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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)

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

[SHAC- TEA Frequently Asked Questions](#)

Welcome to Health and Physical Education



The Health and Physical Education department supports the health and wellbeing of our students by supporting campus based health and physical education initiatives. The department ensures that students are exposed to education on maintaining a healthy lifestyle.

Rodney Saveat
Supervisor

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	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

Begman	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-MacArthur	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.
EDIS	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	M-Th 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

Health Education

Offered in: 6-8

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

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

UNIT	LESSONS	DATES
First Week - Classroom Procedures		SEM 1: Aug 12-Dec. 20 SEM 2: Jan 7-May 30
UNIT 1: Foundational Health Lessons 1-6	Unit 1: Foundational Health	SEM 1: Aug. 12-Sept. 16 SEM 2: Jan.7-Feb. 3
	Introduction to CATCH	
	Lesson 1: Why I'm a CATCH MVP	
	Lesson 2: Mind-Heart-Body Health	
	Lesson 3: Body Systems	
	Lesson 4: Taking on Illness	
	Lesson 5: Healthcare Options	
	Lesson 6: My Health Journey	
Unit 2: Nutrition & Physical Activity Lessons 1-8	Unit 2: Nutrition & Physical Activity	SEM 1: SEPT 17-OCT. 4 SEM 2: Feb. 4-March 7
	Lesson 1: Understanding Health, Inside & Out	
	Lesson 2: Energy In -Energy Out	
	Lesson 3: Whole vs. Processed	
	Lesson 4: Label Anatomy	
	Lesson 5: Chronic Conditions	
	Lesson 6: Media Influences	
	Lesson 7: My Health Plan	
	Lesson 8: My Health Journey	
UNIT 3: Mental Health & Wellness Lessons 1-4	Unit 3: Mental Health & Wellness	SEM 1: Sept - Oct. 9 SEM 2: March 17- 31
	Lesson 1 : Brain Development	
	Lesson 2: Understanding and Coping with Challenges	

	Lesson 3: Community Resources & Supporting One Another	
	Lesson 4: My Health Journey	
UNIT 4: Substance Misuse Prevention Lessons 1-9	Unit 4: Substance Misuse Prevention	SEM 1: Oct. 16-Nov.22 SEM 2: April 1-30
	Lesson 1: Understand the Choice	
	Lesson 2: The Brain Rewired	
	Lesson 3: Stand Firm on Your Choices	
	Lesson 4: Your Life. Your Choice	
	Lesson 5: Beyond the Vape	
	Lesson 6: All About Avoidance	
	Lesson 7: Just the Facts Virtual Field Trip	
	Lesson 8: Clearing the Air Virtual Field Trip	
	Lesson 9: My Health Journey	
UNIT 5: Staying Safe Lessons 1-8	Lesson 1: Healthy Relationships	SEM 1: Dec.2 -Dec. 20 SEM 2: May 1-23
	Lesson 2: avoiding Danger	
	Lesson 3: Online Safety	
	Lesson 4: Say No to Bullying	
	Lesson 5: Abuse & Neglect	
	Lesson 6: You To the Rescue (CPR and Stop the Bleed) training required)	
	Lesson 7: Personal Safety Plan	
	Lesson 8: My Health Journey	
REVIEW & FINAL EXAM		SEM 1: Dec 16-20 SEM 2: May 26-29

Health 6-8 Pacing Calendar

[Semester One](#)

[Semester two](#)

Parent Opt In Letter

[English Version](#)

[Spanish Version](#)

[Understanding Texas Law](#)

[Texas Education Code 28.004.](#)

Health Grade Scale

Middle & High School

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Health Units & Resources - CATCH

