



**Growing Stronger
Bodies & Minds**

Curriculum and Program



Seriously Fun Education!





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QuaverHealth•PE is a K-5 curriculum that combines Health and PE into one easy-to-use online platform. Teachers will find all the resources necessary for teaching Health and PE in any setting, whether in the classroom, gym, or online through distance learning. Our innovative approach to teaching Health and PE is easy for teachers and engaging for students.

Curriculum and Program

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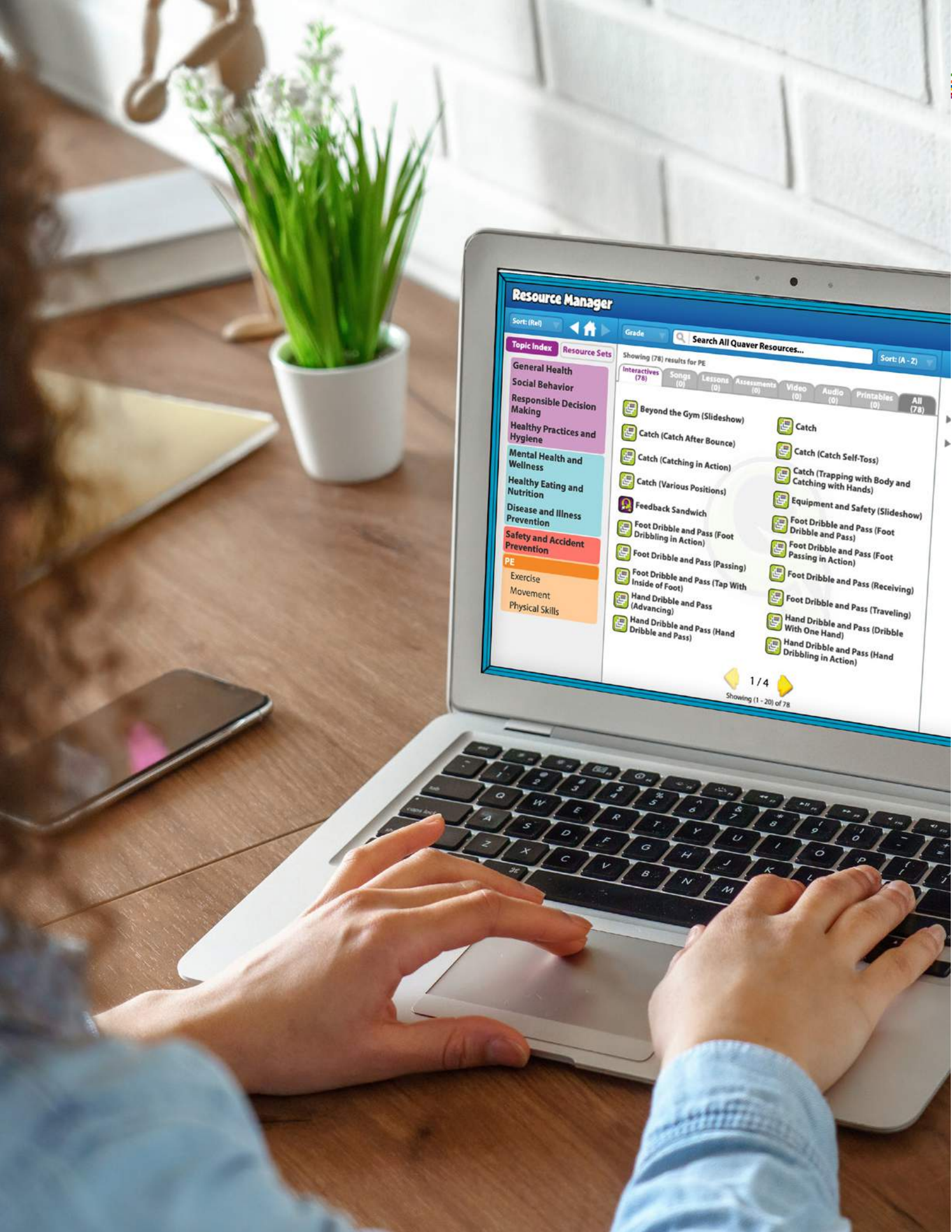
1. Standards Alignment

QuaverHealth•PE has been reviewed by TEA and is the only curriculum to align to 100% of both K-5 Health and PE TEKS. The correlations can be found in the Instructional Guides section of the Teacher Dashboard. The TEKS are also listed in every printable lesson plan.

QuaverHealth•PE covers the K-5 TEKS related to Senate Bill 9. It is the responsibility of each district to notify parents at the beginning of the school year and 14 days prior to the teaching of these subject areas per TX House Bill 1525. QuaverHealth•PE has provided a draft letter in English and Spanish that can be used for these lesson topics. This draft can be amended, changed, and re-worded based on unique needs and situations for each district.

Since the QuaverHealth•PE platform allows for customization, teachers can incorporate outside resources, or create their own, to add to any lesson. QuaverHealth•PE provided resources and those customized by a teacher may be shared with parents for pre-approval and transparency.

Our curriculum meets SHAPE America National Standards. Using our curriculum relieves teachers of the time and effort to search for resources that meet all the TEKS.



Resource Manager

Sort: (Rel)

Grade

Search All Quaver Resources...

Sort: (A - Z)

Topic Index Resource Sets

General Health
Social Behavior
Responsible Decision Making
Healthy Practices and Hygiene
Mental Health and Wellness
Healthy Eating and Nutrition
Disease and Illness Prevention
Safety and Accident Prevention

PE

Exercise
Movement
Physical Skills

Showing (78) results for PE

Interactives (78)

Songs (0)

Lessons (0)

Assessments (0)

Video (0)

Audio (0)

Printables (0)

All (78)

Beyond the Gym (Slideshow)

Catch (Catch After Bounce)

Catch (Catching in Action)

Catch (Various Positions)

Feedback Sandwich

Foot Dribble and Pass (Foot Dribbling in Action)

Foot Dribble and Pass (Passing)

Foot Dribble and Pass (Tap With Inside of Foot)

Hand Dribble and Pass (Advancing)

Hand Dribble and Pass (Hand Dribble and Pass)

Catch

Catch (Catch Self-Toss)

Catch (Trapping with Body and Catching with Hands)

Equipment and Safety (Slideshow)

Foot Dribble and Pass (Foot Dribble and Pass)

Foot Dribble and Pass (Foot Passing in Action)

Foot Dribble and Pass (Receiving)

Foot Dribble and Pass (Traveling)

Hand Dribble and Pass (Dribble With One Hand)

Hand Dribble and Pass (Hand Dribbling in Action)

1 / 4
Showing (1 - 20) of 78

2. Cutting Edge Technology

QuaverHealth•PE is a fully online curriculum that delivers powerful and engaging lessons to students. Being fully online provides many benefits.

- Curriculum available any time of day or week, anywhere there is an Internet connection
- 1,200 Resources immediately accessible with easy navigation
- Multimedia, interactive resources providing immediate feedback
- No textbooks to carry around
- Customizable and updateable at will

While our technology is cutting edge, the navigation is easy, and teachers can get started on day one. There are video tutorials for the various teacher tools, and even the least tech-savvy teacher will significantly benefit from our easy-to-follow online lessons and resources.

The Teacher Dashboard, shown in the exhibit below, allows for flexibility for teachers. Teachers can use our ready-made lessons or can choose to create their own resources to meet the needs of all of their students with our Resource Manager tool. Teachers can then share custom lessons with other teachers in the district. Our extensive search capabilities help teachers find what they are looking for within the curriculum to make their perfect lesson.

Exhibit 2-1: Teacher Dashboard



With our Resource Creation tool, teachers can even import their favorite external resources to supplement anything in our curriculum. They can also create their own resources, including quizzes and rubrics. Differentiated instruction becomes easy with QuaverHealth•PE; teachers can adjust lessons or activities based on a student's ability level or learning style.

As an online curriculum, QuaverHealth•PE is always available. Teachers can share lessons and activities with their students through student accounts allowing for distance learning. Teachers can also share information with parents through our Parent Resources.

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 based on changes in legislation, teacher needs, and feedback.



3. Scope and Sequence

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.

Teachers will access QuaverHealth•PE through their Teacher Dashboard. The Teacher Dashboard houses all of the resources teachers need to meet the Health and PE TEKS, including lessons, tools for customization, supplemental resources, instructional guides, and more.

