Response to

FBISD

INSPIRE • EQUIP • IMAGINE

Health Rubric Evaluation

November 2021

Quaver Health·PE™

The *only* K-5 curriculum to meet *100% of Health & PE TEKS!*

In this document, we show how QuaverHealth•PE addresses each of the elements outlined in your Elementary Health rubric.

1. Supports the Health Instructional Model
2. Supports Development of Content Rigor and Skill
3. Supports Learning of ALL Learners
4. Supports Student Ownership of Learning & Behavior
5. Provides Robust Online Resources and Technical Support

1. Supports the Health Instructional Model

1.1 Provides support for the creation of lesson plans that fit into the FBISD Physical Education/Health Education Instructional Model (Engage, Learning Experience, Guided Practice & Closure)

Every QuaverHealth•PE lesson includes a completed lesson plan. These lessons and lesson plans can be customized to meet the needs of the district. They can also be shared with teachers across the district.

1.2 Includes health education activities that fit into the physical education lessons and environment

QuaverHealth•PE's lessons infuse movement and the PE TEKS into the Health TEKS based lessons. The lessons have been designed to meet the needs of various educators required to teach Health. Each lesson includes three views for delivery depending on who is teaching, including a lesson view titled Health+PE. *Exhibit 1-2: Health + PE View* shows the lesson view designed for a PE teacher to teach Health and PE in one lesson.

Exhibit 1-2: Health + PE View

1.3 Includes a variety of activities that promote critical thinking

QuaverHealth•PE promotes critical thinking throughout our resources. Questioning is a big component of all lessons. All lessons begin with a warm-up where questioning is heavily incorporated. Many lessons also include true/false and prompt students to explain their answers and discuss how they know if the statements are true or false. Higher order thinking prompts are also included in the teacher notes for certain topics. End of lesson and module reviews promote critical thinking through questioning over concepts that have been taught.

1.4 Provides content and strategies to assess and develop background knowledge

QuaverHealth•PE includes questions designed to activate prior knowledge and encourages students to discuss the concept of the lesson. These questions allow teachers to assess students' background knowledge and understanding of the lesson topic. *Exhibit 1-4: Warm-Up Challenge* gives an example of questioning used to assess and develop background knowledge.

Exhibit 1-4: Warm-Up Challenge
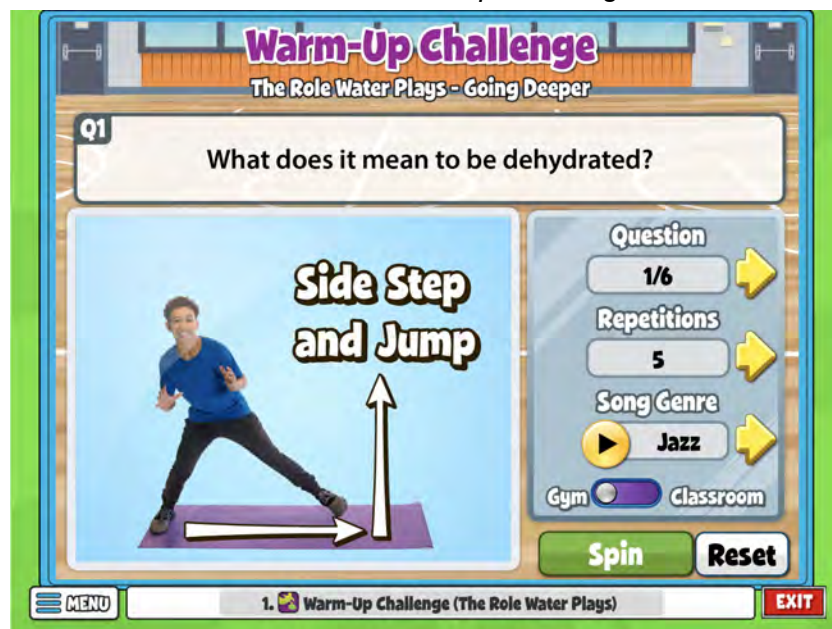
1.5 Allows for application to real world contexts outside of the classroom

QuaverHealth•PE includes a variety of resources to engage students and allow them to make real-world connections. In the lesson "What Happens at the Doctor," students will see real examples of the procedures they may experience when they go to a doctor's appointment.

Exhibit 1-5a: "What Happens at the Doctor"

"Kid Talk" videos give students a chance to hear from their peers on multiple topics. For example, "Kid Talk" videos in the lesson *Managing Common Illnesses and Diseases* include students talking about their experiences with asthma and diabetes, as seen in *Exhibit 1-5b*. Other "Kid Talk" videos include topics such as peer influence, good friends, refusal skills, strengths, and when to ask for help.

Exhibit 1-5b: "Kid Talk" Videos

Through age-appropriate videos, QuaverHealth•PE allows students to hear from adults with first-hand experience on certain challenging topics such as drug abuse and gangs. When students can draw connections from or build relatability to real-world experiences of themselves and others, they feel empowered to learn from these experiences, become more engaged and connected to learning experiences, and desire to take more personal responsibility for their personal health and wellness.

**1.6 Includes decision-making protocols, activities and resources focused on decision-making skills**

Decision-making is addressed in each grade level through the Responsible Decision-Making Module. Each of the four lessons in this module addresses decision-making through topics scaffolded across grade levels. The topics covered in this module are Problem Solving, Decision Making, Goal Setting, and Online Safety. Each of these lessons includes questioning, discussion, and a variety of interactive activities to teach and reinforce lesson content. The purpose statements for each lesson in the Responsible Decision-Making module are outlined below.

Module 3: Responsible Decision Making		
Lesson Number	**Lesson Band**	**Purpose Statement**
1	*Problem Solving*	This lesson band teaches students how to solve problems in order to maintain interpersonal relationships. It outlines the steps for identifying and solving problems using various communication techniques.
2	*Decision Making*	This lesson band teaches students the proper steps for making a thoughtful health-related decision. It outlines why decision-making is important for sustaining healthy behaviors and teaches students to analyze the consequences of their personal decisions.
3	*Goal Setting*	This lesson band teaches students the proper steps to set and achieve both short- and long-term health goals. It outlines the importance of goal-setting as a method for achieving optimal wellness and reaching future aspirations.
4	*Online Safety*	This lesson band teaches students to understand how to be safe and responsible citizens in digital environments. It outlines the consequences of cyberbullying and inappropriate online communication and how to seek help.

1.7 Includes thought provoking warm up/engage activities

QuaverHealth•PE lessons begin with a body and brain warm-up. These warm-ups include questions designed to activate prior knowledge and get the students to discuss the concept of the lesson. These questions allow teachers to assess students' background knowledge and understanding of the lesson topic. The warm-ups also include TEKS-aligned movements. *Exhibit 1-7: Warm-Up Challenge* gives an example of one type of QuaverHealth•PE warm-up activity.

Exhibit 1-7: Warm-Up Challenge
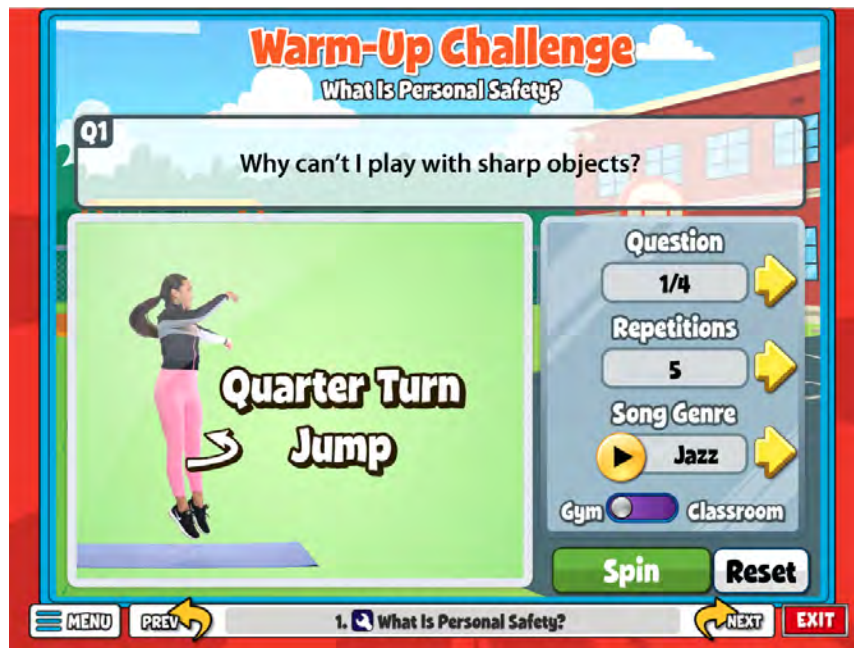
Note that the teacher can toggle between Gym and Classroom to find warm-up activities that are appropriate for each setting. The teacher can also choose the number of repetitions (or the duration, depending on the activity) and the genre of the song (jazz, hip hop, folk, pop, or Latin) that can accompany the warm-up.

