.PGD.5: Identify trusted adults, including family members, caregivers, school staff, and health care professionals, whom students can talk to about relationships and ask questions about puberty and adolescent health.</p> <ul style="list-style-type: none"> <li>• 2.1.5.PGD.1: Explain the relationship between sexual intercourse and human reproduction.</li> <li>• 2.1.5.PGD.2: Explain the range of ways pregnancy can occur.</li> </ul>	
	<b>Competent Kids Caring Communities (CKCC)</b>	<b>Healthy Lifestyle Choices (HLC) Unit/ Outside Resources</b>
September	<b>Unit 1: Basic Tools for a Good School Year</b> Lesson 1: Organizing our Belongings and Our Time Lesson 2: Pay Attention to Attention: We're On-track Lesson 3: We are Goal Setters Lesson 4: Solving Problems: The ABCDE Plan Lesson 5: Getting the Information In: Study Strategies	<b>Unit 1: Life Skills</b> Lesson 1: Self-Image Lesson 2: Verbal & Nonverbal Communication
October	<b>Unit 2: Building a Caring Community of Mindful Learners</b> Lesson 6: An Inventory of My Learning Style Lesson 7: There Are Many Ways to Be Smart: I Am Unique Lesson 8: Acceptance and Tolerance: Our Uniqueness Lesson 9: C.A.R.E. Lesson 10: Ripple Makers of Kindness	<a href="#">Counselor-Led Health Lesson- Avoiding Stereotypes, Including Gender Stereotypes</a> <i>(Gender Identity and Sexual Orientation are discussed in this lesson.)</i>
November	<b>Unit 5: Shaming, Blaming, and Teasing</b> Lesson 18: Perspective-Taking: Someone Else's Shoes Lesson 19: The Shame-Blame Game Lesson 20: Bullying: A Lose-Lose Situation Lesson 21: No More Teasing" (2 lessons)	
December	<b>Unit 4: Anger and Conflict Management</b> Lesson 14: Anger Lesson 15: Rewinds Lesson 16: Resolving Conflict: STAR Power Lesson 17: Moving Past Anger: Forgiveness	Optional: Connect to HLC Unit 2: Conflict Resolution if needed
January	<b>Unit 3: Strengthening Self-Efficacy</b> Lesson 11: Voices of Encouragement and Discouragement Lesson 12: Helper and Robber Thoughts Lesson 13: Asserting Ourselves Using "I-Messages"	<b>Unit 3: Nutrition</b> Lesson 1: The "Big Six" Lesson 2: Fruits & Veggies Lesson 3: Healthy Snacks Lesson 4: Energy Imbalance
February	<b>Unit 6: Stress and You</b> Lesson 22: Stressing Stress: What is It? Lesson 23: Stress: How Do You Measure Up? Lesson 24: Worry Lesson 25: Relax (taught throughout the CKCC course)  <b>Nurse-led Puberty Lesson</b> <i>(can be taught at any time)</i>	
March/April	<b>Unit 7: Responsible Decision-Making</b> Lesson 26: Unique Decision Makers Lesson 27: The Decision-Making Toolbox Lesson 28: Cycles of Behavior Lesson 29: Taking Responsibility for Our Actions	<b>Unit 6: Fitness</b> Lesson 1: Stay in Balance Lesson 2: Physical Activity Lesson 3: Obesity Prevention Lesson 4: Fitness is Fun
May	<b>Unit 8: Reviewing and Celebrating</b> Lesson 30: Reviewing and Remembering Lesson 31: Moving Up to 6th Grade Lesson 32: <i>Competent Kids</i> Board Game Lesson 33: Multicultural Celebration	<b>Unit 4: Substance Abuse Prevention</b> Lesson 1: Caffeine Lesson 2: Alcohol Lesson 3: Cigarettes Aren't Cool Lesson 4: Media Influence on Tobacco
June	Revisit previous CKCC concepts	<b>Unit 5: Safety</b> Lesson 1: Preventing Injuries Lesson 2: Preventing Sports Injuries Lesson 3: Biking & Skating Safety Lesson 4: Car Safety
Varies	<b>Nurse-Led Health Lesson- Grade 5</b> This lesson happens once during the second grade year.	

