


# Health 1 - High School Curriculum Guide

## Beaumont Independent School District



# Table of Contents

To access the **clickable** Table of Contents click on the  to the left of this page to click directly to the items listed below.

- **BISD Information**
  - Vision, Mission, and Core Beliefs
  - SHAC - School Health Advisory Council
  - District Calendar 2024-2025
  - District Lesson Plan Template
- **Health and Physical Education Department Information**
  - Course Description
  - Health Grade Scale
  - Year at a Glance
  - Parent Opt In Letter
    - Understanding Texas Law
    - Texas Education Code 28.004.
  - P.A.P.A. - Parenting & Paternity Awareness
- **Health Units & Resources - Glencoe Health 1**
  - Program Overview - Glencoe Health 1 Platform
  - Digital Walkthrough - Glencoe Health 1 Platform
  - TEKS Coverage Document - Glencoe Health 1
  - National Standards Correlation - Glencoe Health 1
  - Texas ELPS Correlation - Glencoe Health 1
  - Unit 1: A Healthy Foundation
  - Unit 2: Mental and Emotional Health
  - Unit 3: Healthy and Safe Relationships
  - Unit 4: Nutrition and Physical Activity
  - Unit 5: Personal Care and Body Systems
  - Unit 6: Growth and Development
  - Unit 7: Drugs
  - Unit 8: Diseases & Disorders
  - Unit 9: Safety & Environmental Health
- **TEKS - Health 1**
- **National Health Standards**
- **Teacher Resources**
  - Health Specific Resources
  - General Teaching Resources
  - [Tuckers Law- Catch Lesson Plans](#)
  - [Tuckers Law](#)

# **Beaumont ISD Information**

## **Vision, Mission, and Core Beliefs**

### **Motto**

Preparing Our Next Generation

### **Vision**

In collaboration with the entire community, we will create an inclusive environment of academic excellence that supports the diverse needs of all learners.

### **Mission**

We will inspire and prepare all students for lifelong success by providing an exemplary education in a safe learning environment.

### **Core Beliefs**

1. All children can and will learn. The District will prioritize effective, engaging instruction aligned with a challenging curriculum for all students.
2. We can achieve higher levels of performance within every facet of our organization. The District will promote high expectations for all students and staff members, clearly defined District goals and strategically aligned resources.
3. Every classroom will have an effective teacher and every school will have an effective principal. The District will recruit, develop and retain highly effective teachers and administrators.
4. All school and work environments will be safe, secure and supportive. The District will ensure that learning and work environments are safe, secure and supportive in order for all students and staff to achieve high levels of performance.
5. In order to prepare our next generation to become responsible citizens, we will work collaboratively with our families and community partners. The District will actively collaborate with families and community partners to maximize opportunities for the success of our students.
6. We should be fiscally responsible and accountable to the public. The District will implement financial procedures and internal controls to ensure fiscal responsibility.

## **SHAC - School Health Advisory Council**


A School Health Advisory Council (SHAC) is a group appointed by the school district to serve at the district level. Members of the SHAC come from different areas of the community and from within the school district. The majority of members must be parents who are not employed by the district. Texas law ([Texas Education Code, Title 2, Subtitle F, Chapter 28, Subchapter A, §28.004](#)) requires the establishment of a SHAC for every school district. SHACs are required to meet at least four times each year.

SHACs assist the districts in ensuring that local community values are reflected in health education instruction. Additionally, SHACs play an important role in strengthening the connection between health and learning. They can help parents and community stakeholders reinforce the knowledge and skills children need to stay healthy for a lifetime. (pulled from [www.dshs.texas.gov](http://www.dshs.texas.gov))

Click [here](#) to access the BISD Health Advisory Committee information.

