

NORTHERN BURLINGTON COUNTY REGIONAL SCHOOL DISTRICT
Course Map

Department	Health & Physical Education	Course	PEER Leadership
-------------------	-----------------------------	---------------	------------------------

Source of Standards

- New Jersey Student Learning Standards 2014
- 21st Century Skills/Career Ready Practices

Sequence- Unit Titles and Number of weeks per unit

- Unit 1: Opening Weeks/Team Building-4 weeks
- Unit 2: Skill Building-6 weeks
- Unit 3: Outreach Planning-4 weeks
- Unit 4: Peer Mediation/Conflict Resolution-3 weeks
- Unit 5: Workshop Planning-4 weeks
- Unit 6: Debriefing: Giving and Receiving Feedback-3 weeks
- Unit 7: Service Learning-5 weeks
- Unit 8: Critical Incident Response-1 weeks
- Unit 9: Outreach Workshops-6 weeks

Enduring Understanding

- Team building activities can be used to connect a group and identify leaders.
- Cooperation is essential in team building activities.
- Strong leadership roles are necessary in team building activities.
- The ability to listen is important in group skill building activities.
- Preparing for life's challenges in all settings necessitates an understanding of one's own abilities as well as a willingness to work as a team member.
- All members of their group need to be engaged
- Proper facilitation of groups can lead to more meaningful discussions.
- Certain statements made by a group leader can impact the flow of discussion
- Providing groups with "user-friendly" directions can lead a group in successfully completing a task.
- Leading alone is very different from sharing leadership with others
- Organization is needed for successful facilitation of activities
- Communication is needed to effectively work together to co-lead activities
- Practice is needed to develop good facilitation skills
- Valuable feedback is needed in co-leadership

- Critical life skills such as communication, decision-making, character development, self-management, leadership, advocacy, and ethics are important ingredients to be a strong leader
- Peer mediation is problem solving by youth with youth
- It is a process by which two or more students involved in a dispute meet in a private, safe and confidential setting to work out problems
- students can have a major impact and benefit to their learning.
- Organization and planning are needed to conduct a successful workshop.
- Bullying, drugs/alcohol, and goal setting are relevant topics that impact students starting in elementary schools.
- Revisiting these topics can impact their own way of thinking.
- Debriefing can improve future outreach/presentations
- Feedback is a gift that helps peer leaders to improve their skills and nurture their co-leader relationships.
- Check-ins are important to provide each other with feedback
- Problem-solving skills can be used to improve their school and/or community through a service learning project.
- Completing a service learning project can have a lasting positive impact on them
- Extensive planning and organization is needed for the successful completion of a service learning project
- Events that take place around us can influence us and others directly
- Discussing thoughts and feelings after an event can help you move forward
- Peer education can have a lasting impact on their group members education
- Increasing their confidence can improve their academic performance
- Leadership skills and ability can be used to identify and solve problems
- Improved communication with peers can help you to become more accepting

[Essential Questions](#) (link to guide)

- What is leadership?
- How can team or individual activities help you maintain or improve your overall health?
- Why do I have to show good sportsmanship and follow the rules when others do not?
- How have I changed over the years?
- Where does our self-image come from?
- What qualities make a successful team?
- What necessary ingredients are present when a team works well together?
- How does trust factor into a relationship?
- What personal responsibilities need to be fulfilled in order be considered a “team player”?
- What skills are necessary to lead a group?
- How do you design discussion questions to elicit a meaningful answer and promote discussion?

- What is an open-ended question?
- How do you design a good open-ended question?
- How do you conduct a group to carry out a task?
- How do I share leadership?
- How do we divide up leadership roles and responsibilities?
- Why is organization important to the success of our group facilitation?
- Why do I need to communicate to my co-leader what I need from them?
- How do we work together to complement each other's skills and abilities?
- Why is practicing facilitation so important?
- How do we communicate with others?
- What is peer mediation?
- What is conflict resolution?
- What makes a good peer mediator?
- Why is being a peer mediator important?
- What are the 5 steps of peer mediation?
- How do you establish ground rules?
- What are the harmful effects of drugs and alcohol?
- What are refusal skills?
- Why is goal setting through different stages of life so important?
- What is a short-term goal?
- What is a long-term goal?
- Why does bullying exist in our world?
- By what methods can we be more tolerant of others?
- Why is getting along with others so important in our lives?
- When does being "unique" mean being independent or not fitting in?
- When is teamwork a necessary skill?
- What is my take away from creating workshops for younger students?
- How does physical activity improve my health?
- What are the benefits of a debrief?
- How do I receive feedback without getting defensive?
- How do I provide feedback so that it is heard and accepted?
- When is the best time to debrief?
- How does physical activity improve my health?
- What is service learning?
- What are the benefits for the providers of service learners?
- How can you take this experience to benefit you today and in the future?
- What effect will service learning have on you or others?
- How do we evaluate the outcome of the project?
- How do we identify a need for the service learning project?
- How do we discern from facts and hearsay?
- What insights can you gain from discussing a critical incident?
- How can you take what you learn and move forward?
- How can I keep students engaged?
- How do I get a student back in the lesson that becomes disengaged?

- How do I pick up the energy level of my group?
- How do I prepare for my outreach?
- Why is communication between co-leaders needed for the success of the outreach?
- Why is planning an organization pertinent to the success of my outreach?

Reporting Student Progress

All courses follow a balanced assessment system with Practice, Assessments, Evaluations.

- Weekly Outreach Planning Rubric Assessment
- Observations (Evaluation Tool)
- Participation Assessments (Weekly)
- Weekly Outreach Evaluations
- Leadership Quarterly Evaluation Grade
- Workshop Evaluation
- Role Play Evaluation

Resources (Text and Technology)

- Peer Group Connection Advisor Book, 2011 Edition
- PEcentral.com
- Physical Education Handbook, 9th Edition
- Project U.S.E Handbook