## Grade 6 Scope and Sequence

	<b>RULER</b> RULER is an approach to social and emotional learning (SEL) that teaches emotional intelligence to people of all ages, with the goal of creating a healthier, more equitable, innovative, and compassionate society.	
	<b>Topic</b>	<b>Units</b>
Trimester 1 <i>(September 7 - December 3)</i>	<b>Social and Emotional Health, Growth, and Development</b>  <b>Alcohol, Tobacco, and Other Drugs</b> <i>(This unit will be taught primarily by a LEAD Nutley Police Officer. This unit may take place during another time of the year based on collaboration with the NPD. It will be integrated as weekly lessons for 10 weeks during a specified time period).</i>	<b>HLC Unit 1: Intro to Health and Wellness</b> Lesson 1: Program Introduction Lesson 2: Assessing Health Knowledge Teen Health Textbook Chapter 1 Lesson 2: Influences on Your Health Lesson 5: Personal Health and Behavior Inventory Lesson 6: Setting Goals Lesson 7: Personal Health Goal <b>HLC Unit 2: Emotions and Behaviors and Unit 6: Stress</b> Lesson 1: Self-Image Lesson 2: Self-Esteem Lesson 3: Dealing with Emotions HLC Unit 6 Lesson 1: Stress Lesson 4: Living Your Values Lesson 5: Assertive, Aggressive, Passive Behavior Lesson 6: Skits <b>LEAD Curriculum: Too Good For Drugs</b> Lesson 1: My Road Ahead Lesson 2: Who's in the Driver's Seat? Lesson 3: Diagnostic Tune-Up Lesson 4: Express Yourself Lesson 5: Peer Review Lesson 6: A Closer Look Lesson 7: A Dead End Lesson 8: Keep off the Grass! Lesson 9: Calculate the Risk Lesson 10: Prevention 500
Trimester 2 <i>(December 4 - March 18)</i>	<b>Personal Health and Safety</b>	<b>HLC Unit 8: Injury Prevention and Safety</b> Lesson 1: Unintentional Injuries Lesson 2: Leading Killers Lesson 3: Immediate and Long-Term Effects Lesson 4: Online Safety Lesson 5: Bullying <b>Teen Health Course 1 Chapter 4: Nutrition</b> Lesson 1: Your Body's Nutrient Needs Lesson 2: Following a Healthful Eating Plan Lesson 3: Making Healthful Food Choices Lesson 4: Managing Your Weight
Trimester 3 <i>(March 19th - June 17)</i>	<b>The Body, Health Conditions, and Diseases</b>	<b>Teen Health Course 1 Chapter 6: Personal Health</b> Lesson 1: Your Teeth, Skin, and Hair Lesson 2: Protecting Your Eyes and Ears Lesson 3: Choosing Health Products Lesson 4: Using Medicines Responsibly Lesson 5: Health Care in Your Community <b>Teen Health Course 1 Chapter 11: Preventing Diseases</b> Lesson 1: What Causes Disease? Lesson 2: Communicable Diseases Lesson 4: Noncommunicable and Hereditary Diseases <b>Teen Health Course 1 Chapter 7: Your Body Systems</b> Lesson 1: From Cells to Body Systems Lesson 2: Bones and Muscles Lesson 3: Digestion and Excretion Lesson 4: Heart, Blood, Lungs, and Nerves

## Grade 7 Scope and Sequence

Unit 1	Emotional and Mental Health	2 Weeks (8 class lessons)
Unit 2	Tobacco, Alcohol, and Other Drugs	4 weeks (20 class lessons)
Unit 3	Violence and Injury Prevention	3 weeks (15 class lessons)

## Grade 8 Scope and Sequence

Unit 1	Emotional & Mental Health	2 Weeks (9 Class lessons)
Unit 2	Abstinence, Puberty and Personal Health	3 ½ Weeks ( 16 Class Lessons)
Unit 3	HIV, STI & Pregnancy Prevention <i>Lesson #1 includes a discussion on various types of sexual activity including the following standard:</i> • 2.1.8.SSH.9: Define vaginal, oral, and anal sex. <a href="#">Lesson Plan</a>	3 Weeks (14 Class Lessons)