1.8 Includes closure activities and resources

QuaverHealth•PE includes closure activities and resources. Every module contains a series of 4 consecutive lessons and ends with a module review and assessment. Each lesson ends with an informal, formative assessment to review the lesson content and check for student understanding.

These assessments are grade-level appropriate and are differentiated for each grade level. *Exhibit 1-8: Types of Assessments* shows the variety of assessments included in QuaverHealth•PE.

5

Exhibit 1-8: Types of Assessments

One type of end-of-module assessment is Quiz Challenge. The Kindergarten and 1st-grade Quiz Challenge consists of 9 questions and two answer choices for each question. The 2nd and 3rd grade Quiz Challenge consists of 16 questions and three answer choices for each question. The 4th and 5th grade Quiz Challenge consists of 25 questions and four answer choices for each question.

Coming this semester:
- Pre and post-assessments will be provided for each grade level. These assessments will be printable and also assignable to students' online accounts.
- The current interactive module assessments on the screen will be printable and also assignable to students' online accounts. Teachers will also have the ability to customize these assessments.
- Through Quiz Builder, teachers will also be able to create their own multiple-choice quizzes! Any customized assessment can be printed or assigned to students' online accounts.

1.9 Includes a variety of lesson delivery modalities

QuaverHealth•PE includes a variety of lesson delivery modalities. Because students have multiple learning styles, we employ highly visual graphics, audio tracks, videos, and kinesthetic activities to engage students.

Methods of Learning

Verbal
Specific ways Verbal Learners are addressed and also shown below in *Exhibit 1-9*:
- Discussion is emphasized throughout including review screens at the end of each lesson
- Keywords are emphasized in multiple ways throughout the curriculum
- Lyric highlighting is available as an option anytime lyrics are displayed
- Closed Captioning is available as an option on video content

Exhibit 1-9: Steps to Talk Discussion

Visual
Specific ways Visual Learners are addressed:
- Concepts are presented with a variety of visual supports
- Colorful screens and animations appear throughout the curriculum
- Graphical word cues are used to communicate information and reinforced in the lower third of video content
- Video segments are included in many lessons
- Real-life images are used to allow students to see examples of various objects, including foods they might not be exposed to at home and also portion size

Auditory

Specific ways Auditory Learners are addressed:

- High-quality songs reinforce concepts throughout the curriculum
- Play buttons allow students to hear the content being addressed on screen
- Videos allow students to hear from their peers on multiple topics, to hear from adults with first-hand experience on certain challenging topics
- Music videos and how-to videos for topics like brushing your teeth

Kinesthetic

Specific ways Physical Learners are addressed:

- Movement activities and on-screen choreography
- Interactive whiteboard activities call for student interaction at the board
- Students are allowed to watch on-screen movements and physical demonstrations, as well as participate in them in the classroom or gym

1.10 Includes supplies, resources and manipulatives to support the curriculum

All QuaverHealth•PE resources can be accessed online. Our digital platform allows for regular updates to functionality, changes in legislation, and teacher needs and feedback.

QuaverHealth•PE provides printables for a variety of lessons. Assessments and rubrics can also be printed. Lesson plans and other teacher guides are also available as PDFs. All PDFs and printables in the curriculum can be downloaded and a license allows for unlimited printing.

All required materials are listed in each lesson plan and can be substituted as needed based on a teacher's available resources. Suggested materials are common items most teachers have in their classrooms or gyms.

2. Supports Development of Content Rigor and Skill

2.1 100% of TEKS are addressed

QuaverHealth•PE is 100% aligned to the Kindergarten through 5th grade Health TEKS and is recommended for adoption by the TEA under Proclamation 2022. The correlations reviewed by the TEA can be found in the Instructional Guides section of the Teacher Dashboard.

The TEKS are also listed in every printable lesson plan, as shown in *Exhibit 2-1: TEKS within a Quaver Lesson Plan*.

Exhibit 2-1: TEKS within a Quaver Lesson Plan

2.2 TEKS alignment is identified for each activity and resource

All QuaverHealth•PE printable lesson plans not only include the TEKS being covered in the lesson, purpose, and objectives but also include teacher notes for each activity in the lesson. These notes are also found inside each activity and include suggestions for introducing a concept, implementing an activity, going deeper on lesson topics, and asking probing questions. These on-screen notes include the TEKS addressed in the particular activity. This is seen in *Exhibit 2-2: Teacher Notes in a QuaverHealth•PE Lesson.*

Exhibit 2-2: Teacher Notes in a QuaverHealth•PE Lesson

## 2.3 Provides content and strategies to assess background knowledge and skill readiness

QuaverHealth•PE lessons begin with a warm-up designed to activate prior knowledge and prompt the students to discuss the concept of the lesson. These questions allow teachers to assess students' background knowledge and skill readiness of the lesson topic. *Exhibit 2-3: Body and Brain Warm-Up* gives an example of questioning used to assess background knowledge and skill readiness.

Exhibit 2-3: Body and Brain Warm-Up
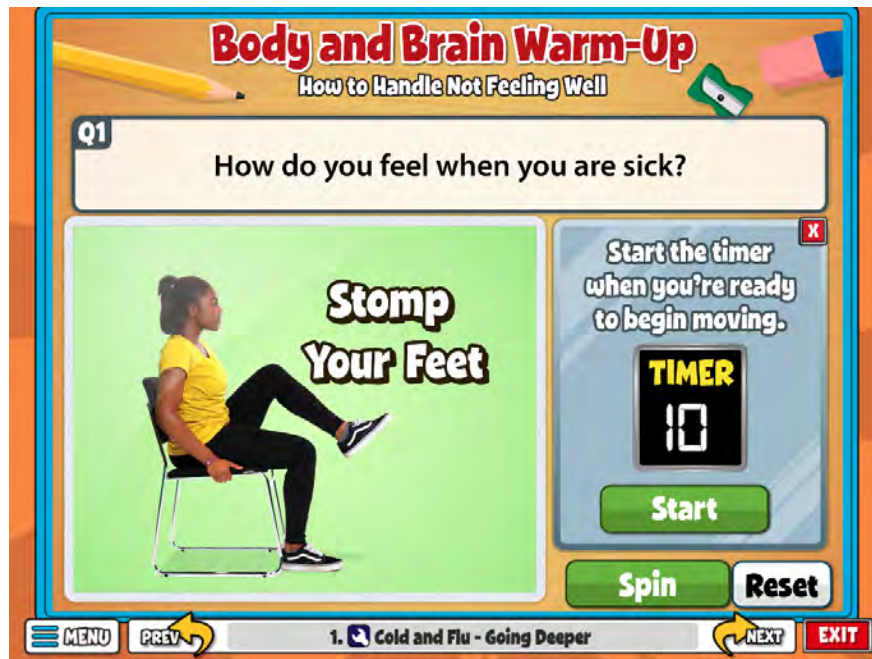
2.4 Includes developmental progressions to help students determine where they are and set goals to meet the targeted rigor of the TEKS

QuaverHealth•PE allows students and classes to determine where they are and set goals around healthy habits. Our Health Tracker tool provides teachers with a one-stop-shop for managing individual student or class goals, progress, and students' accounts. Specific to goal setting, educators can:

- Modify, build, and assign student Check-Ins
- Monitor student submissions for wellness goals

The Health Tracker empowers students to recognize, reflect, and build strong healthy habits over nine different components of student health. Students learn self-advocacy and personal responsibility for their health. Through My Check-In, students can check in, reflect, and track health behaviors such as hydration, sleep, physical activity, and/or emotional state, as seen in *Exhibit 2-4*.

