

1 <sup>st</sup> Nine Weeks	Supported Health TEKS	Coordinated School Health Objectives & Connections			
8/23/16 - 10/06/2016	Week:	Focus:	Resources:		
Move More Mondays	K.2.F; K.2.G;K.2.H; K.3.A, 1.2.D, 1.2.G.; 1.9.A; 2.2.B.; 2.2.F.; 4.4.E; 4.4.F	1	<ul style="list-style-type: none"> <li>Classroom Procedures</li> <li>Safety Drills</li> <li>Brain Breaks</li> </ul>	<a href="http://www.gonoodle.com">www.gonoodle.com</a> <a href="https://www.youtube.com/watch?v=3BpzgPvhWLo">https://www.youtube.com/watch?v=3BpzgPvhWLo</a> <a href="http://teachtrainlove.com/20-more-brain-break-clips-fight-the">http://teachtrainlove.com/20-more-brain-break-clips-fight-the</a> <a href="http://www.youtube.com/watch?v=zI5QodAFuVk&amp;feature=s">http://www.youtube.com/watch?v=zI5QodAFuVk&amp;feature=s</a>	<a href="http://www.movetolearnms.org/how-do-i-do-it/">http://www.movetolearnms.org/how-do-i-do-it/</a> <a href="https://www.youtube.com/watch?v=lyJNSDLPHxY">https://www.youtube.com/watch?v=lyJNSDLPHxY</a> <a href="http://www.brainpopir.com/health/bodies/exercise/preview.weml">http://www.brainpopir.com/health/bodies/exercise/preview.weml</a> K-1 <a href="https://www.youtube.com/watch?v=V4HFZxPbHx0">https://www.youtube.com/watch?v=V4HFZxPbHx0</a>
	K.1.C; 1.1.A.; 3.1.B.; 4.1.F	2	<ul style="list-style-type: none"> <li>Get Your body moving</li> <li>Effects of exercise on your body</li> </ul>	<a href="https://www.youtube.com/watch?v=zU78wcABtPE">https://www.youtube.com/watch?v=zU78wcABtPE</a> <a href="http://www.brainpopjr.com/health/bodies/exercise/preview.w">http://www.brainpopjr.com/health/bodies/exercise/preview.w</a> <a href="http://www.youtube.com/watch?v=zJDiWlluBGA">http://www.youtube.com/watch?v=zJDiWlluBGA</a>	<a href="http://www.youtube.com/watch?v=RPdGQ-A_yM4">http://www.youtube.com/watch?v=RPdGQ-A_yM4</a> 3rd & 4th <a href="https://www.youtube.com/watch?v=9n0xE463KoU">https://www.youtube.com/watch?v=9n0xE463KoU</a> <a href="https://www.youtube.com/watch?v=iMLh3LGNr4s">https://www.youtube.com/watch?v=iMLh3LGNr4s</a>
	K.1.C.; 1.1.A.; 2.1.E.; 2.4.B; 3.1.B.; 3.1.C; 3.1.E.; 4.1.C.; 4.1.D.;	3	<ul style="list-style-type: none"> <li>Physical activity strengthens your heart, lungs &amp; muscles</li> </ul>	<a href="http://www.youtube.com/watch?v=RPdGQ-A_yM4">http://www.youtube.com/watch?v=RPdGQ-A_yM4</a> 2-4 <a href="https://www.youtube.com/watch?v=f_F5UwtdPOc">https://www.youtube.com/watch?v=f_F5UwtdPOc</a> <a href="https://www.youtube.com/watch?v=s5iCoCaofc">https://www.youtube.com/watch?v=s5iCoCaofc</a>	<a href="http://www.brainpopir.com/health/bodies/lungs/preview.weml">http://www.brainpopir.com/health/bodies/lungs/preview.weml</a> <a href="http://www.brainpopir.com/health/bodies/heart/">http://www.brainpopir.com/health/bodies/heart/</a> 2-4 <a href="https://www.youtube.com/watch?v=qMuWpacZmPQ">https://www.youtube.com/watch?v=qMuWpacZmPQ</a>