[SHAC- TEA Frequently asked questions](#)

## District School Calendar



**2024-2025**  
**Instructional Calendar**

JULY							AUGUST							SEPTEMBER							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
	1	2	3	4	5	6					1	2	3		1	2	3	4	5	6	7
7	8	9	10	11	12	13	4	5	6	7	8	9	10	8	9	10	11	12	13	14	
14	15	16	17	18	19	20	11	12	13	14	15	16	17	15	16	17	18	19	20	21	
21	22	23	24	25	26	27	18	19	20	21	22	23	24	22	23	24	25	26	27	28	
28	29	30	31				25	26	27	28	29	30		29	30						

OCTOBER							NOVEMBER							DECEMBER							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
		1	2	3	4	5						1	2		1	2	3	4	5	6	7
6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14	
13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21	
20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28	
27	28	29	30	31			24	25	26	27	28	29	30	29	30	31					

JANUARY							FEBRUARY							MARCH						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4						1								1
5	6	7	8	9	10	11	2	3	4	5	6	7	8	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28		23	24	25	26	27	28	29

APRIL							MAY							JUNE							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
		1	2	3	4	5					1	2	3		1	2	3	4	5	6	7
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14	
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21	
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28	
27	28	29	30				25	26	27	28	29	30	31	29	30						

**SCHOOL HOURS**

Bayman.....8:10 a.m. - 3:30 p.m.  
 Lucas.....8:05 a.m. - 3:25 p.m.  
 Homer Dr.....7:45 a.m. - 4:00 p.m.  
 Pietzsch-Wadefuhr.....8:00 a.m. - 3:30 p.m.  
 Elementary.....8:00 a.m. - 3:30 p.m.  
 Middle.....8:45 a.m. - 4:15 p.m.  
 High School.....7:15 a.m. - 2:45 p.m.  
 ECHS.....7:15 a.m. - 2:45 p.m.  
 Pathways.....7:20 a.m. - 2:35 p.m.  
 Brown.....7:35 a.m. - 2:55 p.m.  
 Brown Extended Hours, Mt-Tu 3:45 p.m. - 7:15 p.m.  
 Career Center.....7:25 a.m. - 2:30 p.m.

Beaumont ISD  
 Administration Building  
 3395 Harrison Avenue  
 Beaumont, Texas 77706  
 (409) 617-5000 • Fax (409) 617-5184  
 bmtisd.com

**GRADING PERIODS**

1st grading period - Aug. 12 - Oct. 9  
 2nd grading period - Oct. 16 - Dec. 20  
 3rd grading period - Jan. 7 - March 6  
 4th grading period - March 17 - May 30

**GOALS NIGHT**

High School -  
 Middle School -  
 Elementary -

**GRADUATION DATES**

**KEY**

- - First/Last Day of School
- - Staff Development or Teacher Work Days
- - Teacher Work Day
- ◀ - End of Grading Period
- - Half Day/Early Release
- - Staff/Student Holiday
- - New Teacher Orientation
- - Intersession Days

BOARD APPROVED 12-22  
 REVISED 4-24

Click [Here](#) for a printable copy.

# **Health & Physical Education Department Information**

## **Course Description**

0101 Health Education

Offered in: 8 – 12

Credits: 1/2 Level: On Level

Prerequisite: None

The course includes skills for physical and mental health, information for understanding, public health issues, nutrition, knowledge of the various body systems, training in CPR techniques for first aid, drug education, family living and healthy lifestyles, community health, disease, and safety.

## **Health Grade Scale**

Middle & High School

60% MAJOR GRADES - EXAMS, MAJOR PROJECTS, ESSAYS, ETC

40% MINOR GRADES – HOMEWORK, IN-CLASS ASSIGNMENTS, JOURNALS,  
QUIZ, ETC

All health teachers in the Beaumont Independent School District will be utilizing this scale when assigning grades to students. It is an addendum to school board policy and should be adhered to.

## Year at a Glance 9-12

Click [Here](#) if you want to print just the YAG.

