



Growing Stronger  
Bodies & Minds

192



216



ALIGNED TO  
**SHAPE  
AMERICA**  
NATIONAL STANDARDS



**300+** Activities  
and Games

**ES**

Resources  
in Spanish

**Fully Customizable**



Standards-Aligned K–5 Health and PE Curriculum

# Experience a Dynamic Health and PE Curriculum

**QuaverHealth•PE is a K–5 standards-aligned, skills-based Health and Physical Education curriculum.** With lessons, resources, and activities, we offer an innovative school-wide Health and PE instructional approach. Educators across the country use our resources to bring Health and PE education to life!

**My Dashboard**

Customize and create new lessons and assignments using your favorite activities.

408 ready-made lessons for both Health and PE with lesson plans included.

Search an extensive set of resources, including interactives, songs, quizzes.

Create lessons, assign work for individual student accounts, and find help with our easy-to-use support tools.

Build a home-to-school connection by providing families with resources to support students.

Dashboard features include: Quaver PLC, Resource Manager, Resource Creation, Student Admin, Help Center, Health Lessons, PE Lessons, Custom Curriculum, Featured Resources, Instructional Guides, Health Toolbox, PE Toolbox, Parent Resources, and Community Resources.

Our customizable scope and sequences ensure consistency and coherence across classrooms, grade levels, schools, and districts.

“QuaverHealth•PE’s fully inclusive curriculum makes it easy to add on to what I’m teaching.”  
— Cody D. | Elementary PE Teacher



**Health Scope and Sequence**

**PE Scope and Sequence**



## Supporting English Language Learners

QuaverHealth•PE includes fully equitable English/Spanish lessons, songs, and resources.

- Activities are presented in both English and Spanish through a toggle function.
- Parent and Student Interactives are offered in Spanish.
- Community Guides are provided in Spanish.





# Health Overview

**QuaverHealth•PE provides any educator with a skills-based, customizable Health curriculum.** With flexible teaching options and full autonomy in opting in or out of content, districts and schools can feel confident in knowing that they are meeting the needs of their students.

Module	2nd Grade - Lessons				
	1. General Health	2. Social Behavior	3. Responsible Decision Making	4. Healthy Practices and Hygiene	5. Mental Health and Wellness
My Health at Home	Influences at Home and School	Why Do I Need Healthy Help?	Reducing Unhealthy Choices		
Asking for Help	Qualities of a Good Friend	Building Relationships With Trusted Adults - Going Deeper	Bullies, Bystanders, and Victims		
Problems Big and Small	Making Healthy Decisions	Importance of Goal Setting	Introduce - Communicating Online		
Consequences of Poor Hygiene	Brushing and Flossing	Discovering What Exercise is Right for Me	What Does Sleep Do for Me?		
What My Feelings Mean	My Personal Stressors	Choosing a Growth Mindset	Identifying Strong Feelings		
The Role of Vitamins and Minerals	Reactions From My Food	The Role Water Plays	Reporting - Substances		
What Happens at the Doctor?	Introducing Disease Awareness	Use and Misuse of Medications	Dimensions of Health		
Playground Safety	Saying No in Risky Situations*	Strangers	Safety with Spiders and Insects		

**32 K-5 Standards-Aligned Lessons per Grade**

## Health Lessons

are organized into eight skills-based modules. Each module provides four weekly lessons, providing educators with a month of activities.

2nd Grade		2nd, Module 1 Lesson 1 - My Health at Home	
PURPOSE		KEY STUDENT OBJECTIVES	
<b>Purpose:</b> The purpose of this lesson is to understand how personal behaviors and habits are influenced by family.		1. I can name at least three personal behaviors that affect my health. 2. I can describe how family members can influence my choices. 3. I can choose two ways to improve health and safety at home with my family.	
<b>Objectives:</b> 1. Identify at least three personal behaviors that impact health. 2. Describe how family influences healthy habits and choices. 3. Choose two ways to improve health and safety at home with family.			
Time	Standard	Classroom Resources	Music in This Lesson
30-45 min	National Health Standards: • 1.2.1 • 2.2.1 • 6.2.1	Materials: • Ball or "hot potato"	• Healthy Me

## Easy-to-Use Lesson Plans

Lesson plans are included with every lesson. The lesson plan lays out the objectives, screen activities, "I Can" statements, and standards covered. All plans are completely customizable and easy to print.

## Resources You Can Trust

- Available in English and Spanish
- Completely customizable based on district needs
- Aligned to state-specific standards
- Includes flexible teaching options
- Provides Community Resources to accompany each module



**School Wellness Approved Curriculum**

**Reviewed and Approved by Medical and Health Professionals across the Country**



# PE Overview

QuaverHealth•PE offers educators ready-to-use lessons to make Physical Education fun and easy.

PE lessons focus on developing physical fitness, while developing confidence in making personal health and wellness decisions. Every lesson provides an opportunity for skills development, self-assessment, reflection, and goal setting.

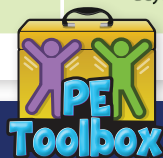
**PE Lessons** are organized into 12 skills-based units. Each unit provides three lessons, with lesson plans, and is designed to last 30–45 minutes.

