

PHYSICAL EDUCATION AND HEALTH

The Board directs that the district's curricular and extracurricular programs of physical education and activities comply with the district's affirmative action resolution and equity plan for school and classroom practices as stipulated in policies 2224, 5145.4, 6121 and 6145 in this manual. The Board shall ensure that the comprehensive health and physical education curriculum addresses all elements required by the Core Curriculum Content Standards.

General Provisions

In general, physical education classes shall not be divided on the basis of sex. The quality and quantity of teachers, equipment and facilities shall be equivalent among the schools and comparable from level to level, taking into account the needs of the pupils.

The Board will consider on a case-by-case basis requests from pupils or their parents/guardians in the case of minors for permission to satisfy the physical education requirement through an alternative program of athletics or physical education activities that meets the requirements of law and is consistent with the district's physical education program goals and instructional objectives so long as there is a bona fide medical reason for an alternative program supported by documentation and the school medical examiner.

****Note:** Inclusion of Policy on Dating Violence is mandated for grades 7 through 12

Dating Violence

For students in grades 7 through 12, physical education and health curriculum will include the topic of dating violence. "Dating violence" means a pattern of behavior where one person threatens to use, or actually uses physical, sexual, verbal, or emotional abuse to control a dating partner.

The dating violence education shall include information on the definition of dating violence, recognizing dating violence warning signs, and the characteristics of healthy relationships.

Upon written request to the school principal, a parent/legal guardian of a student less than 18 years of age shall be permitted within a reasonable period of time after the request is made, to examine the dating violence education program instruction materials developed by the school district.

The purpose of the dating violence information is to help prevent dating situations from becoming unsafe and to help educate young people on constructive ways to resolve conflicts in personal relationship.

To be consistent with P.L. 2011, c. 64 (N.J.S.A. 18A:35-4.23a, school policy, procedures and curriculum will include the following information:

- A. Dating violence will not be tolerated;
- B. Dating violence reporting procedures;
- C. Guidelines for responding to at-school incidents of dating violence;
- D. Discipline procedures specific to at-school incidents of dating violence;
- E. Warning signs of dating violence; and
- F. Information on safe, appropriate school, family, peer, and community resources available to address dating violence shall also be included within the curriculum.

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**Note: Inclusion of instruction on CPR and AED is mandated for high school students in grades 9, 10, 11 or 12.

Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED)

The Board of Education shall provide instruction in cardiopulmonary resuscitation and the use of an automated external defibrillator to each student during high school (in grades 9, 10, 11 or 12). The instruction shall be provided to each student prior to graduation as part of the district’s implementation of the Core Curriculum Content Standards in Comprehensive Health and Physical Education. The Board may select a no-cost, non-certification instructional program to meet this requirement.

The instruction provided shall:

- A. Be modeled from an instructional program established by the American Heart Association, American Red Cross, or other nationally-recognized association with expertise in instruction in cardiopulmonary resuscitation and the use of an automated external defibrillator; and
- B. Include a hands-on learning component for each participating student.

Legal References: N.J.S.A. 18A:6-111 et seq. Instruction in Suicide Prevention

See particularly:

- N.J.S.A. 18A:6-113 Instruction in suicide prevention in public school curriculum
- N.J.S.A. 18A:11-1 General mandatory powers and duties
- N.J.S.A. 18A:35-4.19 through -4.22 AIDS Prevention Act of 1999
- N.J.S.A. 18A:35-4.23a Dating violence into health education curriculum
- N.J.S.A. 18A:35-5 through -9 Maintenance of physical training courses; features ...
- N.J.S.A. 18A:37-33 to 37 Dating violence policy and education
- N.J.A.C. 6A:7-1.7 Equality in school and classroom practices
- N.J.A.C. 6A:8-3.1 Curriculum and instruction
- N.J.A.C. 6A:8-5.1 Graduation requirements
- N.J.A.C. 6A:9B-5.18 Athletics Personnel
- N.J.A.C. 6A:9B-10.8 Health and physical education
- N.J.A.C. 6A:16-2.1 et seq. General Provisions for School Health Services
- See particularly:
- N.J.A.C. 6A:16-2.2
- N.J.A.C. 6A:32-9.1 Athletics Procedures

P.L.2014, c.36 (instruction in cardiopulmonary resuscitation and use of an automated external defibrillator prior to graduation)

20 U.S.C.A. 1681 et seq. - Title IX of the Education Amendments of 1972

The Comprehensive Equity Plan, New Jersey State Department of Education

Possible

- Cross References:**
- *2224 Nondiscrimination/affirmative action
 - *5145.4 Equal educational opportunity
 - *6121 Nondiscrimination/affirmative action
 - *6140 Curriculum Adoption

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- *6141 Curriculum Design/Development
- *6142 Subject fields
- *6145.1/6145.2 Intramural competition; interscholastic competition
- *6146 Graduation requirements

* Indicates policy is included in the Critical Policy Reference Manual

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