UNIT	MODULES & LESSONS	DATES
First Week - Classroom Procedures		SEM 1: Aug 12 -Dec 20 SEM 2: Jan 9 - 11
UNIT 1: A Healthy Foundation Modules 1 & 2	Module 1: Understanding Health and Wellness	SEM 1: Aug 12 - 23 SEM 2: Jan 7 - 17
	Lesson 1: Your Total Health	
	Lesson 2: What Affects Your Health?	
	Lesson 3: Health Risks and Your Behavior	
	Lesson 4: Promoting Health and Wellness	
	Module 2: Taking Charge of Your Health	
	Lesson 1: Building Health Skills	
	Lesson 2: Making Responsible Decisions & Setting Goals	
	Lesson 3: Being a Health-Literate Consumer	
	Lesson 4: Managing Consumer Problems	
Unit 2: Mental and Emotional Health Modules 3, 4, & 5	Module 3: Achieving Mental and Emotional Health	SEM 1: Aug 26 - Sept 3 SEM 2: Jan 21 - 28
	Lesson 1: Developing Your Self-Esteem	
	Lesson 2: Developing Personal Identity and Character	
	Lesson 3: Expressing Emotions in Healthy Ways	
	Module 4: Managing Stress and Coping with Loss	
	Lesson 1: Understanding Stress	
	Lesson 2: Managing Stress	
	Lesson 3: Coping with Loss and Grief	



	Module 5: Mental and Emotional Problems	
	Lesson 1: Dealing with Anxiety and Depression	
	Lesson 2: Mental Disorders	
	Lesson 3: Suicide Prevention	
	Lesson 4: Getting Help	
UNIT 3: Healthy and Safe Relationships Modules 6, 7, 8 & 9	Module 6: Skills for Healthy Relationships	SEM 1: Sept 4 - 16 SEM 2: Jan 29 - Feb 10
	Lesson 1: Foundations of Healthy Relationships	
	Lesson 2: Respecting Yourself and Others	
	Lesson 3: Communicating Effectively	
	Module 7: Family Relationships	
	Lesson 1: Healthy Family Relationships	
	Lesson 2: Strengthening Family Relationships	
	Lesson 3: Help for Families	
	Module 8: Peer Relationships	
	Lesson 1: Safe and Healthy Friendships	
	Lesson 2: Peer Pressure & Refusal Skills	
	Lesson 3: Practicing Abstinence	
	Module 9: Resolving Conflicts and Preventing Violence	
	Lesson 1: Causes of Conflict	
	Lesson 2: Resolving Conflicts	
	Lesson 3: Understanding Violence	
	Lesson 4: Preventing and Overcoming Abuse	
UNIT 4: Nutrition and Physical Activity Modules 10, 11 & 12	Module 10: Nutrition for Health	SEM 1: Sept 17 - 30 SEM 2: Feb 11 - 28
	Lesson 1: The Importance of Nutrition	



	Lesson 2: Nutrients	
	Lesson 3: Healthy Food Guidelines	
	Lesson 4: Nutrition Label and Food Safety	
	Module 11: Managing Weight and Eating Behaviors	
	Lesson 1: Maintaining a Healthy Weight	
	Lesson 2: Body Image and Eating Disorders	
	Lesson 3: Lifelong Nutrition	
	Module 12: Physical Activity and Fitness	
	Lesson 1: Benefits of Physical Activity	
	Lesson 2: Improving Your Fitness	
	Lesson 3: Planning a Personal Activity Program	
	Lesson 4: Fitness Safety and Avoiding Injuries	
UNIT 5: Personal Care and Body Systems Modules 13, 14, 15, & 16	Module 13: Personal Health Care	SEM 1: Oct 1 - 23 SEM 2: Mar 3 - 26
	Lesson 1: Healthy Skin, Hair, and Nails	
	Lesson 2: Healthy Teeth & Mouth	
	Lesson 3: Healthy Eyes and Ears	
	Module 14: Skeletal, Muscular, and Nervous Systems	
	Lesson 1: The Skeletal System	
	Lesson 2: The Muscular System	
	Lesson 3: The Nervous System	
	Module 15: Cardiovascular, Respiratory and Digestive Systems	
	Lesson 1: The Cardiovascular and Lymphatic Systems	
	Lesson 2: The Respiratory System	
	Lesson 3: The Digestive System	