One of the first things teachers will see is the Lessons icon, shown in the exhibit below. Here teachers will find 196 TEKS aligned ready-made Health and PE lessons. These lessons are organized into eight different modules as follows:

- General Health
- Social Behavior
- Responsible Decision Making
- Healthy Practices and Hygiene
- Mental Health and Wellness
- Healthy Eating and Nutrition
- Disease and Illness Prevention
- Safety and Accident Prevention

Exhibit 3-1: QuaverHealth•PE Health Lessons



Module	Kindergarten - Lessons				Community Resources
General Health	Introducing My Health, My Responsibility	What is a Healthy Behavior?	What is Healthy Help?	What is an Emergency?	
Social Behavior	Learning to Listen	Making New Friends	What are Healthy Relationships?	Using Kind Words	
Responsible Decision Making	What is a Problem?	I Can Make it Better	Discovering Short and Long-Term Goals	Explore - Getting Help with Online Safety	
Healthy Practices and Hygiene	Hygiene Skills	My Teeth and Mouth	What is Exercise?	Introducing the Importance of Sleep	
Mental Health and Wellness	What Are Emotions?	When I Feel Worried	Controlling Myself	How Do I Feel?	
Healthy Eating and Nutrition	Food and My Body	Can I Eat Anything I Want?	Eating Habits	Harmful Effects	
Disease and Illness Prevention	What is a Checkup?	Cold and Flu	Understanding Vaccines	Staying Healthy	
Safety and Accident Prevention	Helmets and Seatbelts	What is Personal Safety?	Safe Play	Introducing Head Lice	

Each module contains four separate week-long lessons. All lessons are academically rigorous, vertically aligned through grade levels, and are developmentally appropriate. Multiple cross-curricular connections link the K-5th grade QuaverHealth•PE curriculum to TEKS across core and arts curricula. A Cross-Curricular + Arts Integration document is available upon request.

Lessons are designed to accommodate multiple learning styles, abilities, and maturity levels. Our technology also allows teachers to change lessons based on individual students' needs.

"I really enjoy the tailored language for each grade level. And it's TEKS aligned!"

Cody D., Keller, TX

Lesson topics build on the lessons from the previous grade, providing opportunities for K-5 students to develop an increased awareness of each module. Because all classrooms and gyms are unique, our curriculum allows teachers to teach the modules and lessons in any order that best suits them. Additionally, there are different lesson views that a teacher can choose based on their class setting and time constraints. These lesson views will be discussed in detail in the next section.

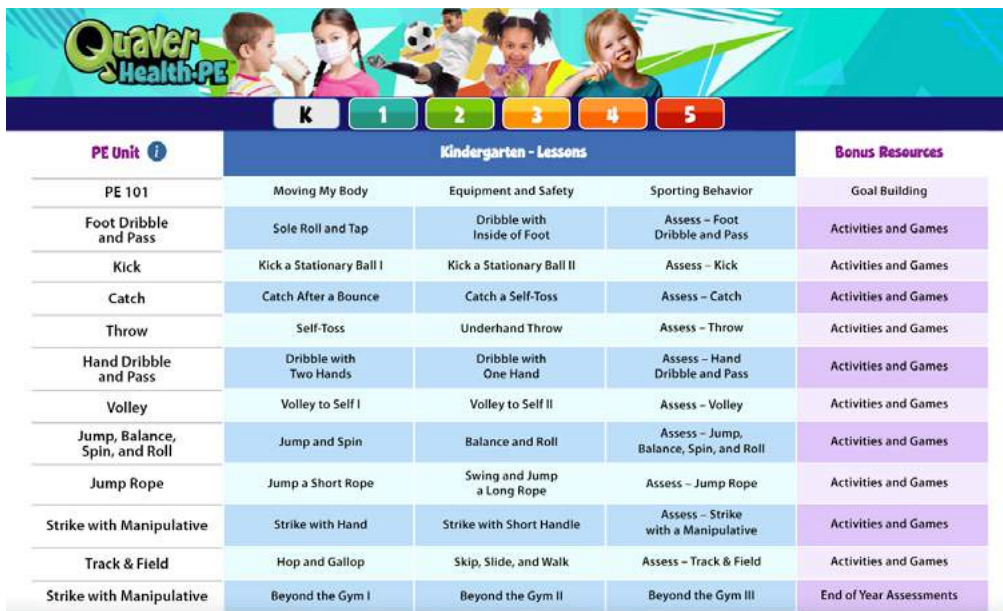
"I love how lessons build upon each other. It saves time having all of the resources in one place!"



Liz B., Justin, TX

As you can see in *Exhibit 3-1* above, the modules include traditional topics like nutrition, exercise, mental health, and safety. In these modules, factual information is presented about healthy behavior across all four dimensions of health: physical, emotional, social, and intellectual. Through lessons, activities, and reflections, these topics are broadened to include responsibility and decision making, bullying and cyberbullying, online safety, and cultural influences on personal health decisions.

QuaverHealth•PE makes it easy for teachers to segment out PE lessons. As shown in *Exhibit 3-2* below, the PE Lesson view offers skills-based and age-appropriate lessons. The modules include assessments and bonus lessons.

Exhibit 3-2: PE Lessons



 <div> <div>K</div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> </div>				
PE Unit 	Kindergarten - Lessons			Bonus Resources
PE 101	Moving My Body	Equipment and Safety	Sporting Behavior	Goal Building
Foot Dribble and Pass	Sole Roll and Tap	Dribble with Inside of Foot	Assess – Foot Dribble and Pass	Activities and Games
Kick	Kick a Stationary Ball I	Kick a Stationary Ball II	Assess – Kick	Activities and Games
Catch	Catch After a Bounce	Catch a Self-Toss	Assess – Catch	Activities and Games
Throw	Self-Toss	Underhand Throw	Assess – Throw	Activities and Games
Hand Dribble and Pass	Dribble with Two Hands	Dribble with One Hand	Assess – Hand Dribble and Pass	Activities and Games
Volley	Volley to Self I	Volley to Self II	Assess – Volley	Activities and Games
Jump, Balance, Spin, and Roll	Jump and Spin	Balance and Roll	Assess – Jump, Balance, Spin, and Roll	Activities and Games
Jump Rope	Jump a Short Rope	Swing and Jump a Long Rope	Assess – Jump Rope	Activities and Games
Strike with Manipulative	Strike with Hand	Strike with Short Handle	Assess – Strike with a Manipulative	Activities and Games
Track & Field	Hop and Gallop	Skip, Slide, and Walk	Assess – Track & Field	Activities and Games
Strike with Manipulative	Beyond the Gym I	Beyond the Gym II	Beyond the Gym III	End of Year Assessments

4. Whole School Approach

We recognize that not all classrooms and gyms are the same. QuaverHealth•PE has three different lesson modes. These different modes allow each teacher to select the most effective teaching method for their class.

Each lesson can be viewed in three modes: Lesson View, Daily Dose, or Health + PE.

Lessons are accessed from an interactive menu, seen below in *Exhibit 4-1*.

Exhibit 4-1: Lesson Modes



Teachers can choose to teach an entire ready-made lesson in one class, teach five shorter daily doses over a week or teach health and PE concurrently through our Health+PE mode.

- **Lesson View:** The first tab is the Lesson View, which shows the entire 45-minute lesson with the notes that the teacher will need to deliver. This mode tends to be best for the school nurse, counselor, health educator, or classroom teacher.
- **Daily Dose:** Daily Dose provides a 5-7 minute activity for each day of the week. This mode tends to be best for the teacher who has limited time to deliver a Health lesson.
- **Health + PE:** Health + PE combines Health and PE into one place. This mode is best for PE teachers tasked with teaching both subjects. Each activity is 3-5 minutes long, totaling approximately a half-hour of instruction time. This view directly incorporates the teaching of motor, locomotor, and manipulative skills, all aligned to the PE TEKS.



