

Health and Physical Fitness Student Resources

correlated to TEKS Health Education & Physical Education

Resource	Health Education, TEKS §115.17 Grade 5, Adopted 2020.
1302658 Human Body <i>Flip Chart Set</i> 1413698 Human Body <i>Visual Learning Guides Collection</i> 1371501 Human Body <i>Curriculum Mastery Game</i> 2087505 Human Body I <i>Student Learning Guide</i> 2087493 Human Body II <i>Student Learning Guide</i> 2087484 Human Body III <i>Student Learning Guide</i> 2087412 Digestive System <i>3-D Model Kit</i> 2087417 Human Brain <i>3-D Model Kit</i> 2087414 Human Ear <i>3-D Model Kit</i> 2087434 Human Eye <i>3-D Model Kit</i> 2087427 Human Heart <i>3-D Model Kit</i> 2087409 Immune System <i>3-D Model Kit</i> 2087418 Liver and Spleen <i>3-D Model Kit</i> 2087407 Lungs <i>3-D Model Kit</i> 2087420 Skin <i>3-D Model Kit</i>	(b) Knowledge and skills. (1) Physical health and hygiene--body systems. The student examines the structure, function, and relationships of body systems and their relevance to personal health. The student is expected to describe the structure, functions, and interdependence of the major body systems, including the reproductive, endocrine, and urinary systems.
2013484 MyPlate - Food & Nutrition <i>Flip Chart Set – Elementary Level</i> 2013513 Food Nutrients <i>Learning Center</i> 2013512 Choose MyPlate <i>Learning Center</i> 2013514 Making Healthy Choices <i>Learning Center</i> 2013482 MyPlate <i>Visual Learning Guides - Set of 10</i> 2013490 MyPlate - Food & Nutrition <i>Bulletin Board Charts (Set of 8)</i> 2013486 MyPlate <i>Student Learning Guide</i>	(7) Healthy eating and physical activity--food and beverage daily recommendations. The student analyzes and applies healthy eating strategies for enhancing and maintaining personal health throughout the lifespan.
2041481 Stop Bullying! <i>Flip Chart Set</i> 2041475 Stop Bullying! <i>Chart (Set of 8)</i> 2092236 Stop Bullying <i>Student Learning Guide</i>	(13) Injury and violence prevention and safety--digital citizenship and media. The student understands how to be a safe and responsible citizen in digital and online environments

Resource	Health Education, TEKS §115.26 Grade 6, Adopted 2020.
1567087 Bones, Muscles & Skin <i>Learning Center</i> 1567088 Nutrition <i>Learning Center</i> 1567089 Circulatory System <i>Learning Center</i> 1567090 Digestive System <i>Learning Center</i> 1567091 Endocrine System <i>Learning Center</i> 1567092 Excretory System <i>Learning Center</i> 1567093 Immune System <i>Learning Center</i> 1567094 Nervous System <i>Learning Center</i> 1567095 Reproductive System <i>Learning Center</i> 1567096 Respiratory System <i>Learning Center</i>	(b) Knowledge and skills. (1) Physical health and hygiene--body systems. The student examines the structure, function, and relationships of body systems and their relevance to personal health. The student is expected to explain how to maintain the healthy status of body systems.