Exhibit 2-4: Student Health Tracker
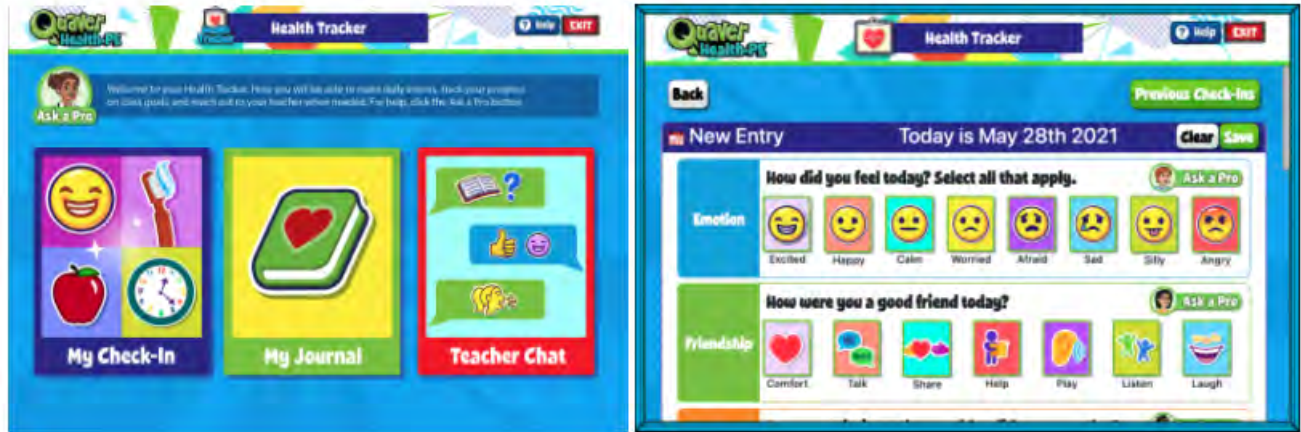
2.5 Incorporates relevant content that is:
- **Accurate**
- **Current**
- **Research-based**
- **Age-appropriate**

QuaverHealth•PE is research-based and was developed with input from experts in medicine, physical education, personal hygiene, nutrition, child safety, and early childhood development. All lessons undergo a rigorous review by our Medical Advisory Panel and Review Board to ensure we remain guided by health educators and experts.

Our 196 lessons are aligned to the Health and Physical Education TEKS. Each lesson is age and developmentally appropriate, taking into account children's physical, emotional, social, and intellectual growth over time.

To ensure all our resources use age-appropriate language, we have literacy experts on staff who review the keywords and phrases in the lessons for each grade level. Our content writers consider the following questions, among many others: *Are these grade-appropriate concepts and keywords? What vocabulary should be added for differentiation?* We also provide recorded readings of phrases for early grade students, English language learners, and adaptive learners who benefit from audio recordings and pronunciations.

2.6 Content is presented in a way that is unbiased:
- **The relationship between frame of reference, viewpoint, and bias is deliberately addressed**
- **Examples of multiple viewpoints and opinions are provided related to major themes**

QuaverEd has placed specific and deliberate emphasis on including culturally relevant materials and culturally responsive teaching. Our curriculum is inclusive of a variety of ethnicities and is free from bias in the portrayal of ethnicity, gender, age, cultures, religion, and people with disabilities.

QuaverHealth•PE is designed for students to see themselves reflected in their curriculum. Our resources feature a diverse set of scenarios and characters from various backgrounds and with varying abilities. To ensure the QuaverHealth•PE curriculum evolves and remains inclusive, we have convened a Diversity, Equity, and Inclusion (DEI) Committee that meets monthly to ensure diversity, equity, and inclusion in our resources.

To support social awareness, we have lessons on cultural influences on health, respecting individual differences, and appreciating diversity.

Exhibit 2-6a: Appreciating Diversity

Students are given the opportunity to learn through classroom discussion with both the teacher and their peers. Students hear from their peers on multiple topics through "Kid Talk" videos as seen in *Exhibit 2-6b*. Through age-appropriate videos, QuaverHealth•PE allows students to hear from adults with first-hand experience on certain challenging topics such as drug abuse and gangs.

Exhibit 2-6b: "Kid Talk" Videos

The TEKS call for students to identify adults they can rely on in addition to their parents. QuaverHealth•PE lessons incorporate Ask a Pro buttons throughout the curriculum to allow students to hear from and identify trusted adults.

Exhibit 2-6c: Ask a Pro

The expert's advice is displayed on the screen as well as played as an audio recording.

2.7 Provides activities that fit into daily physical education lessons (Engage, Learning Experience, Guided Practice & Closure)

Every QuaverHealth•PE lesson includes engaging activities to assess background knowledge, deliver lesson content, and review the lesson material. All resources are interactive to engage students in their learning experience. Guided Practice is included through the lesson content delivery as well as application and review activities. Closure is often provided through the form of lesson and module reviews, as well as reflection screens that give the students a quiet moment to reflect on what they have learned.

The four images below in *Exhibit 2-7* give examples of activities that support Engage, Learning Experience, Guided Practice, and Closure.

Exhibit 2-7: Engage, Learning Experience, Guided Practice, Closure

2.8 Includes activities that foster healthy decision-making skills

QuaverHealth•PE includes activities that foster decision-making skills. The lessons go beyond simply introducing health concepts by inviting students to apply lesson content to bring the lesson home. Activities are designed to engage students in their learning so healthy decision-making becomes part of their daily life. Our resources empower students to take personal responsibility. We introduce personal advocacy by encouraging students to reflect upon, discuss, and build stronger healthy habits, through the Health Tracker tool which is part of student accounts.

Specifically, in 2nd grade, the lesson Making Healthy Choices, seen below in *Exhibit 2-8*, reinforces the student's ability to make wise, health-related decisions, whether alone or with adult assistance.

Exhibit 2-8: Making Healthy Choices
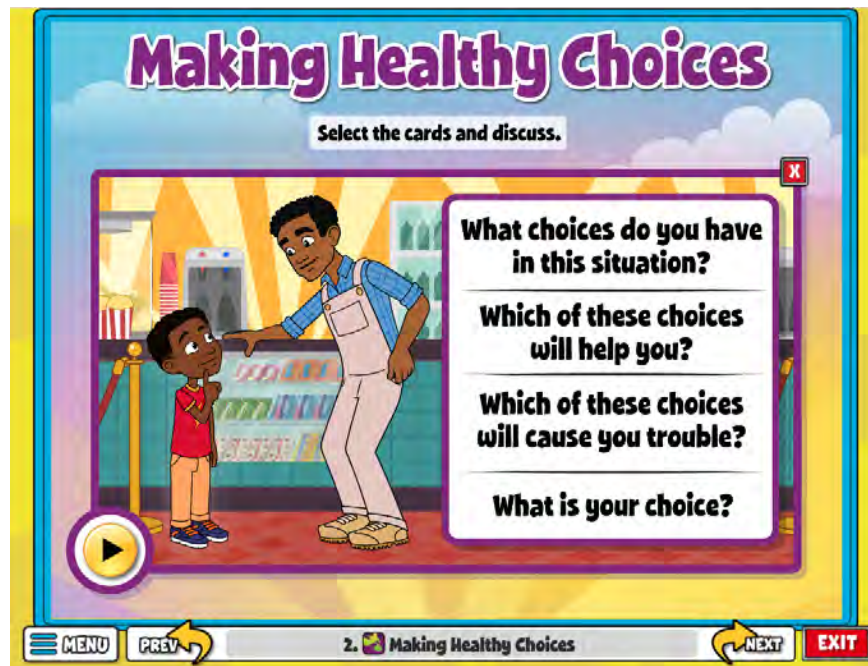
In QuaverHealth•PE lessons, students will consider the following questions:

- Why is it important to make healthy decisions?
- Discuss a time when you made an unhealthy decision.
- How do you know when you've made a healthy decision?
- How can other people help you make healthy decisions?
- What healthy food decision have you made today?
- What healthy exercise decision have you made this week?

2.9 Emphasizes the benefits of life-long health habits and how to develop the whole-child

QuaverHealth•PE's mission is to grow strong bodies and minds in every student. We focus on developing the whole child through lessons about the four dimensions of health: physical, emotional, social, and intellectual.