Unit	Lessons	Resource <u>Blue - Web sites</u> <u>Red - Usable Document</u>
UNIT 1: Foundational Health	Lesson 1: Why Im a CATCH MVP	<ul style="list-style-type: none"> • Health Triangle • Wellness Self-Inventory • Healthy People 2020 • Healthy People 2030
	Lesson 2: Mind-Heart- Body	<ul style="list-style-type: none"> • I am Empowered Lesson (Advocacy) • Exercise and Your Brain • Brain Boost • CDC Guidelines for Children and Adolescence
	Lesson 2: cont	<ul style="list-style-type: none"> • Character Lesson • Student Vision Board • Dove Self-Esteem Project <ul style="list-style-type: none"> • Mental Health Literacy • National Institute of Mental Health • Mental Health First Aid • Shine Light On Depression (Erika's Lighthouse) - If you haven't set up an account click HERE
	Lesson 3: Body Systems	<ul style="list-style-type: none"> • Body systems (Free Downloads) • InnerBody - Explore Human Anatomy (all systems) • TedEd - Human Body Video Playlist
	Lesson 4: Taking on Illness	<ul style="list-style-type: none"> • Breathe easy: Asthma 101 • Epilepsy Awareness • Diabetes • Prevent and Protect (vector borne illness from mosquitoes) • Healthy People 2020
	Lesson 5: Healthcare Options	<ul style="list-style-type: none"> • Keeping Clean when your a pre-teen • Evaluating health information • Steps for evaluating health information
	Lesson 6: My Health Journey	<ul style="list-style-type: none"> • Conversation Starters • How to Respect Others • Teens and Self Esteem • Physical Changes and Self esteem

		<ul style="list-style-type: none"> • Love Is Respect Educator Toolkit <ul style="list-style-type: none"> ◦ Middle School Toolkit ◦ High School Toolkit • Self Esteem and Social media • Nine benefits of goal setting • Smart Goals and How to write your own • Setting long term goals • Seven steps of decision making skills • Activities for decision making skills
UNIT 2: Nutrition & Physical Activity	Lesson 1: Understanding Health, Inside & Out	<ul style="list-style-type: none"> • Choose MyPlate • Health Educator's Nutrition Toolkit • Food Label - FDA • Advocating for Healthy Nutrition Habits Unit (Shape) • Importance of daily exercise for kids • Physical activity benefits on social health • Identifying influences on health • Internal vs external influences on food choices
	Lesson 2: Energy In -Energy Out	<ul style="list-style-type: none"> • Food Label Activities
	Lesson 3: Whole vs.Processed	<ul style="list-style-type: none"> • Please use resources from Lesson 1
Unit 2: Cont	Lesson 4: Label Anatomy	<ul style="list-style-type: none"> • Food labels • Food Labels Continued
	Lesson 5: Chronic Conditions	<ul style="list-style-type: none"> • Target Heart Range Sheet • Target Heart Rate Lab • You may also use resources from Lesson one
	Lesson 6: Media Influences	<ul style="list-style-type: none"> • Media Influence on Health
	Lesson 7: My Health Plan	<ul style="list-style-type: none"> • CDC Guidelines for activity throughout the lifespan
	Lesson 8: My Health Journey	<ul style="list-style-type: none"> • See resources from Lesson 6 in Unit 1

UNIT 3: Mental Health & Wellness	Lesson 1: Brain Development	<ul style="list-style-type: none"> • Lets talk about feelings • Im Healthy: Expressing feelings in a positive way Lesson plan guide for feelings cont.
	Lesson 2: Understanding and Coping with Challenges	<ul style="list-style-type: none"> • Coping Tips for Traumatic Events and Disasters • Anorexia video • Bulimia Video • CDC Suicide Factors
	Lesson 3: Community Resources & Supporting One Another	<ul style="list-style-type: none"> • Conflict resolution skills • Conflict resolution skills for Middle school • See also resources from Unit 1 Lesson 6
	Lesson 4: My Health Journey	<ul style="list-style-type: none"> • See Resources from Unit 1 lesson 6
Unit 4: Substance Misuse Prevention	Lesson 1: Understand the Choice	<ul style="list-style-type: none"> • Positive and negative peer pressure • Peer Pressure Activities
	Lesson 2: The Brain Rewired	<ul style="list-style-type: none"> • OTC Medications ACTIVITY SHEETS AND LESSON GUIDE • Drug ABUSE • https://www.getsmartaboutdrugs.gov/media/fentanyl-monster-psa • https://www.cdc.gov/opioids/basics/fentanyl.html • Project ALERT - Substance Abuse Prevention • Red Ribbon Week • MDAnderson's ASPIRE - Tobacco Prevention & Cessation • CATCH My Breath - Vaping Prevention Program • Electronic Cigarette Info/Youth Presentation - CDC • Cannabis/Marijuana Awareness & Prevention Toolkit (Stanford Medical) • NIDA - National Institute of Drug Abuse • NIDA - (Lesson & Activities) • Drug Free World • Dose of Knowledge - Start the conversation around substance misuse with standards-aligned classroom resources. • Tuckers Law • Tuckers Law legislation
	Lesson 3: Stand Firm on Your Choices	
	Lesson 4: Your Life, Your Choice	
	Lesson 5: Beyond the Vape	
	Lesson 6: All About Avoidance	
	Lesson 7: Just the Facts Virtual Field Trip	
	Lesson 8: Checking the Air Virtual Field Trip	
	Lesson 9: My Health Journey	
	Tuckers Law One Pill: Fighting Fentanyl Catch-Tuckers Law National Fentanyl Awareness Day Close to Home: Blain Paget Story	
	Lesson 1: Healthy Relationships	<ul style="list-style-type: none"> • Love Is Respect Educator Toolkit • Middle School Toolkit