<p>2041481 Stop Bullying! <i>Flip Chart Set</i> 2041475 Stop Bullying! <i>Chart (Set of 8)</i> 2092236 Stop Bullying <i>Student Learning Guide</i></p>	<p>(3) Mental health and wellness--social and emotional health. The student identifies and applies strategies to develop socio-emotional health, self-regulation, and healthy relationships. The student is expected to: (A) demonstrate healthy methods for communicating emotions in a variety of scenarios;</p>
<p>2013483 MyPlate - Food & Nutrition <i>Flip Chart Set – MS Level</i> 2013515 Food Nutrients <i>Learning Center</i> 2013516 Choose MyPlate <i>Learning Center</i> 2013517 Food Nutrition Facts Labels <i>Learning Center</i> 2013518 Making Healthy Choices <i>Learning Center</i> 2013489 MyPlate <i>Visual Learning Guides - Set of 10</i> 2013501 MyPlate - Food & Nutrition <i>Bulletin Board Charts (Set of 8)</i> 2013485 MyPlate – MS Level <i>Student Learning Guide</i></p>	<p>(7) Healthy eating and physical activity--food and beverage daily recommendations. The student analyzes and applies healthy eating strategies for enhancing and maintaining personal health throughout the lifespan.</p> <p>(9) Healthy eating and physical activity--nutrition and physical activity literacy. The student obtains, processes, and understands basic physical activity and nutrition information needed to make health-promoting decisions.</p>
<p>2041481 Stop Bullying! <i>Flip Chart Set</i> 2041475 Stop Bullying! <i>Chart (Set of 8)</i> 2092236 Stop Bullying <i>Student Learning Guide</i></p>	<p>(12) Injury and violence prevention and safety--healthy home, school, and community climate. The student understands that individual actions and awareness can impact safety, community, and environment.</p>
<p>2041472 Smoking & Vaping <i>Bulletin Board Chart Set of 6</i> 2041469 Smoking & Vaping <i>Flip Chart Set</i> 2092233 Smoking & Vaping <i>Student Learning Guide</i> 2041477 Alcohol Abuse Chart (Set of 7) 2041465 Alcohol Abuse & Addiction <i>Flip Chart Set</i> 2092240 Alcohol Abuse & Addiction <i>Student Learning Guide</i> 2041471 Opioid Drugs <i>Bulletin Board Chart (Set of 7)</i> 2041467 All About Opioid Drugs <i>Flip Chart Set</i> 2092235 All About Opioid <i>Student Learning Guide</i> 2041468 Marijuana <i>Bulletin Board Chart (Set of 7)</i> 2041466 All About Marijuana <i>Flip Chart Set</i> 2041468 All About Marijuana <i>Student Learning Guide</i></p>	<p>(15) Alcohol, tobacco, and other drugs--use, misuse, and physiological effects. The student understands the difference between use and misuse of different substances and how the use and misuse of substances impacts health.</p> <p>(16) Alcohol, tobacco, and other drugs--short- and long-term impacts. The student identifies and analyzes the short- and long-term impacts of the use and misuse of alcohol; tobacco; drugs, including prescription drugs; and other substances.</p> <p>(17) Alcohol, tobacco, and other drugs--treatment. The student recognizes and understands the options for treatment and how to seek help related to the use and misuse of alcohol; tobacco; drugs, including prescription drugs; and other substances</p> <p>(18) Alcohol, tobacco, and other drugs--risk and protective factors. The student understands how various factors can influence decisions regarding substance use and the resources available for help</p> <p>(19) Alcohol, tobacco, and other drugs--prevention. The student analyzes information and applies critical-thinking skills to avoid substance use and misuse and recognizes the benefits of delayed use.</p>

<p>2087484 Human Body III <i>Student Learning Guide</i></p> <p>1371501 Human Body <i>Curriculum Mastery Game – Class Pack Edition</i></p>	<p>(22) Reproductive and sexual health--anatomy, puberty, reproduction, and pregnancy. The student analyzes adolescent development, the process of fertilization, and healthy fetal development.</p> <p>(23) Reproductive and sexual health--sexual risk. The student understands that there are risks associated with sexual activity and that abstinence from sexual activity is the only 100% effective method to avoid risks</p>
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Resources	Health Education, TEKS §115.27. Grades 7-8, Adopted 2020
<p>1531267 Moving/Controlling <i>Curriculum Learning Module</i></p> <p>1531268 Fuel/Transportation <i>Curriculum Learning Module</i></p> <p>1531269 Maintaining Life <i>Curriculum Learning Module</i></p> <p>2087436 Antibodies <i>3-D Model Kit</i></p> <p>2087412 Digestive System <i>3-D Model Kit</i></p>	<p>(b) Knowledge and skills. (1) Physical health and hygiene--body systems. The student examines the structures, functions, and relationships of body systems and their relevance to personal health. The student is expected to describe the relationships among the body systems.</p>
<p>2013483 MyPlate - Food & Nutrition <i>Flip Chart Set – MS Level</i></p> <p>2013515 Food Nutrients <i>Learning Center</i></p> <p>2013516 Choose MyPlate <i>Learning Center</i></p> <p>2013517 Food Nutrition Facts Labels <i>Learning Center</i></p> <p>2013518 Making Healthy Choices <i>Learning Center</i></p> <p>2013489 MyPlate <i>Visual Learning Guides - Set of 10</i></p> <p>2013501 MyPlate - Food & Nutrition <i>Bulletin Board Charts (Set of 8)</i></p> <p>2013485 MyPlate – MS Level <i>Student Learning Guide</i></p>	<p>(7) Healthy eating and physical activity--food and beverage daily recommendations. The student analyzes and applies healthy eating strategies for enhancing and maintaining personal health throughout the lifespan.</p>
<p>2041475 Stop Bullying! <i>Bulletin Board Charts (Set of 8)</i></p> <p>2041481 Stop Bullying! <i>Flip Chart Set</i></p> <p>2092236 Stop Bullying <i>Student Learning Guide</i></p>	<p>(13) Injury and violence prevention and safety--digital citizenship and media. The student understands how to be a safe and responsible citizen in digital and online environments.</p> <p>(14) Injury and violence prevention and safety--interpersonal violence. The student understands the impact of interpersonal violence and the importance of seeking guidance and help to maintain personal safety.</p>