Lifelong health starts with helping children practice making responsible health choices and learning to advocate for their own health needs. In addition to the four dimensions of health, QuaverHealth•PE promotes personal accountability, goal setting, and healthy habits tracking for students through an age-appropriate Health Journal app. Further, lesson topics such as decision making, bullying and cyberbullying, and online safety are provided to support educators in this important work.

On the Teacher Dashboard, you'll find Community Resources which includes school-wide challenges for each four-week module. The goal of these challenges is to help students begin thinking about their health outside of the gym and encourage healthy behaviors at home. Community Resources includes materials designed to support Coordinated School Health to further develop the whole child across multiple settings.

3. Supports Learning of ALL Learners

3.1 Engages learners with a variety of experiences that are:
- **age appropriate**
- **variety of prior knowledge**
- **multi-cultural/multi-ethnic representation**
- **multi learning modalities**

All QuaverHealth•PE resources are age and grade-level appropriate. All content in the lessons (videos and activities) is aligned directly to the TEKS, ensuring that it is age-appropriate. Additionally, all assessments are grade-level appropriate and are differentiated for each grade level. Our lessons are vertically aligned through grade levels. These lesson topics build on the lesson from the previous grade, providing opportunities for K-5 students to develop an increased awareness of the four dimensions of health.

Questioning in body and brain warm-ups allows teachers to see a variety of prior knowledge among students to scaffold and differentiate as needed.

We value multi-cultural diversity and want students to see themselves represented in our resources. You will see diversity in the races of the characters, socioeconomic status, physical abilities, and family structures.

QuaverHealth•PE includes lessons focused specifically on culture and diversity. Examples include "Cultural Influences on Health," "Health in My Community," "Respecting Individual Differences," and "Appreciating Diversity."

In the lesson "Cultural Influences on Health," seen in *Exhibit 3-1* below, students will discuss the traditions and holidays that their families celebrate. They will connect the influence of culture to health choices.

Exhibit 3-1: Cultural Influence on Health

Multiple learning modalities are addressed throughout and are referenced in more detail in Rubric Indicator 1.9.

3.2 Provides opportunities for re-teaching and/or remedial INTERVENTION for Tier 2 and Tier 3

At QuaverEd, we have harnessed the power of technology to help educators individualize instruction for students who receive specialized services.

Teachers can use the Health Toolbox to pull resources from previous lessons to reteach, scaffold, or differentiate as needed. Educators can also pull from previous grades to further differentiate. Quaver's customization resources allow teachers to curate resources to support differentiation for Tier 2 and Tier 3 interventions. Teachers can put these specific activities together for a student who may need more instruction on a given subject. When logged into his or her student account, the student will find instructions from the teacher and can dig into each activity presented in a sequenced lesson format.

This individualization can be done for individuals, groups, or whole classes. The students can access these additional resources at home or in school. If an assessment is needed, the assignment can even be graded and entered in the teacher's online gradebook.

While QuaverHealth•PE is built on an evidence-based approach, it also allows for customization and collaboration to further align the resources to meet your needs. Educators can work on their own or with district leadership to adapt and customize resources, even adding resources from outside the QuaverHealth•PE library to further tailor the curriculum. Custom resources can be shared across the district to encourage collaboration. Using Quaver's Resource Manager, teachers can write lessons together, divide grade-level planning among groups, and share resources remotely.

This capability encourages collaboration among teachers and allows district leadership to better institute a common curriculum and teaching culture across school campuses. By sharing curriculum resources and ideas across the QuaverHealth•PE platform, teachers can gain valuable insight and support from other educators within their district—contributing to greater job satisfaction and higher retention of district educators.

To further enable teachers to meet the needs of their students, Resource Manager also allows teachers to import content from outside the Quaver platform to create custom screens for teaching or distributing to student accounts. The Resource Creation menu, seen in *Exhibit 3-2* below, allows teachers to create a variety of custom screens including Multimedia Slides, YouTube videos, Audio Playlists, Quizzes, Custom Rubrics, and more.

Exhibit 3-2: Custom Screen Options

As you can see, Resource Manager includes powerful customization functionality that allows teachers to rearrange and adapt Quaver lessons or create online lessons from scratch.

3.3 Provides ENRICHMENT opportunities for Tier 2 and Tier 3

No two teachers, students, classes, or weeks of the school year are exactly alike, and great educators need tools that adapt to that truth. QuaverHealth•PE is designed to be flexible to teachers' needs. This library of resources is organized in a user-friendly Resource Manager, where teachers can search for activities based on the topic or skill they want to address. They can customize any Quaver lesson by adding or removing Quaver content and can even create activities using resources they love from outside Quaver— including YouTube videos, graphics, video recordings, and more. As they adapt to what works for their students, teachers are building their own custom Health and/or PE curriculum. They can then easily share any lesson with other educators across the district.

QuaverHealth•PE is accompanied by a searchable library of individual resources, ready for teachers to organize into lessons. With Resource Manager, they can search, create, and share custom content across the district.

Teachers can use the Health Toolbox to pull resources from a student's current grade or from higher grades to extend activities for enrichment. Teachers can create a custom lesson with these together for a student who may need enrichment and send the lesson to the student's account.

Teachers can create custom lessons by rearranging pre-built lessons or importing outside resources to create new content from scratch. Resource creation screens can be used to create Powerpoint-like screens, record videos of student or teacher activity, create custom quizzes and rubrics, build checklists, and much more.

Free student accounts open a world of learning to students anywhere, anytime. Students can log in to their Student Dashboard anywhere they have an internet connection and can access teacher-created assignments or browse through resources to practice the skills they're learning in class.

3.4 Provides differentiated TASKS for ALL learners (including but not limited to SPED, GT, ELL, 504)

QuaverHealth•PE provides differentiated tasks, as evidenced in Rubric Indicators 3.2 and 3.3. In addition to differentiated tasks, the Quaver platform includes a variety of tools teachers can use to support all learners.

All QuaverHealth•PE screens have tools that allow teachers to draw, write, or add text to any activity. Teachers can highlight keywords or type keywords on the screen to support students' language needs. This includes the ability to write or type on the screen in any language.

3.5 Provides differentiated TEXTS for ALL learners (including but not limited to SPED, GT, ELL, 504)

The QuaverEd platform provides teachers with tools to differentiate texts for all learners. One way is on-screen Play buttons. Play buttons allow students to hear the content being addressed on screen. Another way is lyric highlighting, as seen in *Exhibit 3-5*. To aid in comprehension, we highlight the lyrics of songs as the lyrics are sung. This feature enhances participation while targeting vocabulary development.

Exhibit 3-5: Lyric Highlighting

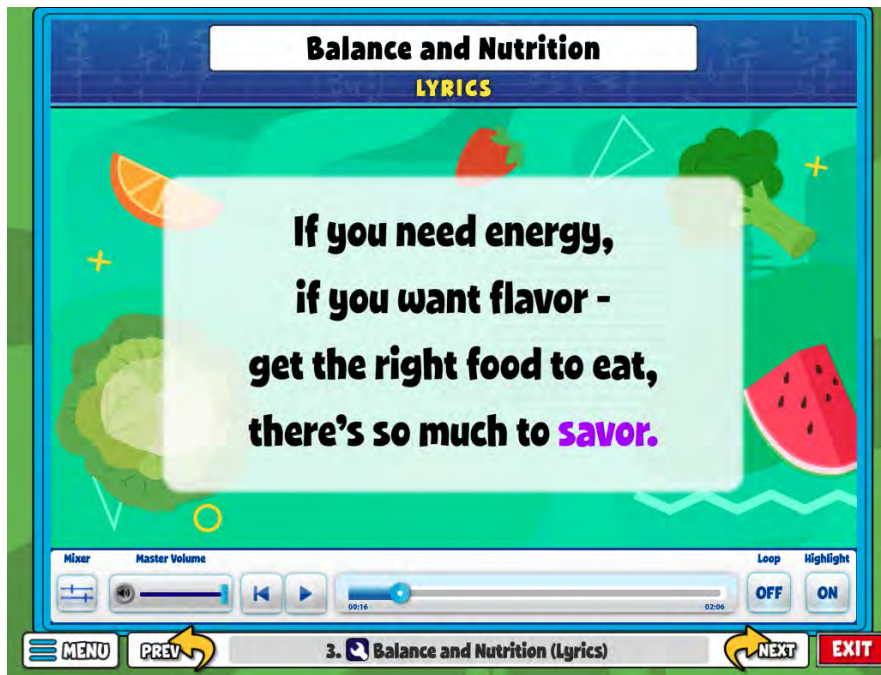The Quaver platform also includes a variety of tools to support all learners. All QuaverHealth•PE screens have tools that allow teachers to draw, write, or add text to any activity. Teachers can highlight keywords or type keywords on the screen to support students' language needs. This includes the ability to write or type on the screen in any language. These customization tools allow for personalized modifications for each student based on their individualized education plans or 504 plans, as needed.