5. Lesson Structure

Each lesson has several activities. Depending on the view the teacher chooses, the lesson will either be taught in one 30-45 minute session or daily for 5-7 minutes each day. The lesson components are:

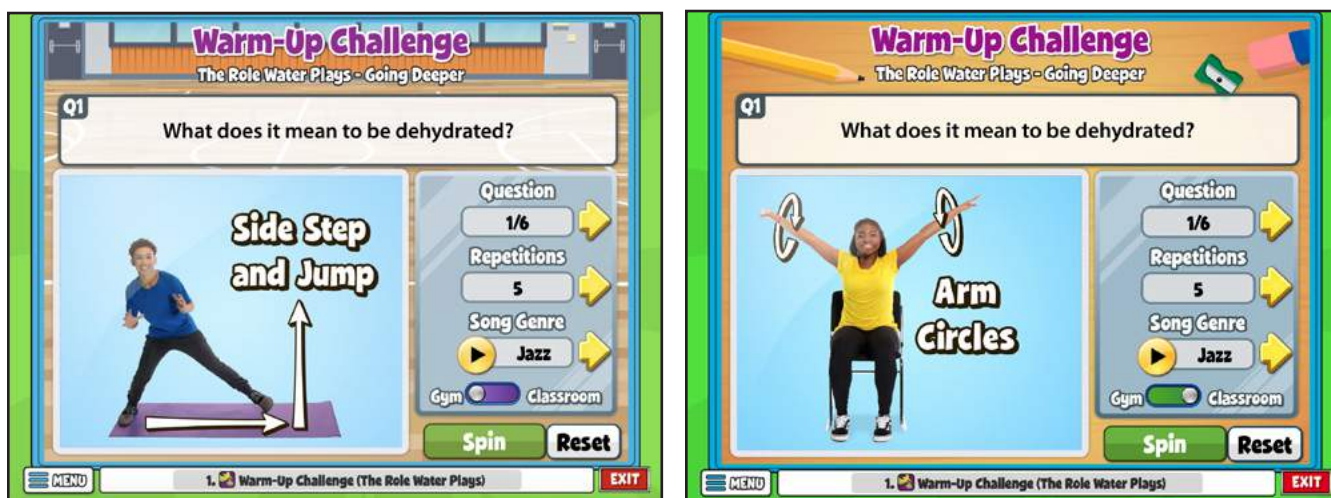
- 5.1 Warm-Up
- 5.2 Core Content
- 5.3 Song or Gym Game
- 5.4 PE Skills Practice
- 5.5 Application
- 5.6 Check for Understanding

Each is described below.

5.1 Warm-Up

QuaverHealth•PE includes questions designed to activate prior knowledge from previous grade levels 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 5-1: Warm-Up Challenge – Gym and Classroom Views* gives an example of questioning used to assess and develop background knowledge.

Exhibit 5-1: Warm-Up Challenge – Gym and Classroom Views

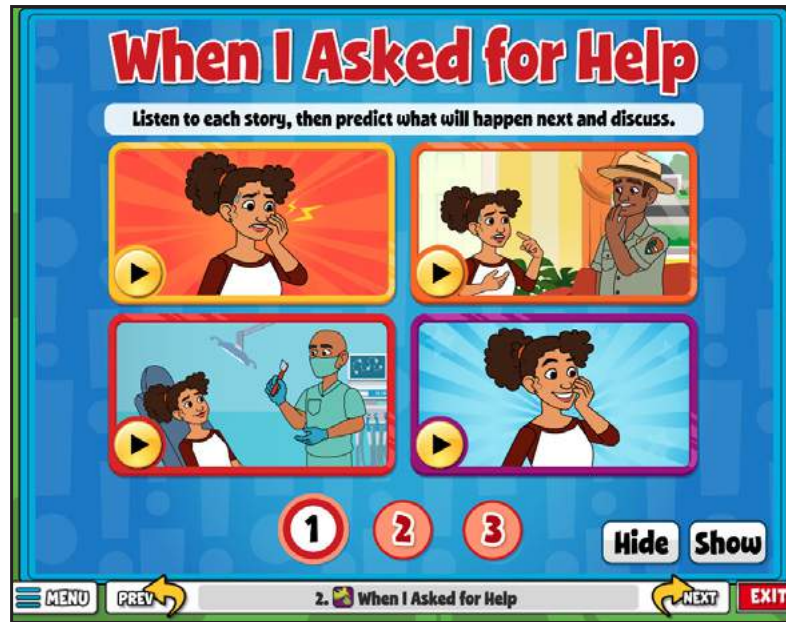


Warm-Ups will include physical activity with movements directly tied to the PE TEKS. Teachers can toggle between Gym and Classroom to find warm-up exercises appropriate for each setting. In the classroom view, the seated movements also serve as modifications for students. Teachers can also choose the 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.

5.2 Core Content

The primary health information of the lesson is delivered through scenario-based discussion to deepen student understanding and knowledge retention.

Exhibit: 5-2: Health Lesson



The purpose of this specific screen activity is to invite students to put themselves in someone else's situation. Students will think critically about what a character should do and consider their resources to get help. Activity screens like this appear throughout QuaverHealth•PE and encourage students to develop higher-level thinking skills.

5.3 Song or Gym Game

Teachers use this function to reinforce the lesson's objective and Health TEKS with a fun activity or a catchy song students will remember. The curriculum provides choreography correlated to the body and spatial awareness TEKS for PE. Gym activities can be adapted for classroom use. The exhibit below shows that many songs are available in Spanish, with more coming soon.

Exhibit 5-3: English and Spanish Versions of a QuaverHealth•PE Song



Songs can be used in many ways and are a compelling means of communicating and reinforcing a message to students. Teachers can invite students to stand, move, sing, and create their own choreography.

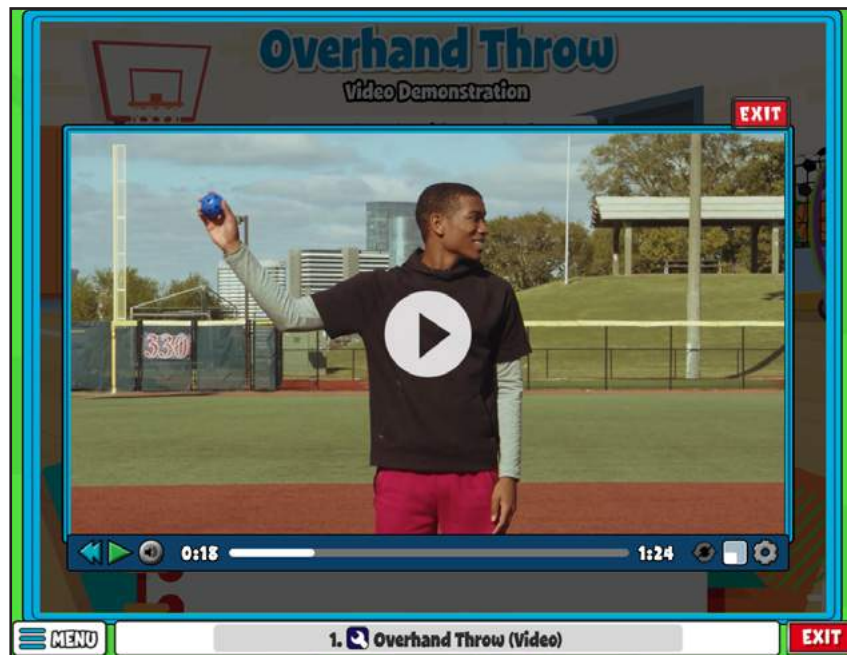
5.4 PE Skills Practice

In the Health + PE view, teachers will find resources to support teaching PE manipulative, motor, or locomotor skills. QuaverHealth•PE's physical education resources provide demonstrative skill activities with cues for teachers to teach the skill, games and instructional activities for students to practice the skill, and lead up games for each manipulative skill.

These activities are outlined in printable lesson plans and onscreen teacher notes. Students are also provided with onscreen images to see the correct technique of each skill. Physical education teachers in Texas wrote all demonstration skill activities.

QuaverHealth•PE provides still images to show the correct technique. By the spring of 2022, we will provide videos for each skill. Over 80 videos are in production to allow students to see the skill in action with verbal cues. See *Exhibit 5-4* below to see a sample screen from a PE Skills video.

Exhibit 5-4: Screen from Instruction of an Overhand Throw Video



5.5 Application

Each application emphasizes personal advocacy and responsibility. Students will receive a call to action with a real-life application, like the one shown in the exhibit below.

Exhibit 5-5: Application in a Lesson



Healthy Helper Contact Sheet

Type to fill in the fields and create your own Healthy Helpers contact page.

Trusted Adults

My trusted adults at home:

Names: _____
 Phone numbers: _____
 When I might need them for help: _____

My trusted adults at school:

Names: _____
 How to contact: _____
 When I might need them for help: _____

At the bottom of the form are icons for 'Aa TEXT', 'DRAW', and 'CLEAR'. The bottom navigation bar includes a 'MENU' button, a progress indicator '1. Healthy Helper Contact Sheet', and an 'EXIT' button.