	Lesson 4: The Excretory System	
	Module 16: Endocrine and Reproductive Health	
	Lesson 1: The Endocrine System	
	Lesson 2: The Male Reproductive System	
	Lesson 3: The Female Reproductive System	
<b>UNIT 6: Growth and Development</b>  <b>Modules 17 &amp; 18</b>	Module 17: The Beginning of the Life Cycle	<b>SEM 1: Oct 24 - 31</b> <b>SEM 2: March 27-Apr.3</b>
	Lesson 1: Prenatal Development & Care	
	Lesson 2: Heredity & Genetics	
	Lesson 3: Birth Through Childhood	
	Module 18: The Life Cycle Continues	
	Lesson 1: Changes During Adolescence	
	Lesson 2: Adulthood, Marriage, and Parenthood	
	Lesson 3: Health Through the Life Cycle	
<b>UNIT 7: Drugs</b>  <b>Modules 19, 20, 21 &amp; 22</b>  <b>Tucker's Law</b>  <a href="#">Tucker's Law-CATCH Sample Lesson Plan</a>  <a href="#">Tucker's Law</a>	Module 19: Medicines and Drugs	<b>SEM 1: Nov. 1-12</b> <b>SEM 2: April 4 - 15</b>
	Lesson 1: The Role of Medicines	
	Lesson 2: Using Medicines Safely	
	Module 20: Tobacco	
	Lesson 1: The Health Risk of Tobacco Use	
	Lesson 2: Choosing to Live Tobacco Free	
	Lesson 3: Promoting a Smoke-Free Environment	
	Module 21: Alcohol	
	Lesson 1: The Health Risk of Alcohol Use	
	Lesson 2: Choosing to Live Alcohol Free	
	Lesson 3: The Impact of Alcohol Abuse	

	<b>Module 22: Illegal Drugs</b>	
	<b>Lesson 1: The Health Risk of Drug Use</b>	
	<b>Lesson 2: Marijuana, Inhalants, and Steroids</b>	
	<b>Lesson 3: Psychoactive Drugs</b>	
	<b>Lesson 4: Living Drug Free</b>	
<b>UNIT 8: Diseases and Disorders</b>  <b>Modules 23, 24 &amp; 25</b>	<b>Module 23: Communicable Diseases</b>	<b>SEM 1: Nov 13 - Nov.22</b>  <b>SEM 2: April 16 -29</b>
	<b>Lesson 1: Understanding Communicable Diseases</b>	
	<b>Lesson 2: Common Communicable Diseases</b>	
	<b>Lesson 3: Fighting Communicable Diseases</b>	
	<b>Lesson 4: Emerging Diseases and Pandemics</b>	
	<b>Module 24: Sexually Transmitted Infections and HIV/AIDS</b>	
	<b>Lesson 1: Sexually Transmitted Diseases</b>	
	<b>Lesson 2: Preventing and Treating STDs</b>	
	<b>Lesson 3: HIV &amp; AIDS</b>	
	<b>Lesson 4: Preventing and Treating for HIV /AIDS</b>	
	<b>Module 25: Noncommunicable Diseases &amp; Disabilities</b>	
	<b>Lesson 1: Cardiovascular Diseases</b>	
	<b>Lesson 2: Cancer</b>	
	<b>Lesson 3: Allergies, Asthma, Diabetes, and Arthritis</b>	
	<b>Lesson 4: Physical &amp; Mental Challenges</b>	
<b>UNIT 9: Safety and Environmental Health</b>  <b>Chapters 26, 27 &amp; 28</b>	<b>Module 26: Safety and Injury Prevention</b>	<b>SEM 1: Dec 2 - 19</b>  <b>SEM 2: April 30-May29</b>
	<b>Lesson 1: Personal Safety and Protection</b>	
	<b>Lesson 2: Safety at Home and in Your Community</b>	
	<b>Lesson 3: Outdoor Safety</b>	

	Lesson 4: Safety on the Road	
	Module 27: First Aid and Emergencies	
	Lesson 1: Providing First Aid	
	Lesson 2: CPR and First Aid for Shock and Choking	
	Lesson 3: Responding to Other Common Emergencies	
	Lesson 4: Emergency Preparedness	
	Module 28: Community and Environmental Health	
	Lesson 1: Community and Public Health	
	Lesson 2: Air Quality and Health	
	Lesson 3: Protecting Land and Water	
REVIEW & FINAL EXAM		SEM 1: Dec 16 - 20 SEM 2: May 23 - 29

Semester 1 Pacing Calendar Click [Here](#)

Semester 2 Pacing Calendar Click [Here](#)

## Parent Opt In Letter

Make sure you edit the date on the letter before you print off & pass out.