	K.1.C.; 1.1.A.; 2.1.E.; 3.1.B.;	4	<ul style="list-style-type: none"> <li>Be active at least 60 minutes a day</li> <li>Turn TV off/be active</li> </ul>	<a href="https://www.youtube.com/watch?v=NbEeaBULvys">https://www.youtube.com/watch?v=NbEeaBULvys</a> <a href="https://www.youtube.com/watch?v=0TgLf3PMOc">https://www.youtube.com/watch?v=0TgLf3PMOc</a> <a href="https://www.youtube.com/watch?v=iFrLY52vs34">https://www.youtube.com/watch?v=iFrLY52vs34</a>	<a href="https://www.youtube.com/watch?v=aQh-EimFu_A">https://www.youtube.com/watch?v=aQh-EimFu_A</a> 2-4 <a href="https://www.youtube.com/watch?v=vVbF2HKsA44">https://www.youtube.com/watch?v=vVbF2HKsA44</a> K-1 <a href="https://www.youtube.com/watch?v=B_TwrieJ6WA">https://www.youtube.com/watch?v=B_TwrieJ6WA</a>
	K.10.A-D; 1.2.H; 1.9.E-F 1.11.A-B; 2.10.D-E; 2.12.A-B; 3.8.A-B; 4.12,	5	<ul style="list-style-type: none"> <li>Moving towards a bully free school environment</li> </ul>	<a href="https://www.youtube.com/watch?v=SnpG0dAm5Jl">https://www.youtube.com/watch?v=SnpG0dAm5Jl</a> <a href="https://www.youtube.com/watch?v=1reUcD77gIU">https://www.youtube.com/watch?v=1reUcD77gIU</a> <a href="https://www.youtube.com/watch?v=Aqf9ekNbYAU">https://www.youtube.com/watch?v=Aqf9ekNbYAU</a>	<a href="https://www.youtube.com/watch?v=lulYVM2LzDc">https://www.youtube.com/watch?v=lulYVM2LzDc</a> <a href="https://www.youtube.com/watch?v=2WV1fdIHLlw">https://www.youtube.com/watch?v=2WV1fdIHLlw</a> <a href="https://www.youtube.com/watch?v=BjN9rqdNNVA">https://www.youtube.com/watch?v=BjN9rqdNNVA</a>
	K.4.A; K.4.B; 1.4.A; 1.4.B; 2.3.C; 3.4.A-C; 3.9.A-G; 4.2.A-B;	6	<ul style="list-style-type: none"> <li>Physical activity helps organs, senses &amp; major body parts</li> </ul>	<a href="https://www.youtube.com/watch?v=lvBXWmVrOGOk">https://www.youtube.com/watch?v=lvBXWmVrOGOk</a> <a href="https://www.youtube.com/watch?v=rg34VwymLXc">https://www.youtube.com/watch?v=rg34VwymLXc</a> K-1 <a href="https://www.youtube.com/watch?v=7y_TUJy2TY8">https://www.youtube.com/watch?v=7y_TUJy2TY8</a>	<a href="https://www.youtube.com/watch?v=z7pi9kv1dj0">https://www.youtube.com/watch?v=z7pi9kv1dj0</a> K-1 <a href="https://www.youtube.com/watch?v=QkHQ0CYwial">https://www.youtube.com/watch?v=QkHQ0CYwial</a> K-1 <a href="https://www.youtube.com/watch?v=frN3nvhIHUk">https://www.youtube.com/watch?v=frN3nvhIHUk</a>