3.6 Integrates language supports for English learners

QuaverHealth•PE is accessible to students who are English language learners.

Limited Language Learners

QuaverEd curriculum resources have been designed to help ELL students feel comfortable in the classroom and to help students improve their comprehension and use of the English language. Some of the techniques we use to help English Learners are as follows:

- **Providing songs in English and Spanish**: We are working toward providing Spanish versions of all our songs soon.
- **Use of Technology:** Mindful access to technology and computer-assisted, interactive learning can be effective in engaging students' participation, motivation, development in writing skills, and application of learning back into their real lives.
- **Closed Captioning on Videos:** Quaver provides closed captioning in English. This allows students to analyze text while providing code-mixing opportunities.
- **Sentence Stems:** Many warm-up screens with questions provide teachers with the option to turn sentence stems on and off to encourage students to answer with complete sentences and communicate effectively. *Exhibit 3-6: Language Supports* shows an example of sentence stems.
- **Lyrics Highlighting on Songs:** To really improve comprehension, we highlight the lyrics of songs as the lyric is sung. This feature enhances participation while targeting vocabulary development. *Exhibit 3-6: Language Supports* shows an example of lyrics highlighting.
- **Multimedia Approaches**: Quaver uses videos and animations to convey the meaning of English words to students, speeding up the learning of new words through a reinforcing multi-media approach.
- **Spanish Resources**: Most songs will be available in Spanish in Spring 2022. Warm-up screens are also in the process of being translated into Spanish.

Exhibit 3-6: Language Supports

3.7 Provides a rigorous academic foundation, strong character, and supports the FBISD Profile of a Graduate

QuaverHealth•PE provides a rigorous academic foundation by providing resources that meet 100% of the Health and PE TEKS. Our academically sound resources allow for questioning through class discussion and higher-order thinking. A variety of learning styles are met throughout while also providing opportunities for whole-class discussion, group work, and independent study. This variety helps create collaborative team members as well as student leaders. Through resources built around the four dimensions of health, QuaverHealth•PE helps develop the whole child and instill practices for students to lead healthy lifestyles.

3.8 Provides opportunities for technology integration and blended learning experiences

QuaverHealth•PE combines online tools for teaching and instruction with hands-on experiences to engage students in experiential learning. Our curriculum harnesses the power of technology to broaden your options as a teacher. Our innovative approach combines on and offline tools to provide a full year of daily Health and PE lessons.

As a cutting-edge education company with a digital product, we offer a variety of levels and methods for integrating with your district's technology and supporting the district-wide implementation of the resources. These integrations are beneficial for any district interested in gathering meaningful data on teacher usage and student performance.

We offer Standard Integrations Services at no additional charge, including the implementation of any of our supported SSO technologies (Clever/OAuth, SAML/ADFS, LTI, Google), student/teacher rostering via the OneRoster data format, or Gradebook data export via .csv.

We can also integrate with other vendors and Learning Management Systems that support any of these technologies. If your district requires a roster integration using a proprietary rostering solution, an additional charge can be negotiated. Our dedicated technology integrations team can interface with your district to consult on and facilitate these integrations. A collection of some integration partners are represented by *Exhibit 3-8a: Rostering/Single Sign-On Options* below.

Exhibit 3-8a: Rostering/Single Sign-On Options

In addition to technology integration in the classroom, every activity in the curriculum can be shared with parents or caregivers through a QR code or shareable link. This option doesn't require an account for the student or parent. Both the QR code and shareable links can be emailed to parents, added to a newsletter, printed, and more. *Exhibit 3-8b: Resource Sharing* shows the options given to teachers to share resources to parents and even students and other teachers in the building.

Exhibit 3-8b: Resource Sharing
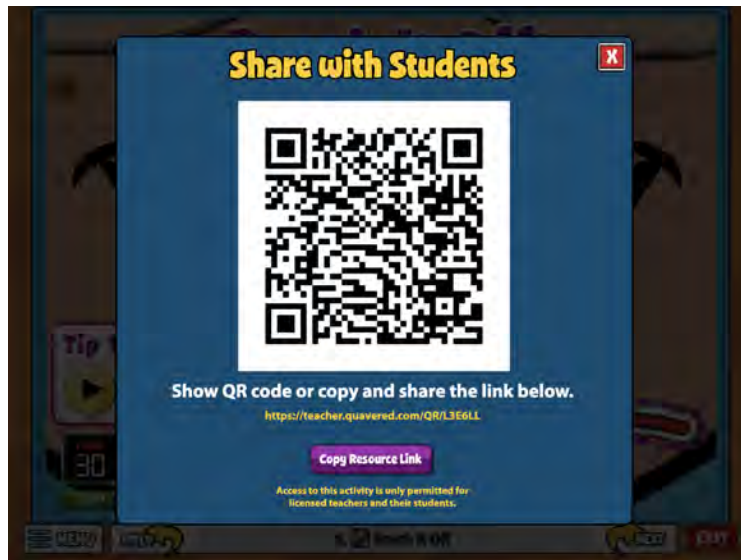
3.9 Includes organized activities for students to collaborate

QuaverHealth•PE includes organized activities, such as role-play scenarios, team games, and group discussions, for students to collaborate.

In *Exhibit 3-9a* below, you'll see screens from the 2nd-grade lesson "Tech Talk." In this lesson, students are asked to talk in pairs about how they communicate with their friends online. They are then presented scenarios about safe and unsafe ways to communicate online. They are given 4 responses to the scenario to consider and move into the corner that represents their choice.

Exhibit 3-9a: Tech Talk
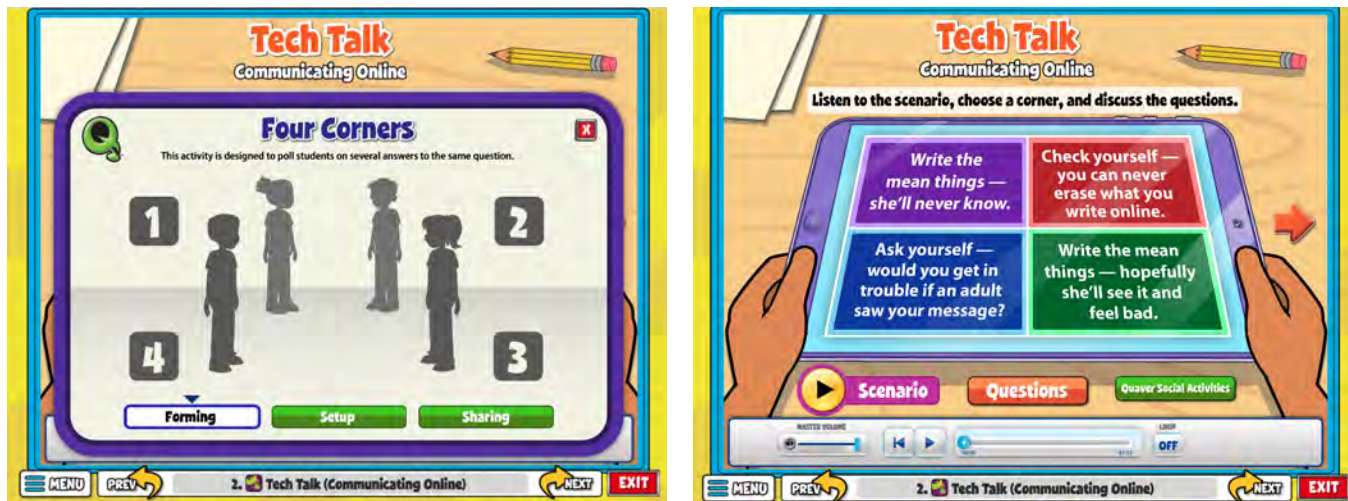
Once the selections are made, students discuss why they chose their answers and engage in a group discussion. Group discussion and the activities that result from those discussions are very important when talking about sensitive topics. In a lesson about bullying, seen below in Exhibit 3-9b, students will discuss and provide examples of what bystanders can do or say to help a victim. They will then collaborate to create a Bullying Action Plan to help them stand up for victims in bullying situations.