[English Version](#)

[Spanish Version](#)

## [Understanding Texas Law](#)

Click the title above for a document.

## [Texas Education Code 28.004.](#)

Click the title above for the document.

## P.A.P.A. - Parenting & Paternity Awareness

### [P.A.P.A. - Parenting & Paternity Awareness Lessons](#)

- [Parent Letter - English](#)
- [Parent Leter - Spanish](#)

# Health Units & Resources - Glencoe Health

## [Program Overview Glencoe 1 Health](#)

Click link for overview of the new Glencoe health resources.

## [Digital Walkthrough Glencoe Health 1 Platform](#)

Click link for document that explains the digital platform of the Glencoe health book.

## [TEKS Coverage Document Glencoe Health 1](#)

Click above for a document.

## [National Standards Correlation Glencoe Health 1](#)

Click above for a document. ALL apply except the sexual health section at bottom.

## [Texas ELPS Correlation Glencoe Health 1](#)

Click above for a document.

## Health Unit Resources

Unit	Module	Resource <u>Blue - Web sites</u> <u>Red - Usable Document</u>
<b>Unit 1: A Healthy Foundation</b>	Module 1: Understanding Health and Wellness	<ul style="list-style-type: none"> <li>• <a href="#">Health Triangle</a></li> <li>• <a href="#">Wellness Self-Inventory</a></li> <li>• <a href="#">Healthy People 2030</a></li> </ul>
	Module 2: Taking Charge of Your Health	<ul style="list-style-type: none"> <li>• <a href="#">I am Empowered Lesson (Advocacy)</a></li> </ul>
<b>Unit 2: Mental and Emotional Health</b>	Module 3: Achieving Mental and Emotional Health	<ul style="list-style-type: none"> <li>• <a href="#">Character Lesson</a></li> <li>• <a href="#">Student Vision Board</a></li> <li>• <a href="#">Dove Self-Esteem Project</a></li> </ul>
	Module 4: Managing Stress and Coping with Loss	<ul style="list-style-type: none"> <li>• <a href="#">Stress! No Body Needs It Lesson</a></li> <li>• <a href="#">Grief &amp; Loss (website link to activity)</a></li> </ul>
	Module 5: Mental and Emotional Problems	<ul style="list-style-type: none"> <li>• <a href="#">Youth Mental Health Resources (NAMI - Texas)</a></li> <li>• <a href="#">Shine Light On Depression Resource Portal (Erika's Lighthouse)</a> <ul style="list-style-type: none"> <li>- If you haven't set up an account click <a href="#">HERE</a></li> </ul> </li> <li>• <a href="#">National Institute of Mental Health</a></li> <li>• <a href="#">Mental Health First Aid</a></li> <li>• <a href="#">Mental Health Literacy</a></li> </ul>
<b>Unit 3: Healthy and Safe Relationships</b>	Module 6: Skills for Healthy Relationships	<ul style="list-style-type: none"> <li>• <a href="#">Healthy Relationships (HS Curriculum)</a></li> <li>• <a href="#">PACER's National Bully Prevention Center</a> <ul style="list-style-type: none"> <li>◦ <a href="#">PACER Center's GTeens Against Bullying</a></li> </ul> </li> <li>• <a href="#">Idealistic, Realistic &amp; Unrealistic Relationship Lesson/Activity</a></li> <li>• <a href="#">RelationSHIP Lesson/Activity</a></li> </ul>
	Module 7: Family Relationships	
	Module 8: Peer Relationships	<ul style="list-style-type: none"> <li>• <a href="#">True Friends vs. Toxic Friend Activity</a></li> <li>• <a href="#">Love Is Respect Educator Toolkit</a> <ul style="list-style-type: none"> <li>◦ <a href="#">Middle School Toolkit</a></li> <li>◦ <a href="#">High School Toolkit</a></li> </ul> </li> </ul>
	Module 9: Resolving Conflicts and Preventing Violence	<ul style="list-style-type: none"> <li>• <a href="#">Styles for Handling Conflict Lesson &amp; Activities</a></li> </ul>