Unit 5: Staying Safe	Lesson 2: Avoiding Danger	<ul style="list-style-type: none"> ● Healthy Relationships (HS Curriculum)
	Lesson 3: Online Safety	<ul style="list-style-type: none"> ● PACER's National Bully Prevention Center ○ PACER Center's GTeens Against Bullying
	Lesson 4: Say No to Bullying	<ul style="list-style-type: none"> ● Digital Citizenship Curriculum (includes cyberbullying lesson)
	Lesson 5: Abuse & Neglect	<ul style="list-style-type: none"> ● Cyberbullying Research Center (lots of printables under resource tab) ● I am Empowered Lesson (Advocacy)
	Lesson 6: You To The Rescue	<p>District CPR & Stop the Bleed Info</p> <ul style="list-style-type: none"> ● CPR ● Stop The Bleed
	Lesson 7: Personal Safety Plan	<ul style="list-style-type: none"> ● American Heart Association CPR & First Aid ● Hands-Only CPR - American Heart Association International
	Lesson 8: My Health Journey	<ul style="list-style-type: none"> ● How to perform CPR from the experts at the American Heart Association ● CPR Training Train CPR with Red Cross ● https://www.stopthebleed.org/training/ ● https://www.stopthebleed.org/ ● Link for Facilitators Guide: ● Link for CPR for schools: ● Stop the Bleed Link: ● StopThe Bleed must be done with the school nurse present. Contact the school nurse in advance so he/she can be present

TEKS - Grades 6-8

Click [TEKS for middle school Health](#) for PDF of TEKS

National Health Standards (NHES)

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

Teacher Resources

Health Specific 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.).
 - [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](#)
 - [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 journals for students with leader guides
- [Health Related Writing Prompts](#)
 - [Expository Pillar Planning Page](#)
- [Bell Ringers Video Clips/Questions](#)
- [Health ABC Book](#)

- [Health Notebook](#)
- [Flashcard Template](#)
- [Review Bingo Template](#)
- [Heads Up Scholastic](#)
- [CPR](#)
- [CPR_Hands_Only](#)
- [CPR Video](#)
- [Red Cross CPR training](#)
- [Stop the Bleed Training](#)
- [Stop The Bleed Information](#)

General Teaching Resources

- [Alice Keeler](#) - has good resources & templates
- [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 or choose from 100+ million ready-to-play games already created
- [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)
- [Pickers](#) - accessible and engaging educational tool used by millions of teachers around the world to assess their students and collect instant results in the classroom.
- [ReadWorks](#) - free reading passages with question sets by topic, grade level or reading level

Exit Tickets

[Exit Ticket Templates](#)

[Customizable Exit Tickets](#)

[Downloadable Exit Tickets](#)

[Fill in Exit Tickets](#)

[Free Teachers Pay Teachers Exit Tickets](#)

[Example of Power Point Exit Tickets](#)

[Power Point Versions of Exit Tickets](#) of exit tickets from above examples

INTEGRATING STEM INTO THE HEALTH CLASSROOM

[STEM BEHIND HEALTH](#)

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

[SAVE THE WORLD WITH STEM](#)

[CDC AND STEM](#)

[CDC STEM ACTIVITIES](#)

[ROBOT HAND](#)