Exhibit 3-9b: Lesson About Bullying
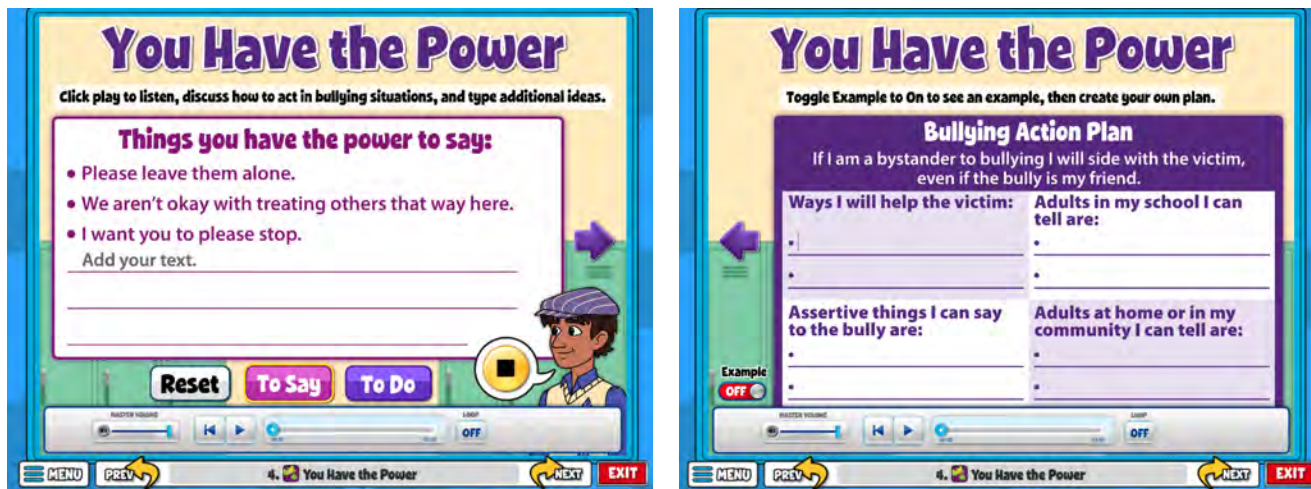
In other lessons, role play may be used to help students collaborate and learn. In these instances, students will demonstrate what they have learned by role-playing a scenario.

3.10 Provides opportunities for students to engage in talk about their learning

QuaverHealth•PE is built on a foundation of group discussions. Each lesson opens up with topic discussion questions and gives students multiple opportunities to talk about what they're learning through discussions, reviews, and assessment games. Discussions will vary from pairs to small groups, to whole groups.

4. Supports Student Ownership of Learning & Behavior

4.1 Includes what students are learning (Learning Intentions)

All QuaverHealth•PE lessons have a clear purpose and stated objectives. You will find the objectives in the printable lesson plan and on the student Welcome screen for each lesson as seen in *Exhibit 4-1: Learning Intentions in a QuaverHealth•PE Lesson.*

Exhibit 4-1: Learning Intentions in a QuaverHealth•PE Lesson

4.2 Supplies checklists and/or success criteria for students to self and peer assess

Resource Creation and customization give teachers the flexibility to create custom rubrics through Rubric Builder to allow students to assess peers or self-assess. These rubrics can be sent to student accounts or printed for ease. See *Exhibit 4-2* below for an example of a custom rubric.

Exhibit 4-2: Custom Rubric Example

Resource creation also allows teachers to create checklists through Checklist Builder. These checklists can be added to custom lessons and also sent to student accounts. This allows students to monitor their own progress of completion for a variety of activities.

4.3 Includes tools for teachers to address prerequisite skills and common misconceptions associated with concepts

Body and brain warm-ups allow for teachers to see students' knowledge of skills as prerequisites.

We have taken every precaution to make sure that QuaverHealth•PE is free from misleading information. The curriculum was developed with input from experts in medicine, physical education, personal hygiene, nutrition, child safety, and early childhood development. All lessons undergo a rigorous review by our Medical Advisory Panel and Review Board to ensure we remain guided by experts and health educators. Our 196 lessons are aligned to the Health and Physical Education TEKS.

With these reviews and standards alignment in place, QuaverHealth•PE is free from misconceptions.

4.4 Formative assessments include a variety of tasks
- **performance-based**
- **open-ended questions**
- **checks for understanding**
- **reflecting on learning**

- **extension of learning**
- **easy to use exit tickets**

QuaverHealth•PE includes formative assessments that represent a variety of tasks.

Questioning is a big component of all lessons. Each lesson ends with an informal, formative assessment to review the lesson content and check for student understanding. These assessments are grade-level appropriate and are differentiated for each grade level. Teachers could use the reviews and questions as exit tickets.

Reflection screens, shown in *Exhibit 4-4*, are incorporated throughout QuaverHealth•PE lessons. These reflections encourage students to reflect internally on lesson content. In the lower grades, a wise adult guides students through the reflections. In the upper grades on-screen prompts guide student reflections.

Exhibit 4-4: Reflection Screens

In regards to the extension of learning, the Community Resources will help students further their Health and PE education and engagement. In Module 1 all students, families, and staff are encouraged to participate in a "Healthy Me Challenge." They'll receive a monthly calendar full of healthy suggestions to follow and individuals can earn points for the tasks they meet. This and the other Community Resources will help students connect what they are learning in our General Health module with their real lives.

Exit Tickets can be formulated based on the learning objectives. These can be created as custom screens in the form of multiple choice questions using the Quiz Builder or free response using a Multimedia Screen.

4.5 Summative assessments include a variety of tasks
- **performance-based**
- **project based learning**
- **open-ended questions**

Every module contains a series of four consecutive lessons and ends with a module review and summative assessment. The summative assessment can be completed within the whole group or can be assigned to student accounts for individual completion. Every assessment can be customized. Teachers can deliver them digitally or print them.

4.6 Includes tools for student-to-student and teacher-to-students feedback protocols

In the traditional classroom, teachers use interactive whiteboards or a projector and computer to present lesson materials. For remote learning, teachers can share links for synchronous instruction, or create assignments and videos for asynchronous instruction. Students can respond with recorded videos and messaging to encourage effective interaction and instruction.

Custom rubrics can be created for peer assessment or student-to-student feedback.

4.7 Includes tools for assisting students in assessing where they are and creating their own goals towards success

QuaverHealth•PE introduces personal advocacy by encouraging students to reflect upon, discuss, and build stronger healthy habits. Our Health Tracker tool provides teachers with a one-stop-shop for managing individual student or class goals, progress, and students' accounts. With the tool, educators can:

- Modify, build, and assign student Check-Ins and My Journal prompts
- Build or manage class and student accounts
- Monitor student submissions for wellness goals and check for understanding of lesson content

The Health Tracker empowers students to recognize, reflect, and build strong healthy habits over nine different components of student health, while also checking for comprehension of lesson content. Students learn self-advocacy and personal responsibility for their health. Features of the Health Tracker can be seen in *Exhibit 4-7: Student Health Tracker* and include:

- My Check-In: Students can check in, reflect, and track health behaviors such as hydration, sleep, physical activity, and/or emotional state
- My Journal: Students can reflect upon personal health behaviors and demonstrate comprehension of lesson content through drafting and submitting journal responses
- Teacher Chat: Students can collaboratively discuss and reflect upon healthy behaviors and habits with their teacher and classmates