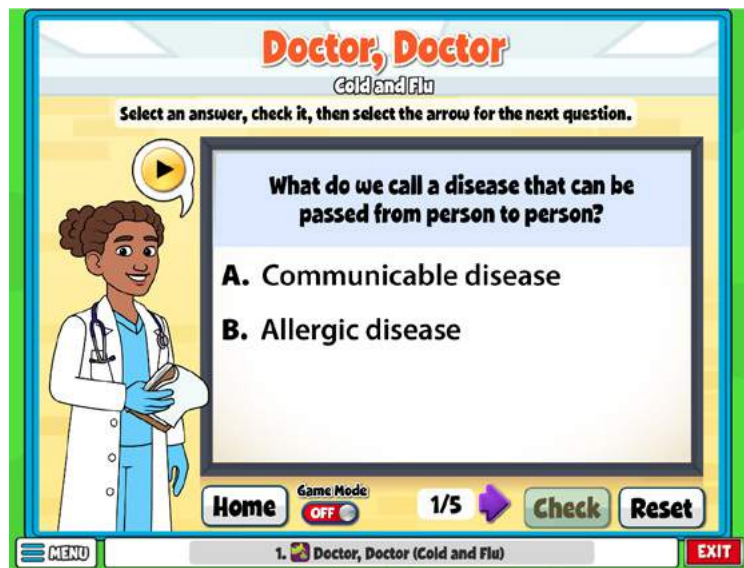
In this specific lesson, teachers will explain the importance of seeking assistance in making decisions about health. On this screen, students will create a Healthy Helper Contact Sheet so that the next time they need to ask for help, they will have a plan.

5.6 Check for Understanding

Teachers will ask students to reflect and remember what they learned in this component. An assessment in the form of a quiz can also be used.

Each QuaverHealth•PE lesson ends with an informal, formative assessment to review the content and check for student understanding. Each module contains four consecutive lessons and ends with a module review and assessment. Like the one shown in the exhibit below, these assessments are grade-level appropriate and are differentiated for each grade level.

Exhibit 5-6: Doctor, Doctor Assessment



Doctor, Doctor
Cold and Flu

Select an answer, check it, then select the arrow for the next question.

What do we call a disease that can be passed from person to person?

A. Communicable disease
 B. Allergic disease

At the bottom, there is a 'Home' button, a 'Game Mode' indicator (OFF), a progress indicator '1/5', and 'Check' and 'Reset' buttons. The bottom navigation bar includes a 'MENU' button, a progress indicator '1. Doctor, Doctor (Cold and Flu)', and an 'EXIT' button.

6. Additional Features and Resources

In this section, we cover the following:

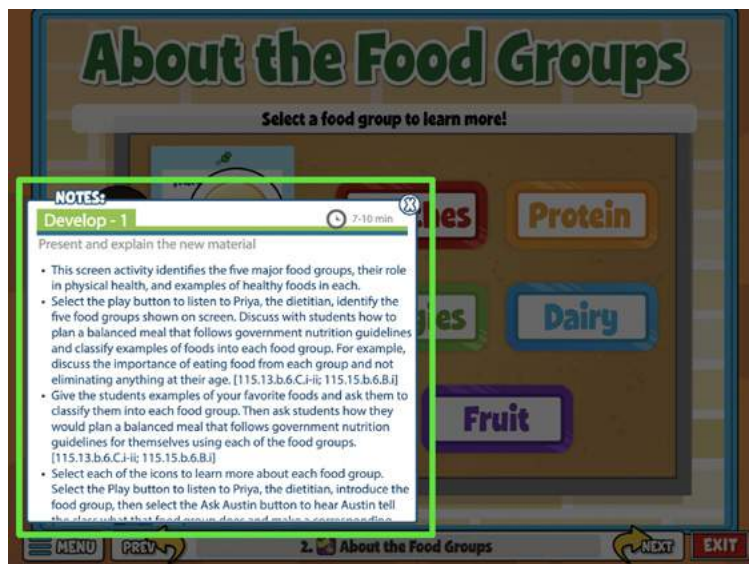
- 6.1 Teacher Notes
- 6.2 Health Toolbox
- 6.3 PE Toolbox
- 6.4 Social and Emotional Learning
- 6.5 Parent Resources and Access
- 6.6 Community Resources
- 6.7 Instructional Guides

6.1 Teacher Notes

All QuaverHealth•PE printable lesson plans include teacher notes for each activity in the lesson.

These notes are 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.

Exhibit 6-1: Teacher Notes in a QuaverHealth•PE Lesson



Higher-order thinking prompts are also included in the teacher notes for certain topics.

6.2 Health Toolbox

The Health Toolbox is a curated set of resources for short lessons, student interactives, songs, and quizzes. With these tools, teachers can enhance every lesson with engaging activities related to each Module. Teachers can search for specific topics within this toolbox using the Search field.

The Assessment section contains pre and post-assessments that can be used at the beginning and end of the school year. These assessments can be printed or assigned to students' online accounts.

Educators can also find Songs, Movement Videos, and Interactive Screens in Spanish in the Health Toolbox. In “A Cepillar (Tus Dientes),” seen below in *Exhibit 6-1*, students will learn the correct way to brush their teeth as they enjoy singing and moving to the song.

In keeping with our commitments to diversity and inclusion and our goal to help English Language Learners, we plan to offer the entire curriculum in both English and Spanish in 2022.

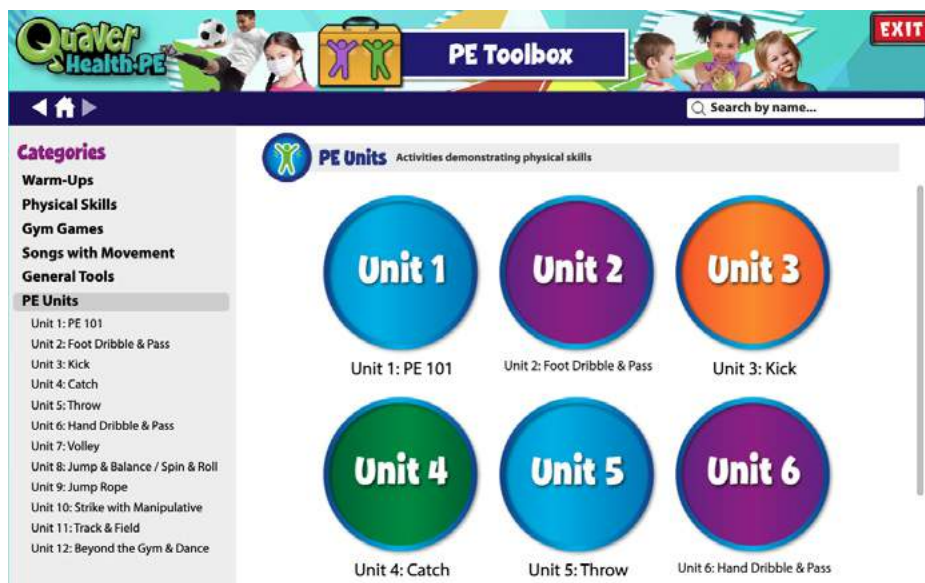
Exhibit 6-2: Spanish Resource



6.3 PE Toolbox

Like the Health Toolbox, the PE Toolbox organizes tools to support PE teachers. Teachers will find Warm-Ups, Physical Skills, Gym Games, Songs with Movement, and General Tools on this screen. The PE Toolbox is shown in the exhibit below.

Exhibit 6-3: PE Toolbox



QuaverHealth•PE supports skill-based learning opportunities and allows teachers to differentiate the skill based on the students' varying skill levels and assess background knowledge and skill readiness. Teachers can easily use the demonstrations and skills-based instructional activities from a previous grade level if students need more practice on a skill. These are also included to provide an easy opportunity for review. *Exhibit 6-4* shows how skills are broken down by grade level, and teachers can use activities from previous grades to assess background knowledge and skill readiness.

Exhibit 6-4: Differentiation Among Grade Levels

ENGAGE

Warm up the students and get their attention

1. Volley (Volley)

3-5min

- The purpose of this lesson is to sequentially build mastery of volleying an object. Prior to class, review all the screens and use the ones that best suit students' level of mastery.
- A rough guide by grade/developmental level is provided below, though all activities can be used to review and practice key elements of each skill:
 - Screen 1: Overview, Warm Up, and Connection (K - 5th)
 - Screen 2: Volley to Self (K - 1st)
 - Screen 3: Volley to Partner (1st - 3rd)
 - Screen 4: Underhand (4th - 5th)
 - Screen 5: Overhand (4th - 5th)
 - Screen 6: Volleying in Action (K - 5th)
- Interwoven throughout these activities and games are opportunities for students to learn and demonstrate taking and accepting personal responsibility in competitive situations.
- Select the Play button to activate music as students enter the learning area. This track is available on all screens to play as students practice skills.



