



Township of Ocean Schools

Assistant Superintendent
Office of Teaching and Learning

SPARTAN MISSION:

Meeting the needs of all students with a proud tradition of academic excellence.

Curriculum Documents

School: Ocean Township High School

Course: Health – Grade 12

Department: Health and Physical Education

Supervisor: Mike Lambusta

Board Approval	Supervisor	Notes
August 2007	Mike Lambusta	Update Standards
October 2012	Mike Lambusta	Update Standards
December 2017	Mike Lambusta	Update Standards

Home of the Spartans!
#spartanlegacy



Week	Marking Period 1	Week	Marking Period 3
1	Dating Violence and Abuse Prevention	1	Physical Education
2	Dating Violence and Abuse Prevention	2	
3	Families and Relationship	3	
4	STI's and AIDS	4	
5	Drugs and Alcohol	5	
Week	Marking Period 2	Week	Marking Period 4
1	Physical Education	1	Physical Education
2		2	
3		3	
4		4	
5		5	

Time Frame	5 Days
Topic	
Dating Violence and Abuse Prevention	
Essential Questions	
<ul style="list-style-type: none"> • What are characteristics of a healthy relationship? • What preventive techniques can be used to curtail abusive behavior? • How can you protect against sexual assault and what to do if sexually assaulted? • How can you protect yourself from being a victim of a date rape drug? 	
Enduring Understandings	
<ul style="list-style-type: none"> • What are characteristics of a healthy relationship? • What preventive techniques can be used to reduce abusive behavior? • How can you protect against sexual assault and what to do if sexually assaulted? 	
Alignment to NJSLs	
2.3: B.4 2.4: A.4, A.5	
Key Concepts and Skills	
<ul style="list-style-type: none"> • To develop strategies to address domestic or dating violence and end unhealthy relationships • To explain the consequences of abusive behaviors. • To identify the procedures following a sexual assault. • To identify and discuss the association between alcohol and drugs and date rape and sexual assault. 	
Learning Activities	
<ul style="list-style-type: none"> • Notes and Lecture 	

<ul style="list-style-type: none"> ● Discussion ● Video ● Power and Control Wheel ● Worksheets ● Group work ● Handouts ● Quick Writes (Do Now) 							
Assessments							
<ul style="list-style-type: none"> ● Participation ● Worksheets ● Written unit test ● Journals ● Portfolios 							
21st Century Skills							
X	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
X	Skills	X	Information Literacy	X	Media Literacy		
Interdisciplinary Connections							
History Technology Statistics Mathematics Sociology Chemistry							
Technology Integration							
Google Classroom Chromebooks Kahoot Newsela Elmo PowerPoint							

Time Frame	5 Days
Topic	
Families / Relationships	
Essential Questions	
<ul style="list-style-type: none"> ● How do we learn to understand and respect diversity in relationships? ● How do family structures, values, rituals, and traditions meet basic human needs worldwide? ● What is the historical role of life commitments, such as marriage? ● How do changes in friendship, family, dating relationship, and lifetime commitments cause relationships to evolve over time. 	

- What are some parenting strategies used at various stages of child development based on valid sources of information?
- What are some factors that affect the decision to become a parent?

Enduring Understandings

- Tolerance, appreciation and understanding of individual differences are necessary in order to establish healthy relationships.
- Reliable personal and professional resources are available to assist with relationship problems.
- Learning about sexuality and discussing sexual issues is critical for sexual health, but is a sensitive and challenging process.
- There are many additional challenges that confront those who are not heterosexual.

Alignment to NJSLs

2.2: A.1, A.3, B.1, B.2, E, E.2

2.4: A.1, A.2, A.3, A.4, A.5, A.6, B.4

Key Concepts and Skills

- To identify that all families are different and that is okay
- To identify professional services available in our school and community to help students with different family issues
- To provide students with the traits of a healthy relationship.
- To provide students with information that will promote a sense of well-being.
- To encourage communication and positive self-esteem.
- To understand that different families have different methods of raising children.
- Maslow’s Hierarchy of Needs

Learning Activities

- Note Taking
- Class Debates-
 - Why did divorce become so popular in the 1970’s
- Class Discussions-Crossover-chemical dependency is the #1 reason for chaos/stress in a home.
- Communication Activity
- Family/ baby cost analysis
- Video “Radio Flyer”
- “Reviving Ophelia” Film

Assessments

- Dysfunctional Family Quiz
- Relationship or Family Current Event
- Cost analysis project

21st Century Skills

X	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
X	Skills	X	Information Literacy	X	Media Literacy		

Interdisciplinary Connections	
History Technology Law and Policy Mathematics Sociology	
Technology Integration	
Google Classroom Chromebooks Kahoot Newsela Elmo PowerPoint	

Time Frame	5 Days
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Topic	
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STI's/ AIDS	
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Essential Questions	
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- What are the consequences of our choices in terms of wellness?
- Why are 85% of people with an STI between the age of 15 and 30 years of age?
- How is abstinence an essential component of Sexually Transmitted Infection prevention?
- What should a person do if they believe they may be infected with a STI?