<b>Unit 4: Nutrition and Physical Activity</b>	Module 10: Nutrition for Health	<ul style="list-style-type: none"> <li>• <a href="#">Choose MyPlate</a></li> <li>• <a href="#">Health Educator's Nutrition Toolkit</a></li> <li>• <a href="#">Food Label - FDA</a></li> <li>• <a href="#">Advocating for Healthy Nutrition Habits Unit (Shape)</a></li> </ul>
	Module 11: Managing Weight and Eating Behaviors	<ul style="list-style-type: none"> <li>• <a href="#">The ABC's of Eating Disorders activity</a></li> </ul>
	Module 12: Physical Activity and Fitness	<ul style="list-style-type: none"> <li>• <a href="#">Target Heart Range Sheet</a></li> <li>• <a href="#">Heart Rate Lab</a></li> <li>• <a href="#">Concussion Information</a></li> </ul>
<b>Unit 5: Personal Care and Body Systems</b>	Module 13: Personal Health Care	
	Module 14: Skeletal, Muscular, and Nervous Systems	<ul style="list-style-type: none"> <li>• <a href="#">InnerBody - Explore Human Anatomy (all systems)</a></li> <li>• <a href="#">TedEd - Human Body Video Playlist (make sure to check each video before showing &amp; some have questions sets available also)</a></li> </ul>
	Module 15: Cardiovascular, Respiratory & Digestive Systems	
	Module 16: Endocrine and Reproductive Health	
<b>Unit 6: Growth and Development</b>	Module 17: The Beginning of the Life Cycle	
	Module 18: The Life Cycle Continues	<ul style="list-style-type: none"> <li>• <a href="#">P.A.P.A. - Parenting &amp; Paternity Awareness Lessons</a> <ul style="list-style-type: none"> <li>◦ <a href="#">Parent Letter - English</a></li> <li>◦ <a href="#">Parent Letter - Spanish</a></li> </ul> </li> </ul>
<b>Unit 7: Drugs</b>	Module 19: Medicines and Drugs	<ul style="list-style-type: none"> <li>• <a href="#">NIDA - National Institute of Drug Abuse</a> <ul style="list-style-type: none"> <li>◦ <a href="#">NIDA - (Lesson &amp; Activities)</a></li> </ul> </li> <li>• <a href="#">Drug Free World (drug info &amp; documentary)</a></li> <li>• <a href="#">Project ALERT - Substance Abuse Prevention</a></li> <li>• <a href="#">Red Ribbon Week</a></li> <li>• <a href="#">MDAnderson's ASPIRE - Tobacco Prevention &amp; Cessation</a></li> <li>• <a href="#">CATCH My Breath - Vaping Prevention Program</a></li> <li>• <a href="#">Electronic Cigarette Info/Youth Presentation - CDC</a></li> <li>• <a href="#">Cannabis/Marijuana Awareness &amp; Prevention Toolkit (Stanford Medical)</a></li> <li>• <a href="#">Dose of Knowledge</a> - Start the conversation around substance misuse with standards-aligned classroom resources.</li> </ul>
	Module 20: Tobacco	
	Module 21: Alcohol	
	Module 22: Illegal Drugs	
	Tuckers Law <a href="#">Sample Lesson Plan</a> <a href="#">Close to Home- Blain Paget Story</a>  <a href="#">Tucker's Law Video</a> <a href="#">One Pill: Fighting Fentanyl</a>  <a href="#">Fentanyl videos</a>  <a href="#">National Fentanyl Awareness Day</a>	