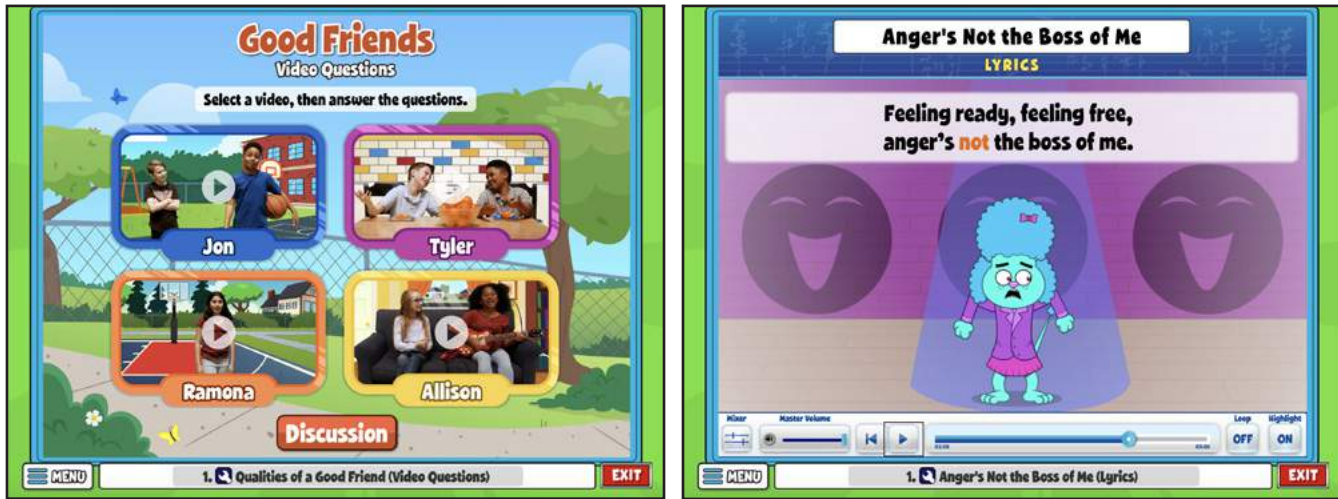
6.4 Social and Emotional Learning

QuaverHealth•PE supports growing stronger bodies and minds in all students through the four dimensions of health: emotional, intellectual, physical, and social. The new Health TEKS and the new Physical Education TEKS include social and emotional skills, which are woven throughout our curriculum.

Social and emotional skills are incorporated in every QuaverHealth•PE lesson, see *Exhibit 6-5: Activities Supporting the Development of Social and Emotional Skills*, through the following:

- **Active Warm-Ups:** Build relationship skills and social awareness through collaborative warm-ups!
- **Gym Games:** Develop self-management and responsible decision-making skills through engaging gym games.
- **Songs:** Embrace SEL competencies through music and movement. Through the power of song, students are empowered to become self-aware and memorize coping strategies.
- **Collaborative Activities:** Strengthen relationship and decision-making skills through group activities, discussions, and role-play.

Exhibit 6-5: Activities Supporting the Development of Social and Emotional Skills



While the four dimensions of health are woven throughout our entire curriculum, QuaverHealth•PE also has two modules devoted to social and emotional skills. You can find lessons directly related to teaching social and emotional skills in Module 2: Social Behavior and Module 5: Mental Health and Wellness.

Social and emotional skills are embedded in lessons and activities where they naturally fit and, except for the two modules above, are not taught in isolation. The Physical Education TEKS also include social and emotional skills in topics such as sporting behavior and working as a team. In the younger grades, these skills are more conceptual and are interwoven in the lessons. There are specific notes in the lesson plans for teachers to talk about winning with dignity and losing with grace in certain instructional activities and lead-up games in the older grades.

QuaverHealth•PE is also aligned to the Positive Character Traits TEKS.

6.5 Parent Resources and Access

QuaverHealth•PE supports and encourages parents and family members' involvement in their children's education. As such, we have included Parent Resources in our curriculum. These resources are available in English, with Spanish versions coming soon.

The Parent Resources portal, shown in the exhibit below, is a searchable subset of the full QuaverHealth•PE curriculum, which includes resources to engage family members in health and physical fitness conversations. Parents will not need a log-in or password to access these resources.

Exhibit 6-6: Parent Resources











If a teacher wants to engage families in a specific activity, they can share activities through a QR code or shareable link. This option requires no account needed for the student or parent. The QR code and shareable links can be emailed to parents, added to a newsletter, printed, and more.

6.6 Community Resources

Community Engagement Resources can be used as an enhancement to the interactive classroom lessons and support your Coordinated School Health efforts. These resources provide the teacher with approved online websites, community visitor suggestions as seen in *Exhibit 6-7*, and fun school and community-wide project ideas that broaden and enrich the teaching of each module.

Inviting community visitors to your school will allow students to see positive role models in action. From firefighters to pharmacists to therapists, students will help students draw connections and real-world applications to their learning. Students will learn how the whole community plays a role in living a healthy life.

Exhibit 6-7: Community Resources

Request a visitor...	 Police Officer	 Firefighter	 Doctor or Nurse	 Counselor or Therapist
...from your local...	Police Station	Fire Station	Doctor's Office or Hospital	Counseling or Therapy Practice
Before the Visit • Complete the "Know" and "Want to Know" sections of KWL chart with students.				
	 Review your school or classroom rules. Discuss how following these rules keep us safe and how a police officer helps enforce laws to keep us safe. Play QuaverHealth•PE's Safe or Unsafe game to compare safe and unsafe choices and discuss.	 Practice a school fire drill together and discuss why a fire safety plan helps to keep us safe. Take the QuaverHealth•PE Safety Pledge as a class!	 Look at the doctor or nurse's equipment and uniform. Ask the doctor or nurse to explain each item's purpose and function. Complete QuaverHealth•PE's What is a Healthy Behavior? activity and discuss the difference between healthy and unhealthy habits.	 Try QuaverHealth•PE's Emotion SoundBoard activity and discuss how we all feel emotions. Have students journal how they are feeling that day. Make a class list of things that cheer up students or help them to manage strong emotions.

Community Engagement Resource guides include text in both English and Spanish to communicate with parents. Families will be invited to participate in challenges related to the learning modules.




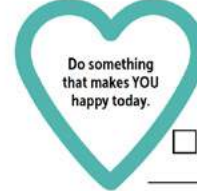




In Module 2: Social Behavior, the school community is invited to join in the QuaverHealth•PE Kindness Is Cool Challenge, shown in *Exhibit 6-8*, which advocates for students to practice kind and compassionate social behaviors in real life. Promote a month of kindness in your school and build community by encouraging all stakeholders (students, staff, and family members) to participate.

Exhibit 6-8: Kindness Is Cool Challenge

Check-Off Challenge: Kindness is Cool

Directions:

Color in a heart for each kindness challenge that you complete. Have an accountability partner or trusted adult initial next to each heart to confirm that you completed the challenge. Turn it in to your teacher to receive your "Kindness Kicks."

