



# Growing Stronger Bodies and Minds



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

QuaverHealth•PE presents an innovative and school-wide approach to health and physical education skills instruction for Kindergarten through 5th grade. We are proud to provide these engaging resources across the four dimensions of health: physical, emotional, social, and intellectual. Districts can acquire a 100% Health and PE TEKS-aligned, online curriculum that meets the needs of today's educators.

## Multi-Disciplinary Guidance

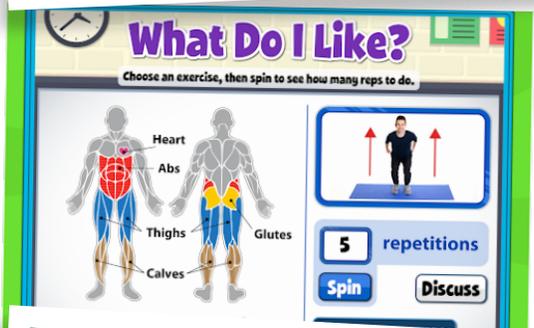
QuaverHealth•PE was developed with input from experts in medicine, physical education, personal hygiene, nutrition, child safety, and early childhood development. All lessons undergo a rigorous review by our Medical Advisory Panel and Review Board, as well as our Diversity, Equity, and Inclusion Committee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

## Aligned to Health and PE TEKS

Our 196 health lessons and 12 PE Units are aligned to both the K-5 Health and Physical Education TEKS. Interactive lessons, body and brain warm-ups, gym games, and original, upbeat songs bring lessons to life. All are age and developmentally appropriate, taking into account children's physical, emotional, social, and intellectual growth over time

## Easy and Flexible for the Whole School

QuaverHealth•PE is easy to use for anyone teaching health and/or PE. We provide teachers the tools they need for easy planning, customization, and instruction. QuaverHealth•PE offers classroom adaptations and differentiated teaching suggestions to engage all learners and offer school-wide support.



### Rich in Functionality

With unlimited student accounts, Quaver Health-PE supports progress monitoring and skills attainment. QuaverEd offers Single Sign On and rostering integration. Even more, student accounts enable more consistent support for educators and families.



### Effective In Fostering Personal Healthy Habits

QuaverHealth-PE curriculum goes beyond simply introducing health concepts. Lifelong health starts with helping children practice making responsible health choices and learning to advocate for their own health needs. Further, Lesson topics such as decision making, bullying and cyberbullying, and online safety are provided to support educators.



For more information, reach out to your Quaver Key Account Rep, Carlie Phillips, directly at [CarliePhillips@QuaverEd.com](mailto:CarliePhillips@QuaverEd.com) or (731) 697-7809.