<b>Unit 8: Diseases and Disorders</b>	Module 23: Communicable Diseases	<ul style="list-style-type: none"> <li>• <a href="#">CDC NERD Academy Curriculum (pandemics, disease spread, etc)</a></li> </ul>
	Module 24: Sexually Transmitted Infections and HIV/AIDS	
	Module 25: Noncommunicable Diseases & Disabilities	<ul style="list-style-type: none"> <li>• <a href="#">American Diabetes Association</a></li> <li>• <a href="#">American Lung Association_Asthma Resource</a></li> </ul>
<b>Unit 9: Safety and Environmental Health</b>	Module 26: Safety and Injury Prevention	<ul style="list-style-type: none"> <li>• <a href="#">Digital Citizenship Curriculum (includes cyberbullying lesson)</a></li> <li>• <a href="#">Cyberbullying Research Center</a> (lots of printables under resource tab)</li> </ul>
	Module 27: First Aid and Emergencies	<ul style="list-style-type: none"> <li>• <a href="#">CPR &amp; First Aid Anywhere Lesson Plans (Pre/Post Test, etc.)</a></li> </ul> <p><a href="#">District CPR &amp; Stop the Bleed Info</a></p> <ul style="list-style-type: none"> <li>• Hands Only CPR Resources <ul style="list-style-type: none"> <li>◦ <a href="#">American Heart Association</a></li> <li>◦ <a href="#">Red Cross</a></li> </ul> </li> <li>• <a href="#">Stop the Bleed Interactive Course</a> (the stop the bleed course needs to be done w/ <u>school nurse present</u> - contact the campus nurse in advance of teaching so they can bring the kits &amp; be present for lessons.)</li> <li>• <a href="#">Stop The Bleed Resources</a></li> </ul>
	Module 28: Community and Environmental Health	<ul style="list-style-type: none"> <li>• <a href="#">Knowing Your Family Health History</a></li> <li>• <a href="#">National Center for Environmental Health</a></li> </ul>

## TEKS - Health 1

Click [HERE](#) for PDF of high school health TEKS.

## National Health Standards (NHES)

Click [HERE](#) to go to NHES.

# Teacher Resources

## Health Specific Resources

### Blue - Web sites

### Red - Usable Document

These resources cover multiple health topics so they were not placed within a specific units resources:

- [CBHPE](#) - Chromebook in Health & Physical Education - tons of health specific resources
  - [Human Bingo](#)
  - [Health Comic Strip](#) - Google Drawing
- [Everfi](#) - Online courses for students (mental wellness, character, RX drug, Alcohol, Vaping, Bullying, etc.
  - [Quick Start Guide for New Teachers](#)
  - [Everfi Teacher Resource](#) - how to set up class, account, etc.
  - [Student Registration Sheet](#) - tells students how to log in & place to keep username/password saved
- [Flippity](#) - Link to a presentation showing how it can be used in health & physical education. It has templates already created that can be downloaded.
- [Project School Wellness](#) - discover impactful & engaging health education resources
  - [Project School Wellness Youtube channel](#)
- [TedEd Health](#) - groups of health related TedEd videos related to health topics
  - [TedEd Lesson Resources](#) - lesson extensions for videos
- [Alliance for a Healthier Generation](#)
- [CDC](#) - Center for Disease Control & Prevention
  - [BAM! Body & Mind \(CDC\)](#)
- [It's Time Texas](#) - It's Time Texas is a statewide non-profit organization working to bring people, communities, and organizations together to take action that supports health for all, now and for generations to come.
- [KidsHealth in the Classroom](#) - offers educators free health-related lesson plans for PreK - 12th Grade.
- [PBS Learning Media](#) - resources that provide essential lessons on physical, mental, and emotional health
- [SHAPE - Society of Health and Physical Educators](#)
- [TAHPERD - Texas Association of Health, Physical Education, Recreation and Dance](#)
- [Health Powered Kids](#)
- [Varsity Brands](#) - Varsity Brands is providing FREE access to our full 40 week Empowerment Program and Leadership Tools with Google Slides and PDF formatted files.
  - [Believe in You Video Series](#) - series designed to educate students & staff about the incredible power of believing in yourself, despite the challenges & trials that life may present. (video, lesson plans, etc)
  - [Digital Empowerment Journals](#) - printable ready-to-use journals for students with leader guides
- [Health Education Today](#) - lessons, teaching tips & ideas
- [Health Related Writing Prompts](#)