Enduring Understandings	
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- The decision to become sexually active affects one's physical, social, and emotional health.
- Responsible actions regarding sexual behavior impact the health of oneself and others.
- Information supports abstinence as the most effective method for STI and AIDS prevention.
- Early detection strategies and regular physical exams assist in the prevention and treatment of illness or disease.

Alignment to NJSLS	
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12.2.2.12: B.1	
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12.2.4.12: B.1, B.2, B.3, B.5	
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Key Concepts and Skills	
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- To identify the signs and symptoms of Chlamydia, Gonorrhea, Herpes, Genital Warts, Syphilis, Hepatitis B, C, and HIV/AIDS.
- To recognize high risk behaviors that increase the possibility of contracting a Sexually Transmitted Infection
- To identify professional services available in our school and community to go to for professional help and screening
- To identify and avoid high risk social situations.
- Identify the different means of contraception and the pros and cons of each

- To encourage communication and positive self-esteem.

Learning Activities

- Note Taking
- Class Debates-Why should teens be abstinent
- STI PSA- Encourage students to get medical help for all health problems, including suspected STIs using local resources for medical care.
- Class Discussions-How will you teach your kids the birds and Bees, What age should your kids begin dating?
- Class Activities-Build the Perfect Mate.
- Videos “The Band Played On”, “AIDS in pop culture”
- Fluid Exchange Activity
- DICE Activity

Assessments

- Written Quizzes/Tests
- STI Current Event
- PSA
- Teacher Observation
- Projects
- Preparation
- Participation

21st Century Skills

X	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
X	Skills	X	Information Literacy	X	Media Literacy		

Interdisciplinary Connections

History
Technology
Statistics
Sociology
Chemistry

Technology Integration

Google Classroom
Chromebooks
Kahoot
Newsela
Elmo
PowerPoint

Time Frame	5 Days
Topic	
Drugs and Alcohol	
Essential Questions	
<ul style="list-style-type: none"> ● What is the difference between drug use, drug misuse, and drug abuse? ● What are the different classifications of drugs? ● Why it is important for teens to understand that Alcohol is drug, and the dangers of alcohol use. ● Why do people choose to use alcohol, tobacco and other drugs when they are aware of the detrimental effects? ● How do I make the “right” decisions in the face of peer, media and other pressures? Why does one person become addicted and another does not? 	
Enduring Understandings	
<ul style="list-style-type: none"> ● Research has clearly established that alcohol, tobacco and other drugs have a variety of harmful effects on the human body ● There are common indicators, stages, and influencing of chemical dependency ● To identify the changes, both physical and emotional, associated with drug use. ● To recognize the legal implications associated with chemical use. ● To identify professional services available in our school and community and the methods to activate them. ● To provide the environment that will foster a “no use” message at our school. ● To provide students with information that will promote a sense of well being. ● To encourage communication and positive self-esteem. 	
Alignment to NJSLS	
12.2.3.12: A.3, B.1, B.2, B.3, B.4, B.5, C.3	
Key Concepts and Skills	
<ul style="list-style-type: none"> ● Overview of drug classifications and facts about each classification. ● Facts about Tolerance, Addiction, and Detoxification. ● How and where to get assistance for Recovery and Counseling ● Review of Drug Classifications ● Signs and symptoms of substance abuse ● Negative effects on the body ● Effects of substance abuse on family and friends ● Risks of performance-enhancement supplements ● Prevention ● How and where to get assistance 	
Learning Activities	
<ul style="list-style-type: none"> ● Note Taking ● Class Debates-Why the drinking age should remain 21? ● Class Discussion-Should NJSIAA Drug test? ● Student Presentations ● Videos , “Intervention”, “The Party never stops”, “The Price of XTC”, FBI Documentary- Chasing the Dragon- Heroin Epidemic ● Debates 	

Assessments

- Quizzes/Tests Teacher Observation
- Drug and Alcohol Quiz
- Drug or Alcohol Current Event
- Written essay on the Drinking age or Legalization of Marijuana
- Preparation/Participation
- Unit Worksheet
- Projects

21st Century Skills

X	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
X	Skills	X	Information Literacy	X	Media Literacy		

Interdisciplinary Connections

History
 Technology
 Statistics
 Mathematics
 Sociology
 Chemistry

Technology Integration

Google Classroom
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