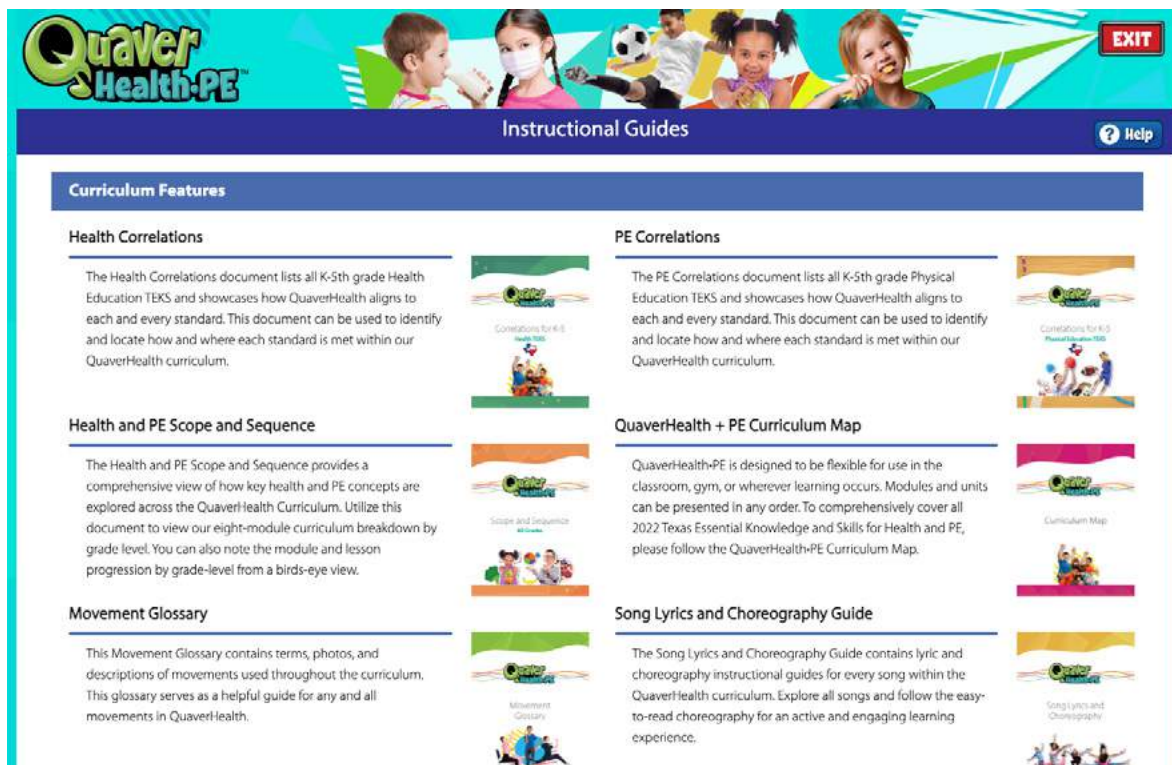
 <p>Help a family member with a chore without being asked.</p> <input type="checkbox"/>	 <p>Do a random act of kindness for a friend.</p> <input type="checkbox"/>	 <p>Be kind to the Earth by picking up trash in your neighborhood.</p> <input type="checkbox"/>	 <p>Do something that makes YOU happy today.</p> <input type="checkbox"/>
 <p>Clean up your room to feel more peaceful and organized.</p> <input type="checkbox"/>	 <p>Talk to someone at recess who you think might be lonely.</p> <input type="checkbox"/>	 <p>Find a toy you don't play with that you could give to someone else.</p> <input type="checkbox"/>	 <p>Memorize three kind phrases, and use them during the day.</p> <input type="checkbox"/>

6.7 Instructional Guides

The Instructional Guides icon leads to supporting documentation for teaching and lesson preparation. These resources will help teachers navigate the specific features of the curriculum and provide best practices to support instruction.

The Instructional Guides menu includes the following documents: Health Correlations, PE Correlations, a Health and PE Scope and Sequence, a Movement Glossary, and Song Lyrics and Choreography Guide, and a Teacher-Led Student Discussions how-to document. Please see the exhibit below for an example of an instructional guide.

Exhibit 6-9: Instructional Guides



The Health and PE Correlations documents list all K-5th grade Physical and Health Education TEKS and showcase how QuaverHealth•PE aligns to every standard. These documents can be used to identify and locate how and where each standard is met within our QuaverHealth•PE curriculum.



7. Teacher Administration

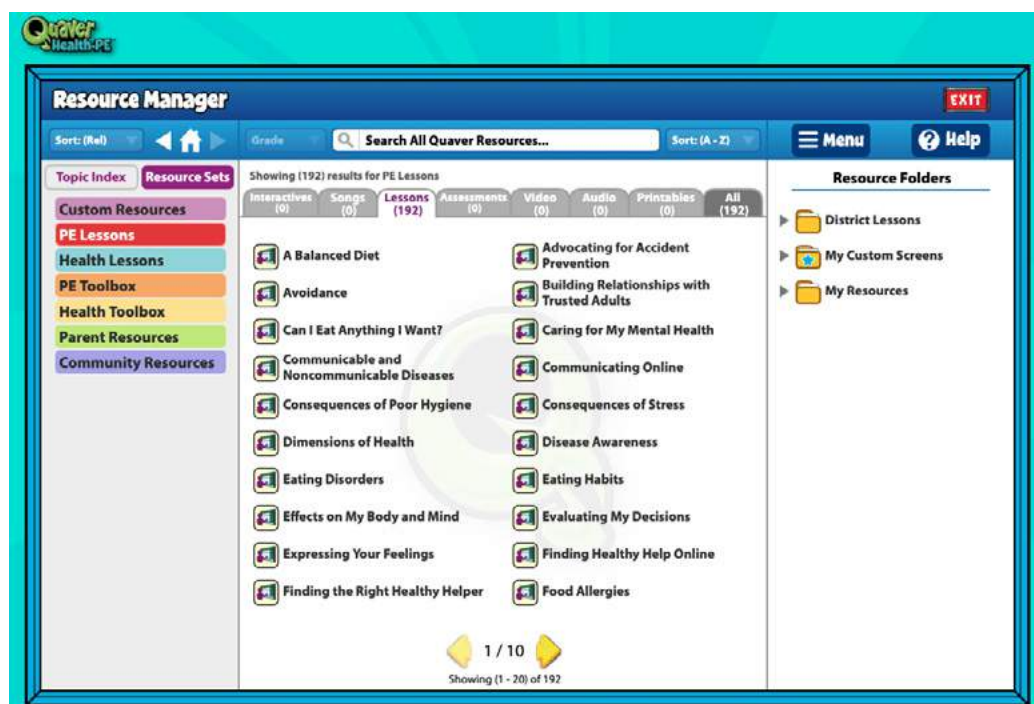
As mentioned previously, QuaverHealth•PE is designed for ease of use by all teachers with no previous technology skills required. Two things that help teach QuaverHealth•PE are Resource Manager and Resource Creation. Here we cover the following:

- 7.1 Resource Manager
- 7.2 Resource Creation
- 7.3 Customization/Differentiation
- 7.4 English Language Learners
- 7.5 Diversity and Representation
- 7.6 Assessments
- 7.7 Student Administration

7.1 Resource Manager

QuaverHealth•PE understands no two teachers, students, classes, or weeks of the school year are precisely alike, and great teachers need tools that adapt to their unique situations. Resource Manager is where teachers can find a library of our resources. Here teachers can search this user-friendly resource for lessons or activities based on the desired topic or skill they want to address.

Exhibit 7-1: Resource Manager



Teachers can use Resource Manager to tailor their instruction to meet the needs of their students. Resource Manager includes powerful customization functionality that allows educators to create online lessons from scratch or rearrange and adapt current QuaverHealth•PE lessons. Teachers can re-order, remove, or add activities.

Teachers can turn any lesson (standard or custom) into an assignment with an associated grading rubric. They can even add written or video instructions to the assignment. When students launch an assignment that has video notes,

they will automatically see a popup window in the lower-left corner that says “Click for video instructions” that they can click to view video instructions. Please see below for an example of this option.

Exhibit 7-2: Customization Option



7.2 Resource Creation

Resource Manager also allows teachers to import content from outside the QuaverHealth•PE platform to create custom screens for teaching or distributing to student accounts. The Resource Creation menu, seen in *Exhibit 7-3* below, allows teachers to develop a variety of custom screens, including Multimedia Slides, YouTube videos, Audio Playlists, Quizzes, Custom Rubrics, and more.

Exhibit 7-3: Resource Creation Screens



Using Quaver’s Resource Manager, teachers can write lessons together, divide grade-level planning among groups, and share anything remotely. As they adapt to what works for their students, teachers are building their own custom Health or PE curriculum.

This capability can encourage collaboration among teachers and allow district leadership to better institute a standard 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.

7.3 Differentiation through Customization

Our customization tools make differentiated learning easy for teachers and students. QuaverHealth•PE offers classroom adaptations to engage all learners and to offer school-wide support.

Teachers can use the Health or PE Toolbox to pull resources from previous lessons to reteach, scaffold, or differentiate as needed. Educators can also draw from previous grades to further differentiate. Quaver’s customization resources allow teachers to curate resources to support instruction for all students.

Teachers can put these specific activities together in a lesson format for students who may need more instruction on a given subject. Teachers can also use the Health or PE Toolbox to pull resources from higher grades to extend activities for enrichment.

When logged into their student account, the student will find instructions from the teacher and 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.