Last Updated: June 2024 by Rebeckah Sims

- [Expository Pillar Planning Page](#)

- [Bell Ringers Video Clips/Questions](#)
- [Health ABC Book](#)
- [Health Notebook](#)
- [Flashcard Template](#)
- [Review Bingo Template](#)

**Health Education Blogs**

- [Project School Wellness](#)
- [SHAPE America](#)

## General Teaching Resources

- [ReadWorks](#) - (great for ISS or CRD assignments) free reading passages with question sets by topic, grade level or reading level
- [Ditch That Textbook](#) - tons of resources (pre-created templates, slides, project ideas, etc)
- [Google/Zoom Resources/Videos](#) - cheat sheets, videos & resources
- [Flipgrid](#) - is social learning - because learning is more fun when we do it together. Our free video discussion app provides a safe accessible space where students of all ages, abilities and backgrounds can explore new ideas, connect with others, get creative, and contribute to meaningful discussions.
  - [Flipgrid Educator's Guide](#)
- [Kahoot!](#) - create your own kahoot (quiz game) or choose from 100+ million ready-to-play games already created
- [Gymkit](#) - a digital quiz game that uses questions and answers to help students learn (free version available)
- [Nearpod](#) - Creates interactive slides, interactive videos, gamifications & activities, etc.
- [Slidemia](#) - free creative PowerPoint/Google Slides themes - much more than presentations
- [Classroom Screen](#) - support your class activities, stimulate engagement and help your students get to work by using the intuitive tools (timer, dice, voice level, random name, qr code, etc)
- [Plickers](#) - accessible and engaging educational tool used by millions of teachers around the world to assess their students and collect instant results in the classroom.
- [Alice Keeler](#) - has good resources & templates
- [Canva](#) - a graphic design tool that works to simplify the process of digital design
  - [Canva for Education Teacher resources](#)
- [Wakelet](#) - Save, organize and share content from across the web
- [Free TPT 9th grade. Health Projects](#)

**Exit Ticket Ideas for Lessons:** These are some great resources for exit tickets. You can print out as they are, edit, or create your own.

[Exit Ticket Templates](#)

[Customizable Exit Tickets](#)

[Downloadable Exit Tickets](#)

[Fill in Exit Tickets](#)

[Free Teachers Pay Teachers Exit Tickets](#)

[Examples of power point exit tickets](#)

[Power point Versions](#) of exit tickets from above examples

**For something different also try an entrance ticket**

**Looking to Activate Schema before a lesson?**

As teachers we know how important it is to build background knowledge before we get started on a lesson.

Have you ever tried using exit tickets for this purpose? Maybe we should call them entrance tickets when used in this way.

Students can pick up a ticket as they enter the classroom and share a thought or two about the subject of the day.

Next, encourage your students to share their ideas with their classmates.

This can be a different way to use exit tickets and a creative way to build background knowledge before you dig into a new text or topic.

# **INTEGRATING STEM INTO THE HEALTH CLASSROOM**

**[STEM BEHIND HEALTH](#) **BETA CELLS AND BLOCK PLOTS****

**[RARE DISEASE HOPEFUL RESEARCH](#)**

**[HIGH SCHOOL, HUMAN BIOLOGY & HEALTH STEM ACTIVITIES FOR KIDS](#)**

**[50+ STEM ACTIVITIES FOR ANY CLASSROOM](#)**

**[SAVE THE WORLD WITH STEM](#)**

**[CDC SCIENCE AMBASSADOR STEM LESSONS](#)**

**[SCIENCE AMBASSADOR PROGRAM](#)**

**[CDC AND STEM](#)**

**[CDC STEM ACTIVITIES](#)**

**[ZOMBIE BRAIN SCHOOL PROJECT](#)**