	K.4.C; 1.4.C;	7	<ul style="list-style-type: none"> <li>Good posture supports healthy physical activity.</li> </ul>	K-1 <a href="https://www.youtube.com/watch?v=f4gCtR89U2l">https://www.youtube.com/watch?v=f4gCtR89U2l</a> 3-4 <a href="https://www.youtube.com/watch?v=OyK0oE5rwFY">https://www.youtube.com/watch?v=OyK0oE5rwFY</a> <a href="https://www.youtube.com/watch?v=t9WAGkQUUL0">https://www.youtube.com/watch?v=t9WAGkQUUL0</a>	2-4 <a href="https://www.youtube.com/watch?v=9ispEevlkhA">https://www.youtube.com/watch?v=9ispEevlkhA</a> <a href="https://www.youtube.com/watch?v=nnpHLxj3fQ">https://www.youtube.com/watch?v=nnpHLxj3fQ</a> faculty & staff <a href="https://www.youtube.com/watch?v=odlUNbt3ev8">https://www.youtube.com/watch?v=odlUNbt3ev8</a>
	2.6.A-B; 2.7.A; 3.5.A-B; 3.7.A-B; 4.3.A-B; 4.7.A-B;	8	<ul style="list-style-type: none"> <li>Use media to help you move into healthy habits</li> </ul>	<a href="https://www.youtube.com/watch?v=cZ60zhvMIGk&amp;index=2&amp;">https://www.youtube.com/watch?v=cZ60zhvMIGk&amp;index=2&amp;</a> <a href="https://www.youtube.com/watch?v=C-ofxWtmXxU&amp;list=PL1">https://www.youtube.com/watch?v=C-ofxWtmXxU&amp;list=PL1</a> K-2 <a href="https://www.youtube.com/watch?v=9f9kRsV0loU">https://www.youtube.com/watch?v=9f9kRsV0loU</a>	<a href="https://www.youtube.com/watch?v=enEpLddzAX4&amp;list=PL1b2x-xy/">https://www.youtube.com/watch?v=enEpLddzAX4&amp;list=PL1b2x-xy/</a> K-2 <a href="https://www.youtube.com/watch?v=9Fr1iDqemjY">https://www.youtube.com/watch?v=9Fr1iDqemjY</a> <a href="https://www.youtube.com/watch?v=RDXSY5vxtOA&amp;index=14&amp;list=">https://www.youtube.com/watch?v=RDXSY5vxtOA&amp;index=14&amp;list=</a>
	K.9.B; 1.10.A; 1.10.B; 2.8.A-B; 2.10.A-B; 4.9.A-G;	9	<ul style="list-style-type: none"> <li>Moving towards making friends</li> </ul>	2-4 <a href="https://www.youtube.com/watch?v=H7w7yXkJTu0">https://www.youtube.com/watch?v=H7w7yXkJTu0</a> <a href="https://www.youtube.com/watch?v=zIYOJ_hSs0g">https://www.youtube.com/watch?v=zIYOJ_hSs0g</a> <a href="https://www.youtube.com/watch?v=8iTPPh1d2j8">https://www.youtube.com/watch?v=8iTPPh1d2j8</a>	K-1 <a href="https://www.youtube.com/watch?v=avHdx18pi_U">https://www.youtube.com/watch?v=avHdx18pi_U</a> K-1 <a href="https://www.youtube.com/watch?v=fpBxIpbN7XA">https://www.youtube.com/watch?v=fpBxIpbN7XA</a> <a href="https://www.youtube.com/watch?v=1hnLfnulwZw">https://www.youtube.com/watch?v=1hnLfnulwZw</a>

Possible Coordinated School Events:

District Events:

Nutrition Services :

National Observances :

Employee Wellness Challenges:

CATCH Night, Open House, Curriculum Night, Diabetes Walk

Punt, Pass and Kick

Farm Fresh Fridays

Fruit & Veggie Month (Sept), Nat.Fire Prev. Week (Oct.), Nat. School Lunch Wk.(Oct.), Breast Cancer

Move More Mondays (Sept. 19-Sep. 30) (Focus: Physical Activity)