All QuaverHealth•PE screens have tools that allow teachers to draw, write, or add text to any activity. Teachers can highlight or type keywords on the screen to support students’ language needs. This functionality 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 7-4*. These videos can be added to custom lessons and shared with student accounts. Another feature to support students through video instruction is 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 7-4: Teacher Recordings



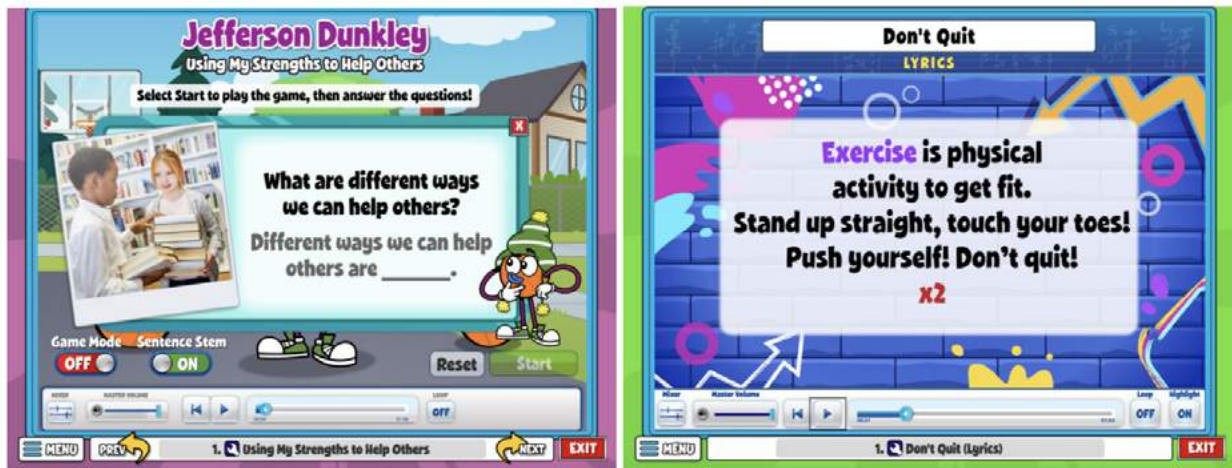
Adding custom screens opens a world of new resources for teachers. In addition to the Teacher Recordings discussed, teachers can create custom Powerpoint-like screens to include additional images or modified text to meet the needs of all students. These customization tools allow for personalized modifications for each student based on their individualized education plans or 504 plans, as needed.

7.4 English Language Learners

QuaverHealth•PE curriculum resources have been designed to help English Language Learners 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 support English Learners are as follows:

- **Use of Technology:** Mindful access to technology and computer-assisted, interactive learning can effectively engage students' participation, motivation, development in writing skills, and application of learning back into their real lives.
- **Closed Captioning on Videos:** QuaverHealth•PE provides closed captioning in English, allowing 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 7-5: Language Supports* shows an example of sentence stems.
- **Lyrics Highlighting on Songs:** To improve comprehension, we highlight the lyrics of songs as the lyric is sung. This feature enhances participation while targeting vocabulary development. *Exhibit 7-5: Language Supports* shows an example of lyrics highlighting.
- **Multimedia Approaches:** QuaverHealth•PE uses videos and animations to convey the meaning of English words to students, speeding up learning new words through a reinforcing multi-media approach.
- **Spanish Resources:** There are a variety of resources in Spanish available now. We will have the entire curriculum available in both English and Spanish in 2022.

Exhibit 7-5: Language Supports



7.5 Diversity and Representation

QuaverHealth-PE has placed specific and deliberate emphasis on including culturally relevant materials and culturally responsive teaching. Our curriculum includes a variety of ethnicities which sets the stage for students to observe and learn self and mutual respect. The lessons are free from bias in portraying race, gender, age, cultures, religion, and people with disabilities.

Our resources feature diverse 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 and mutual respect, we have lessons on cultural influences on health, respecting individual differences, and appreciating diversity. QuaverHealth-PE includes lessons explicitly focused 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 7-6* below, students will discuss the traditions and holidays that their families celebrate. They will connect the influence of culture to health choices.

Exhibit 7-6: Community Representation

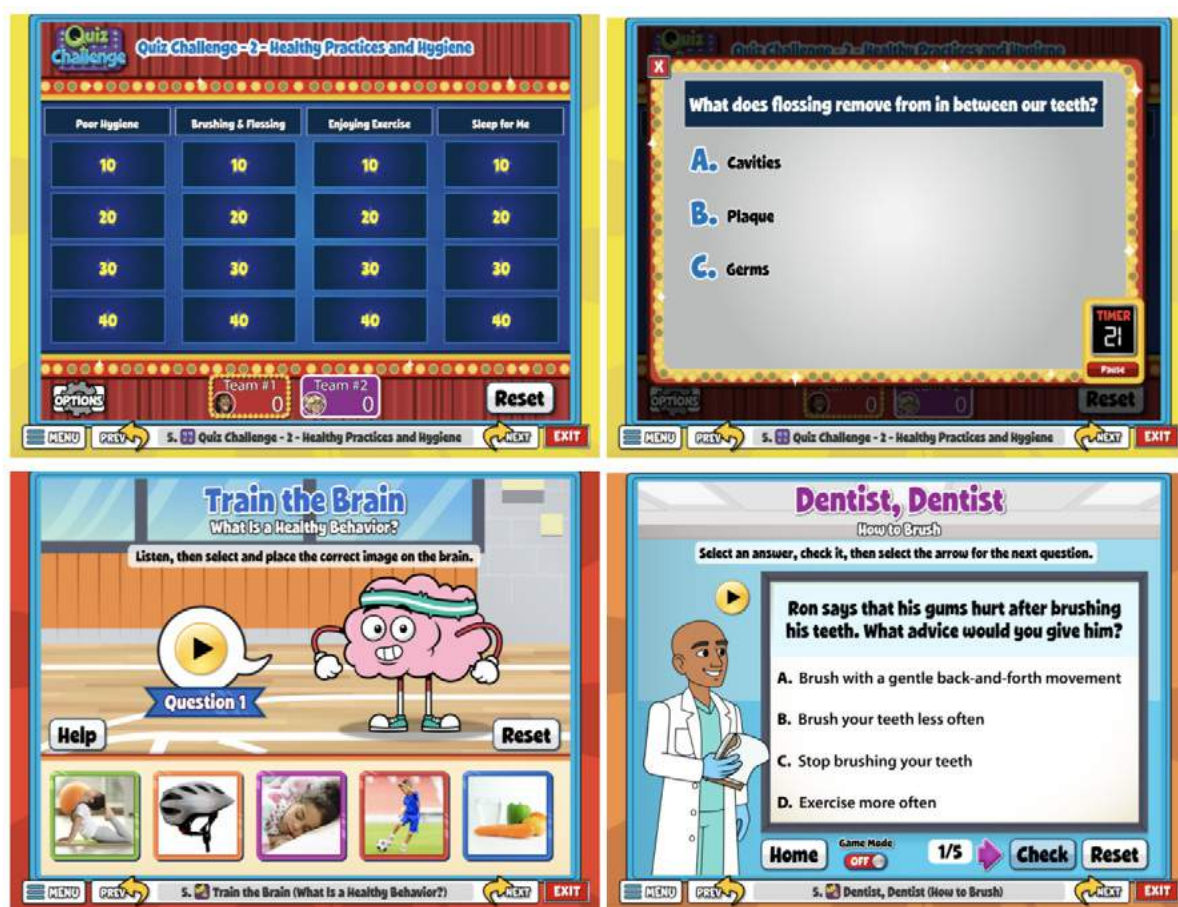


7.6 Assessments

Each QuaverHealth•PE lesson ends with an informal, formative assessment to review the lesson content and check for student understanding. Each module contains a series of 4 consecutive lessons and ends with a module review and assessment. These assessments are grade-level appropriate and are differentiated for each grade level. *Exhibit 7-7: Types of Assessments* shows the variety of assessments included in QuaverHealth•PE.

One type of end-of-module assessment is Quiz Challenge. The Kindergarten and 1st-grade Quiz Challenge consist 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.


Exhibit 7-7: Types of Assessments



The Health Toolbox provides pre and post-assessments for each grade level. These assessments can be printed and also assigned to students' online accounts. The current interactive module assessments on the screen will be printable and assignable to students' online accounts shortly. Teachers also can customize these assessments. Through Quiz Builder, located in Resource Creation, teachers can create their own multiple-choice quizzes.

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 also be sent to student accounts or printed for ease.

Exhibit 7-8: Custom Rubric Example



	Exceeds Expectations (4 points)	Meets Expectations (3 points)	Approaching (2 points)	Limited Progress (1 points)
Sporting Behavior, Cooperation, and Effort				
Application and Development of Movement Concepts				
Manipulative and Locomotor Skill Application				
Health Knowledge Application				

7.7 Student Administration

Student Admin allows teachers to distribute assignments and monitor progress using the attendance and GradeBook tools. Student Admin makes it easy to collect customized assignments electronically, view auto-graded assessments that instantly appear in the GradeBook, and more. Student Admin also includes options to note attendance, behavior, and communication with students and parents. Please see the exhibit below.