Exhibit 4-7: Student Health Tracker
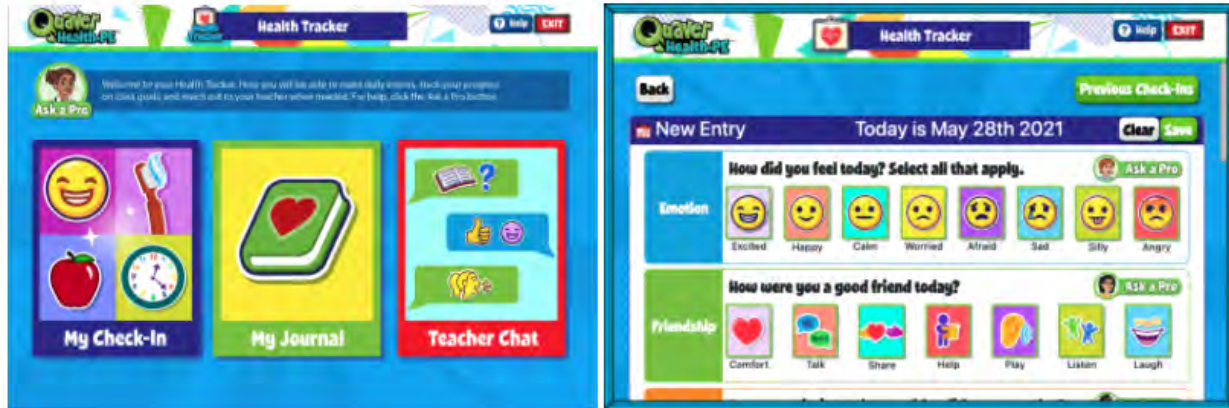
4.8 Offers guided reflections on knowledge and progress

Reflection screens are incorporated throughout QuaverHealth•PE lessons. These reflections encourage students to reflect internally on lesson content. In the 5th grade reflection "Consequence of Stress," students will hear the following reflection to consider:

"When we don't have a strategy to relieve or manage our stress, it can result in a consequence. A consequence is a result of something that happens. When we become overwhelmed or worry too much about a situation, one consequence of stress could be that our behavior changes and we may act the opposite of our regular behavior. Another consequence of stress can be an illness where we have to be treated by a doctor. Understanding the consequences of stress helps us become more aware of it. The more we recognize stress, the better we can manage it."

Exhibit 4-8: Consequence of Stress

Once the on-screen reflection is complete, teachers can ask students to consider additional consequences of stress not mentioned. As time permits, the teacher can ask students if they might like to share anything special they have learned from this lesson.

4.9 Provides portfolio options to track student growth

Student Admin houses a variety of tools to support student accounts. Teachers can send assignments or assessments to students, as well as create goals for student check-ins and journal prompts for student response. The Gradebook allows teachers to monitor student progress and completion of any activity assigned to student accounts.

The "Goals & Journal Reports" tool allows teachers to view students' responses to Check-Ins and Journals completed. Teachers can see students' responses over time to identify trends or patterns in behavior. See these tools highlighted in green in *Exhibit 4-9.*

Exhibit 4-9: Teacher Reporting Tools
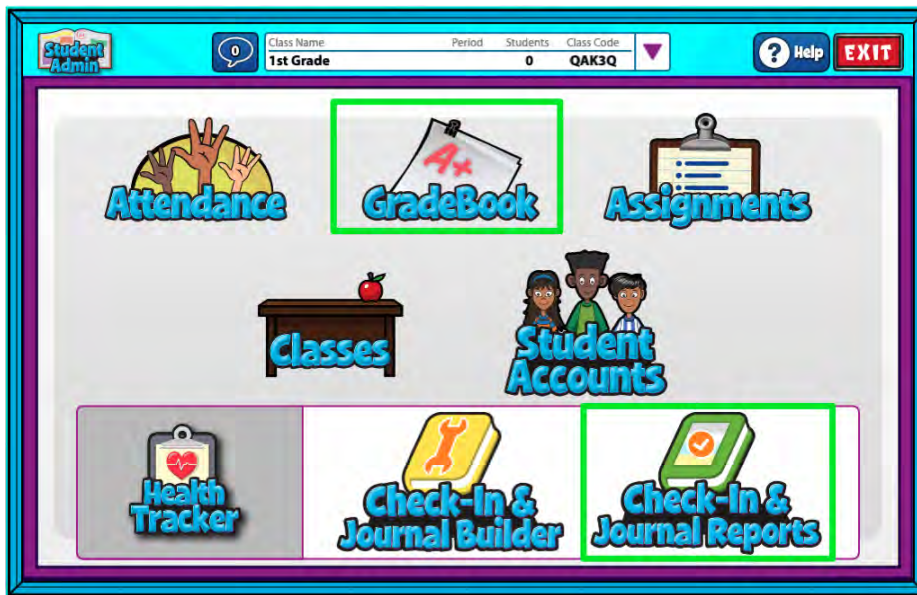
4.10 Includes targeted lesson focused on whole child health (SEL, nutrition education, mental health, etc.)

We focus on developing the whole child through lessons about the four dimensions of health: physical, emotional, social, and intellectual. QuaverHealth•PE develops personal advocacy to develop healthy habits for a healthy future.

Eight modules include traditional topics like nutrition, exercise, mental health, and safety while broadening the conversation to include responsibility and decision making, bullying and cyberbullying, online safety, and cultural influences on personal health decisions.

Lessons deliver content backed by current gold standard research and align with the most recent Health and PE TEKS. As those focus on SEL, so do our resources. We also have a crosswalk to show our alignment to the Positive Character Traits TEKS.

5. Provides Robust Online Resources and Technical Support

5.1 Provides online content resources

The Quaver digital platform houses lesson plans for easy planning and instruction. With unlimited student accounts, QuaverHealth•PE supports progress monitoring and skills attainment. Quaver offers Single Sign-On and Roster Integration. Even more, student accounts enable more consistent support for educators and families during periods of remote instruction.

As a digital curriculum, we are committed to updating our resources to meet the needs of today's teachers and students. As such, our digital platform allows for regular updates to functionality, changes in legislation, and teacher needs and feedback.

5.2 Provides online assessment resources

All assessment resources are online. Soon, the module assessments will be customizable and assignable to students' online accounts. Also through Quiz Builder, teachers will be able to create their own multiple-choice quizzes and assign them to students' online accounts.

### 5.3 Offers online tiered intervention and enrichment resources

All of the tiered interventions addressed in Rubric Indicator 3.2 and enrichment resources addressed in Rubric Indicator 3.3 are available online. Teachers can access these resources online to deliver content to their students in a whole group or small group setting. Teachers can also assign these activities to individual student accounts for students to access at school or at home.

5.4 Includes online book of activities/references/articles/resources

All QuaverHealth•PE lessons include both teacher-directed and student-centered online resources. Our Instructional Guides include a variety of planning resources and best practice documents for teachers. Our printable lesson plans not only include the TEKS covered in the lesson, purpose, and objectives but also include teacher notes for each activity in the lesson. These notes are also found inside each activity and include suggestions for introducing a concept, implementing an activity, going deeper on lesson topics, and asking probing questions. This is seen in *Exhibit 5-4a: Teacher Notes in a QuaverHealth•PE Lesson.*

Exhibit 5-4a: Teacher Notes in a QuaverHealth•PE Lesson
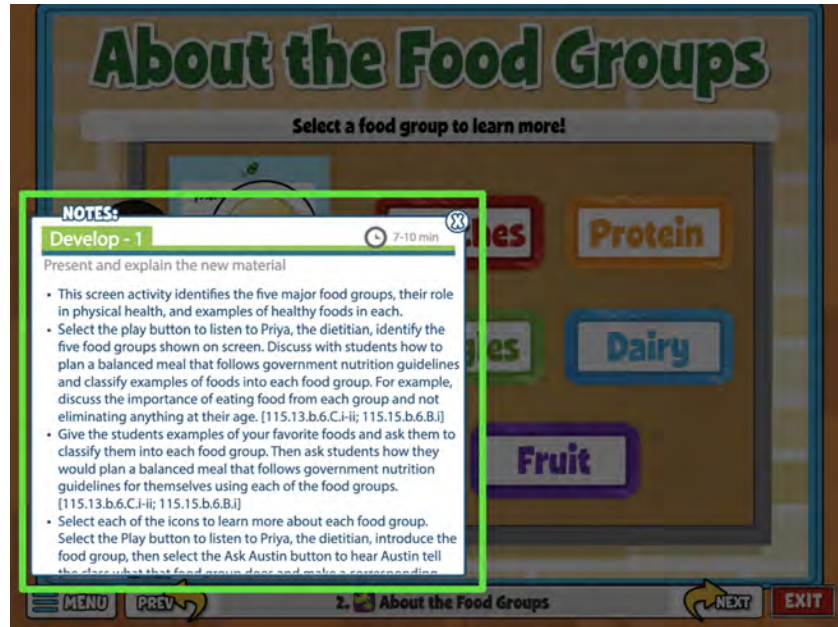
QuaverHealth•PE includes student-centered resources in the form of interactive activities, songs, and games. Many of these activities were designed for the class to engage in discussion, while others focus on real-life application and review. Lessons also include interactive songs and games to get students up and moving, while also reviewing lesson content. *Exhibit 5-4b: Student Resources* highlights a song with onscreen choreography and a gym game. These are two examples of the hundreds of interactive activities included in QuaverHealth•PE lessons.