<p>2041464 Substance Abuse <i>Chart (Set of 7)</i></p> <p>2041480 Substance Abuse & Addiction <i>Flip Chart Set</i></p> <p>2092238 Substance Abuse & Addiction <i>Student Learning Guide</i></p> <p>2041472 Smoking & Vaping <i>Bulletin Board Chart Set of 6</i></p> <p>2041469 Smoking & Vaping <i>Flip Chart Set</i></p> <p>2092233 Smoking & Vaping <i>Student Learning Guide</i></p> <p>2041477 Alcohol Abuse <i>Chart (Set of 7)</i></p> <p>2041465 Alcohol Abuse & Addiction <i>Flip Chart Set</i></p> <p>2092240 Alcohol Abuse & Addiction <i>Student Learning Guide</i></p> <p>2041471 Opioid Drugs <i>Bulletin Board Chart (Set of 7)</i></p> <p>2041467 All About Opioid Drugs <i>Flip Chart Set</i></p> <p>2092235 All About Opioid <i>Student Learning Guide</i></p> <p>2041468 Marijuana <i>Bulletin Board Chart (Set of 7)</i></p> <p>2041466 All About Marijuana <i>Flip Chart Set</i></p> <p>2041468 All About Marijuana <i>Student Learning Guide</i></p> <p>2041479 Impaired Driving <i>Bulletin Board Chart (Set of 8)</i></p> <p>2041478 Impaired Driving <i>Flip Chart Set</i></p> <p>2092237 Impaired Driving <i>Student Learning Guide</i></p>	<p>(15) Alcohol, tobacco, and other drugs--use, misuse, and physiological effects. The student understands the difference between use and misuse of different substances and how the use and misuse of substances impacts health.</p> <p>(16) Alcohol, tobacco, and other drugs--short- and long-term impacts. The student identifies and analyzes the short- and long-term impacts of use and misuse of alcohol; tobacco; drugs, including prescription drugs; and other substances.</p> <p>(17) Alcohol, tobacco, and other drugs--treatment. The student recognizes and understands the options for treatment and how to seek help related to the use and misuse of alcohol; tobacco; drugs, including prescription drugs; and other substances.</p> <p>(18) Alcohol, tobacco, and other drugs--risk and protective factors. The student understands how various factors can influence decisions regarding substance use and the resources available for help.</p> <p>(19) Alcohol, tobacco, and other drugs--prevention. The student analyzes information and applies critical-thinking skills to avoid substance use and misuse and recognizes the benefits of delayed use. The student is expected to develop and apply strategies, including demonstrating refusal skills, for avoiding alcohol, tobacco, and other drugs in various scenarios.</p>
<p>1531269 Maintaining Life <i>Curriculum Learning Module</i></p>	<p>(22) Reproductive and sexual health--anatomy, puberty, reproduction, and pregnancy. The student analyzes adolescent development, the process of fertilization, and healthy fetal development.</p>

Resource	Physical Education TEKS § 116.5 - 116.23 Grades 3-8
<p>2092239 Play Sports! <i>Student Learning Guide</i></p> <p>2041474 Play Sports! <i>Flip Chart Set</i></p> <p>2041470 Play Sports! <i>Bulletin Board Chart (Set of 7)</i></p>	<p>(3) Movement patterns and movement skills--manipulative skills. The physically literate student demonstrates competency in developmentally appropriate manipulative skills.</p> <p>(4) Movement patterns and movement skills--spatial and body awareness. The physically literate student demonstrates competency in spatial and body awareness including pathways, shapes, levels, speed, direction, and force.</p>
<p>2041473 Exercise Facts <i>Bulletin Board Chart (Set of 7)</i></p> <p>2041476 Exercise Facts <i>Flip Chart Set</i></p> <p>2092241 Exercise Facts <i>Student Learning Guide</i></p>	<p>(8) Health, physical activity, and fitness--fitness principles. The physically literate student demonstrates and recognizes a health enhancing, physically-active lifestyle</p>