The GradeBook allows teachers to track student work and assignment grades. Teachers can add feedback or notes to the GradeBook for the specific assignment. If a student has completed an auto-graded assessment, the grade and answer responses will appear here. Student Recording video screens will also appear here when students submit their finished work. If a rubric has been applied to the lesson, educators will see it here.

Exhibit 7-9: Student Admin





8. Student-Centered Resources

- 8.1 Student Accounts
- 8.2 Engaging Interactives
- 8.3 Materials Include Video-Based Lesson Resources
- 8.4 Skills-Based Health and Personal Advocacy
- 8.5 Meets a Variety of Learning Styles

8.1 Student Accounts

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. Students have access to interactives across the four dimensions of health to practice, apply, and extend their learning. *Exhibit 8-1: Quaver Student Dashboard* shows a Student Dashboard for a sample student.

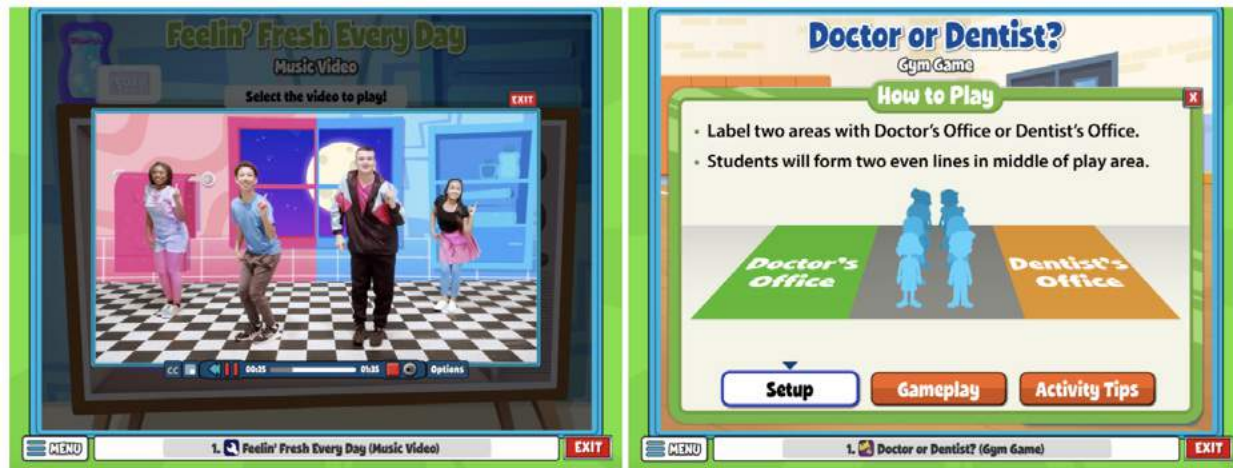
Exhibit 8-1: QuaverHealth•PE Student Dashboard



8.2 Engaging Interactives

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 reviewing lesson content. *Exhibit 8-2: Student Resources* highlights a song with onscreen choreography and a gym game. These are two examples of the hundreds of interactive activities in QuaverHealth•PE lessons.

Exhibit 8-2: Student Resources



8.3 Materials Include Video-Based Lesson Resources

QuaverHealth•PE includes a variety of video-based lesson resources to engage students. Kid Talk videos give students a chance to hear from their peers on multiple topics. In the lesson *Managing Common Illnesses and Diseases*, Kid Talk videos include students talking about their experiences with asthma and diabetes, as seen in Exhibit 8-3. Other Kid Talk videos address peer influence, good friends, refusal skills, strengths, and when to ask for help.

Exhibit 8-3: Kid Talk Videos



Through age-appropriate videos, QuaverHealth•PE allows students to hear from adults with first-hand experience on specific 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 health and wellness.

8.4 Skills-Based Health and Personal Advocacy

QuaverHealth•PE materials introduce skills-based health through personal advocacy. Students will learn all aspects of the four dimensions of health. When students know about healthy habits, they can begin to evaluate their own choices. With lessons ranging from *Consequences of Poor Hygiene* to *Peer Influence* to *Safety with Spiders and Insects*, students will be exposed to a wide range of information that will help them self-evaluate. When they can evaluate their own choices, they can change their habits. They also learn the skills needed to speak up for themselves.

QuaverHealth•PE's resources provide multiple opportunities for real-life application and practice. We introduce personal advocacy by encouraging students to reflect upon, discuss, and build stronger healthy habits. 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 8-4: "What Happens at the Doctor"



By seeing what happens at a doctor's appointment, they can be prepared to speak up for themselves as needed. Students will build confidence in their personal advocacy.

8.5 Meets a Variety of Learning Styles

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.

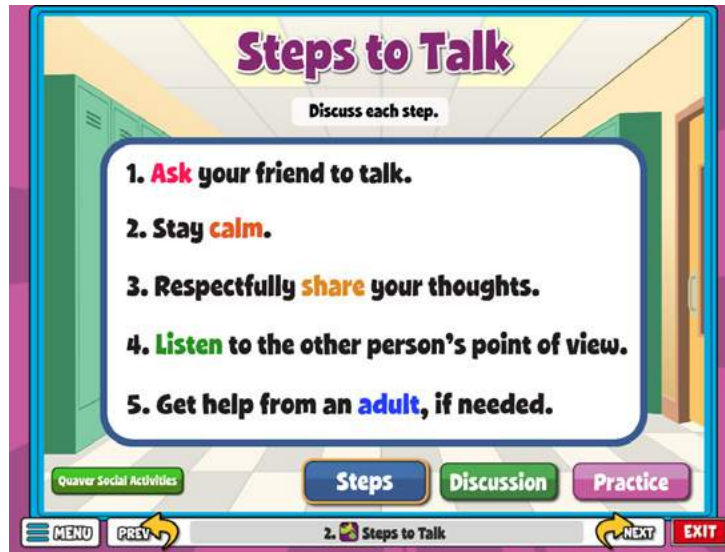
Methods of Learning:

Verbal

Specific ways Verbal Learners are addressed and also shown below in *Exhibit 8-5*:

- 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 8-5: 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

9. Professional Development

Access to an online curriculum is only the first step. At QuaverHealth•PE, we practice *Proactive* Professional Development. This means we reach out and engage in extensive training and support for teachers throughout the district license term. We keep the conversation going with regular check-ins and additional communications.

Every multi-year district purchase includes a plan for Professional Development that spans the life of the license. Depending on the size of the district and the term of the license, these might be on-site in-person trainings, video calls, or a combination of video and online recorded video. No matter the format, these trainings are adaptable to your district. Our Quaver trainers consult with district leadership before and after the training to discern what your teachers need and ensure our customers fully understand and utilize their QuaverHealth•PE Curriculum resources in a way that meets their teaching style. *Exhibit 9-1: On-Site Training Event* below shows a group of teachers engaged in an on-site training day.

Exhibit 9-1: On-Site Training Event



We also offer additional Professional Development opportunities throughout the year at no cost to licensed users. These offerings include weekly emails, monthly training videos, and a fully maintained professional development curriculum available 24 hours a day online.

Our online Professional Development options allow educators to tune into ongoing training 24 hours a day, seven days a week. With training courses focused on integrating specific resources in the classroom, teachers can continue their professional development as they choose. Additional training is delivered via weekly blogs and monthly webinars to keep teachers learning and growing all the time.



10. Customer Service and QSupport

As a district that uses QuaverHealth•PE, you will have access to a dedicated Texas sales representative available to work with you and your team in person. Beyond your face-to-face interactions, the QuaverEd Customer Service Team provides world-class Customer Care and Technical Support of the digital curriculum to all Quaver Schools, Teachers, and Administration through professional, multi-layered customer service.

Our Hotline Support can be reached at (866) 917-3633, Monday through Friday between 7 a.m. and 6 p.m. Central Time. It is staffed with QuaverEd employees who are ready to answer your call.

In addition to our Live Person Hotline and Email Support, we encourage teachers to visit our QSupport icon on their dashboard. Within QSupport, teachers can find information such as Curriculum Features, Curriculum News, and Best Practices. Teachers will also get help with questions regarding Device/Network Issues, Student Accounts, and their own Teacher Account. To ensure teachers are equipped with everything they may need, we have also incorporated all of our FAQs into each area of QSupport.



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