Exhibit 5-4b: Student Resources
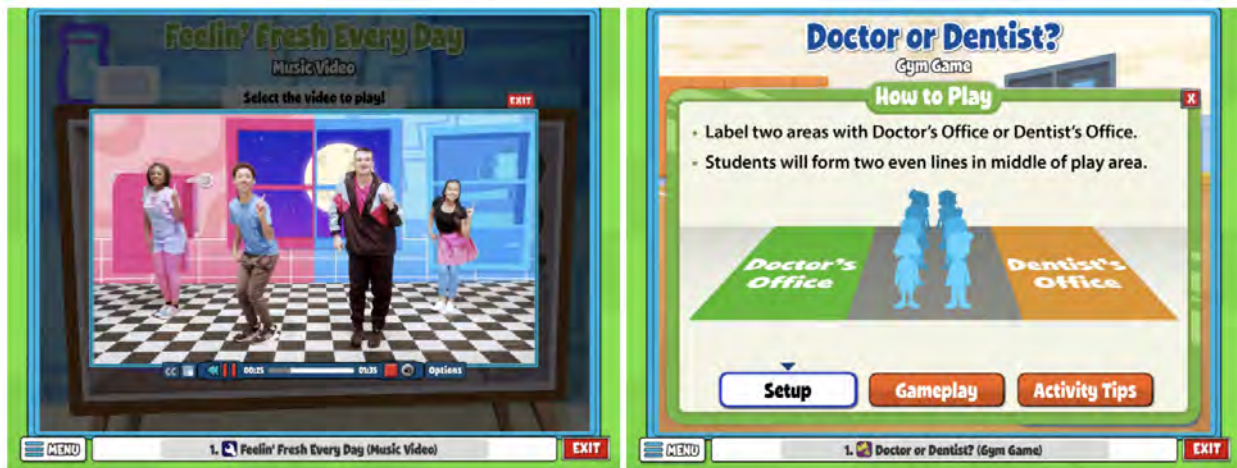
5.5 Digital tools are built into the platform (including, but not limited to):
- **Bank of text and graphics for ELLs**
- **Robust language transition (multiple languages)**
- **Skills development and modifications (504, special education)**

The Quaver platform includes a variety of tools to support all learners. All QuaverHealth•PE screens have tools that allow teachers to draw, write, or add text to any activity. Teachers can highlight keywords or type keywords on the screen to support students' language needs. This includes the ability to write or type on-screen in any language.

Our customization tools allow teachers to add custom videos through Teacher Recordings, as seen in *Exhibit 5-5*. These videos can be added to custom lessons and shared with student accounts. Another feature to support students through video instruction is the use of video notes. These video notes can be added to any screen and allow teachers to give verbal directions to students needing additional support. These video notes are in addition to written notes on each student activity.

*Exhibit 5-5: Custom Teacher Recording Video*

Adding custom screens opens a world of new resources for teachers. In addition to the Teacher Records discussed, teachers can create custom Powerpoint-like screens to include additional images or modified text to meet the needs of all students. These customization tools allow for

personalized modifications for each student based on their individualized education plans or 504 plans, as needed.

5.6 Includes pre-loaded rubrics and checklists that teachers have the ability to download and edit

Resource Creation and customization give teachers the flexibility to create custom rubrics through Rubric Builder to assess students or allow students to assess peers or self-assess. These rubrics can be sent to student accounts or printed for ease.

Exhibit 5-6: Rubric Editor
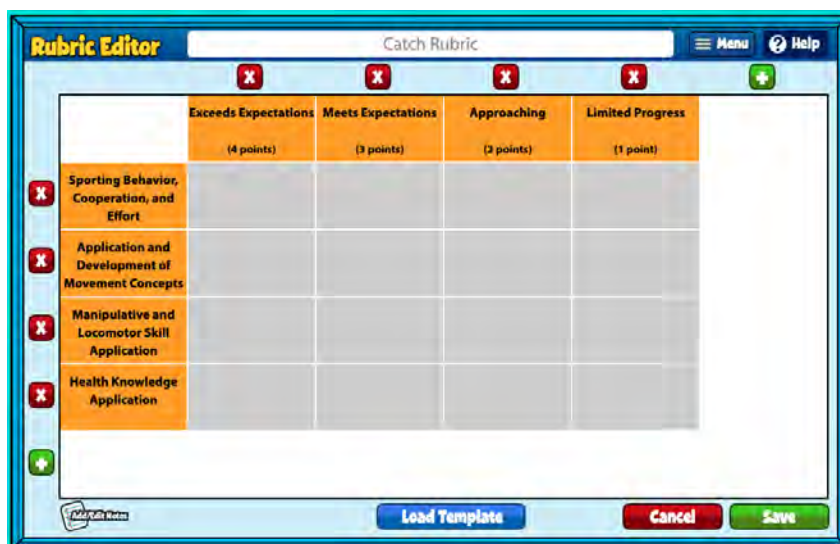
Resource creation also allows teachers to create checklists through Checklist Builder. These checklists can be added to custom lessons and also sent to student accounts. This allows students to monitor their own progress of completion for a variety of activities.

5.7 Includes student interactive online lessons

Free student accounts open a world of learning to students anywhere, anytime. Students can log in to their personal Student Dashboard anywhere they have an internet connection and can access teacher-created assignments, the Health Tracker, or browse through resources covering the four dimensions of health: emotional, intellectual, physical, and social. Student accounts also empower parents to be engaged in the student's education, as they can access the resources at home and communicate with the teacher if needed. *Exhibit 5-7a: Quaver Student Dashboard* shows a Student Dashboard for a sample student.
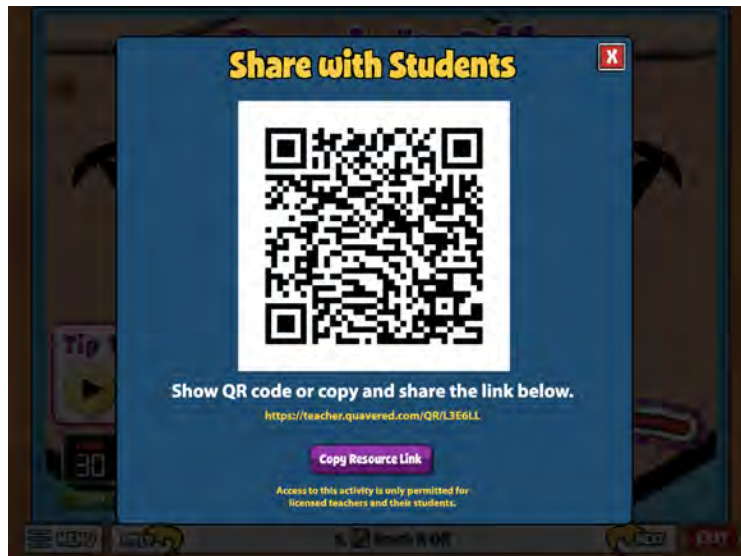
Exhibit 5-7a: Quaver Student Dashboard

Every activity in the curriculum can be shared with parents through a QR code or shareable link. This option requires no account needed for the student or parent. Both the QR code and shareable links can be emailed to parents, added to a newsletter, printed, and more. *Exhibit 5-7b: Resource Sharing* shows the options given to teachers to share resources to parents and even students and other teachers in the building.

Exhibit 5-7b: Resource Sharing

Quaver Health·PE™

Growing Stronger Bodies & Minds