



BAYONNE PUBLIC SCHOOLS

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Bayonne, NJ 07002

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Thomas M. Jacobson
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201-858-5914

PACING GUIDE

HEALTH 9

Week 1:

Nutrition

- Healthy diet including protein, healthy carbohydrates and healthy fats; MyPlate.org; Calculate Caloric Intake, how to make smarter food selections

Week 2:

Relationships

- Characteristics of a healthy and unhealthy relationship, how to spot an abusive relationship, how to get out of an unhealthy relationship, how to end a relationship, learn how to love

Sexting

- What is sexting, age of consent, consequences of, sex in media

Week 3:

Male/Female Reproduction System

- Anatomy, functions of, fertilization

Week 4:

STD/I

- What are STD/I's; how are they transmitted; what do they look like; differences between bacterial; viral and parasitic.

Week 5:

Contraception

- Differences between hormonal and barrier, types of, statistics, myth vs facts of pregnancy

Week 6:

Drugs and Alcohol

- Implications, short and long term effects, prevention, treatment, risk taking, decision making

Week 7:

Tobacco and Vaping

- Implications, short and long term effects, prevention, treatment, risk taking, decision making

Week 8:

Mental Health

- Coping with stress, anxiety, depression, etc; Self-care

Hands Only CPR



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Driver's Education

Week 1:

Chapter 1: The New Jersey Driver License System

- Laws Governing Driver Licenses
- Digital Driver License
- Types of New Jersey Licenses
- 6 Point ID Verification
- GDL – Graduated Driver License
- Special Learner Permits for New Jersey Residents
- Examination Permits for Out-State/Out of Country Drivers/Permit
- International Driving Permit (IDP)
- Non-Driver ID and License
- Next-of-Kin Registry (Sara's Law)
- Hearing-Impaired Designation
- Commercial Driver License (CDL)

Week 2:

Chapter 2: New Jersey Driver Testing

- Requirements for Basic Driver License
- Road Test
- Reasons for Rejection

Week 3:

Chapter 3: Driver Responsibility

- Buckle Up- New Jersey's Seat Belt Law
- Car Seats
- Child Restraints Law
- Air Bags
- Car Condition
- Starting a Parked Car
- Steering
- Stopping Distances
- Proper Braking
- Driver Signals

- Driving in Reverse
- Turning
- Parking

Week 4:

Chapter 4: Safe Driving Rules and Regulations

- Speed Control
- Passing
- Keep to the Right
- Yielding to the Right-of-Way
- Pedestrians in a Crosswalk
- Intersections
- Entering Highways, Parkways and Turnpikes
- Leaving Highways, Parkways and Turnpikes
- Special Highway, Parkways and Turnpike Conditions
- Curves
- Interchanges
- Turning Regulations
- Stopping Regulations
- Using Headlights
- Parking Regulations
- Cellular Telephones
- Littering

Week 5:

Chapter 5: Defensive Driving

- Preventing a Collision
- Aggressive Driving/Road Rage
- Distractions
- Tired Driver/Highway Hypnosis
- Communicating and Driving
- Keep a Safe Distance/Do Not Tailgate
- Following Distances
- Changing Lanes and Passing
- Passed by Another Vehicle
- Road Conditions
- Reduced Visibility
- Night Driving
- Driving Situations
- Reacting to Driving Problems
- Vehicle Failure
- Collisions (Accidents)
- What to do in Case of a Collision

Week 6:

Chapter 6: Drinking, Drugs and Driving

- Effects of Alcohol

- How much is Too Much?
- Drinking and Driving
- Good Hosts and the Drinking Driver
- Designated Drivers
- Drugs and Driving
- Healthy Driving

Week 7:

Chapter 7: Driver Privileges and Penalties

- The Driving Privilege
- Driving Under the Influence (DUI)
- Breathing Test
- Ignition Interlock Device
- Intoxicated Driver Resource Center
- Motor Vehicle Violations
- Driver Programs
- Motor Vehicle Surcharges and Point Violations
- Point System
- Moving Violation Point Chart
- Interstate Compacts

Week 8:

Chapter 8: Sharing the Road with Others

- People
- Vehicles
- Animals

Chapter 9: Vehicle Information

- Vehicle Title and Registration
- License Plates
- Vehicle Inspection
- Insurance

Appendix: Driver Safety:

- Traffic Signs, Signals and Road Markings
- Traffic Signs



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HEALTH 11

Week – 1:

Personal Growth and Development.

2.112.A1 Analyze the role of personal responsibility in maintaining and enhancing personal, family, community, and global wellness.

Week – 2:

Nutrition.

2.1.12.B.1 Determine the relationship of nutrition and physical activity to weight loss, weight gain, and weight maintenance.

Week – 3:

Diseases and Health Conditions.

2.1.12.C.1 Predict diseases and health conditions that may occur during one's lifespan and speculate on potential prevention and treatment strategies.

Week – 4:

Safety.

2.1.12.D.1 Determine the causes and outcomes of intentional and unintentional injuries in adolescents and young adults and propose prevention strategies.

Week – 5:

Medicines.

2.3.12.A.1 Determine the potential risks and benefits of the use of new or experimental medicines and herbal and medicinal supplements.

Week – 6:

Alcohol, Tobacco, and Other Drugs.

2.312.B.1 Compare and contrast the incidence and impact of commonly abused substances (such as tobacco, alcohol, marijuana, inhalants, anabolic steroids, and other drugs) on individuals and communities in the U.S.

Week – 7:

STD's HIV/AIDS and Infectious Diseases.

2.312.B.4 Correlate the use of alcohol and other drugs with incidences of date rape, sexual assault, STIs, and unintended pregnancy.

Week – 8:

Dependency/Addiction and Treatment.

2.312.C.1 Correlate durations of drug abuse to the incidence of drug-related injury, illness and death.



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HEALTH 12

Week: - 1

Nutrition

2.112.B.3 Analyze the unique contributions of each nutrient class (fats, carbohydrates, protein, water, vitamins, and minerals) to one's health.

Week: - 2

Family life & Parenting & Sexuality

2.412.A.4. Predict how relationships may evolve over time, focusing on changes in friendships, family, dating relationships, and lifetime commitments such as marriage.

Week – 3

Diseases and Infectious Diseases and Health Conditions

2.112.C..2 Predict diseases and health conditions that may occur during one's lifespan and speculate on potential prevention and treatment strategies.

Week – 4

CPR/AED & Rescue Breathing

2.1.12.D.6 Demonstrate first-aid procedures, including Basic Life Support and automatic external defibrillation, caring for head trauma, bone and joint emergencies, caring for cold and heat injuries, and responding to medical emergencies.

Week – 5

Drugs, Alcohol & Drugs Enhancer Prevention

2.3.12.A.2 All students will acquire knowledge about alcohol, tobacco, other drugs, and medicines and apply these concepts to support a healthy, active lifestyle.

Week – 6

Alcohol, Tobacco, and Other Drugs

2.3.12.B.1 Compare and contrast the incidence and impact of commonly abused substances (such as tobacco, Alcohol, marijuana, inhalants, anabolic steroids, and other drugs) on individuals and communities in the U.S.

Week – 7

Dependency/Addiction & Treatment

2.3.12.2. Analyze the effectiveness of various strategies that support and individual's ability to stop abusing drugs and remain drug-free.

Week – 8

Health Services & Careers

2.2.12.E.1 Analyze a variety of health products and services based on cost, availability, accessibility, benefits, and accreditation.