	K			1	2	3	4	5
PE Unit	2nd Grade - Lessons							
1. PE 101	Moving My Body	Equipment and Safety	Sportsmanship					
2. Foot Dribble and Pass	Dribble While Walking I	Dribble While Walking II	Assess - Foot Dribble and Pass					
3. Kick	Kick a Ball Moving on the Ground	Kick a Ball Moving in the Air	Assess - Kick					
4. Catch	Catch a Ball Tossed Underhand	Catch a Ball Thrown Overhand	Assess - Catch					
5. Throw	Overhand Throw I	Overhand Throw II	Assess - Throw					
6. Hand Dribble and Pass	Dribble While Walking I	Dribble While Walking II	Assess - Hand Dribble and Pass					
7. Volley	Volley to a Partner I	Volley to a Partner II	Assess - Volley					
8. Jump, Balance, Spin, and Roll	Jump and Spin	Tuck Jump, Balance, and Roll	Assess - Jump, Balance, Spin, and Roll					
9. Jump Rope	Jump a Short Rope	Turn and Jump a Long Rope	Assess - Jump Rope					
10. Strike With Manipulative	Strike Off Ground or Elevation I	Strike Off Ground or Elevation II	Assess - Strike With Manipulative					
11. Track & Field	Locomotor Skills	Over and Under	Assess - Track & Field					
12. Beyond the Gym and Dance	Beyond the Gym I	Beyond the Gym II	Beyond the Gym III					

36 K–5 Standards-Aligned Lessons per Grade

## Resources All in One Place

Extend and enhance every lesson with curated activities related to each PE unit.



Warm-Ups  
Cool Downs  
Physical Skills  
Seasonal PE Games  
Health Focus PE Games  
Songs with Movement  
General Tools  
PE Diagrams  
Dance



- ✓ **Adaptive PE Modifications** — QuaverHealth•PE includes adaptive PE modifications for every unit's instructional activity and game.
- ✓ **Accessibility Features** — All lesson screens include accessible features such as printable transcripts, audio descriptions, and keyboard navigation.

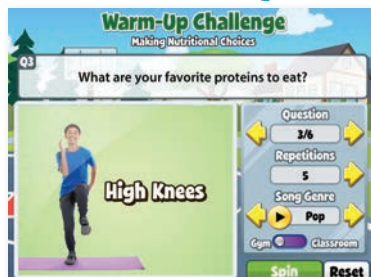




## What's in a Health Lesson?

### Body and Brain Warm-Up

Engage students with a daily activity that combines essential questions and movements.



### Direct Instruction

#### All About Medicine

Listen and select the bottles to learn about different medicines.



Provide students with interactive lessons on today's standard.

### Reinforcement and Application

Apply the skills students have learned through a song or movement-based activity and discussion.



### Assessment

Check for understanding through our wide variety of Editable Assessments.



## What's in a PE Lesson?

### Warm-Up

Engage students' bodies and brains while activating prior knowledge of each concept.



### PE Skills Practice



Introduce and reinforce physical education and motor skills. These videos will support visual learners and build confidence to perform each skill.

### Assessment and Goal Progress

Use premade rubrics to assess students' mastery and application of skills.

Rubric - 3 - Catch			
Select a white box to learn more or highlight specific boxes.			
Exceeds Expectations (4 points)	Meets Expectations (3 points)	Approaching (2 points)	Unlabeled Progress (1 point)
Consistently participates with responsible behavior and works cooperatively with others.	Sometimes participates with responsible behavior and works cooperatively with others.	Seldom participates with responsible behavior and works cooperatively with others.	Rarely participates with responsible behavior and works cooperatively with others.
Consistently applies speed, direction, and force to skills and movements most of the time.	Applies speed, direction, and force to skills and movements most of the time.	Seldom applies speed, direction, and force to skills and movements.	Rarely applies speed, direction, and force to skills and movements.
Consistently catches a thrown ball with a partner without trapping it against the body.	Sometimes catches a thrown ball with a partner without trapping it against the body.	Seldom catches a thrown ball with a partner without trapping it against the body.	Rarely catches a thrown ball with a partner without trapping it against the body.

### Cool Down

Invite students to cool down their bodies, reflect, and refocus their energy for the rest of the day.



# Year-Round Support

**Supporting healthy schools means supporting educators in their work.**

QuaverHealth•PE offers ongoing training, professional learning opportunities, and customer service all year.



## Ongoing Product Training

Every QuaverHealth•PE license begins with training. We offer a variety of flexible resources to fit your needs. Our options include in-person and virtual training.

## On-Demand Professional Learning

Our on-demand professional learning resources give educators the opportunity to learn and apply new knowledge to better support students. Check out our offerings on **QuaverEd.com** and through the QuaverPLC dashboard icon in the curriculum.



## Implementation Support

Our Implementation Team coordinates with both district and school-level leadership to learn about issues you're facing, what you'd like to achieve, and how we can best assist you. Below are some of our implementation services:

- Planning and Goal Setting
- Custom Scope and Sequence
- Surveys, Data Analysis, and Reporting
- Lesson Modeling and Coaching Sessions
- Summer School Support

**Go to [QuaverEd.com/Preview](https://QuaverEd.com/Preview)  
and begin your FREE 30-day trial today!**

## Pricing

Your representative can tailor your grade combinations and terms to fit your needs. Visit **[QuaverEd.com/Contact-Us](https://QuaverEd.com/Contact-Us)** to get started.

## A License Includes:

- Regular Updates
- Ongoing Product Training
- Year-Round Support

## Talk to Us!

Need a friendly voice to walk you through something new?  
Our dedicated Customer Service Team is just a click or call away!

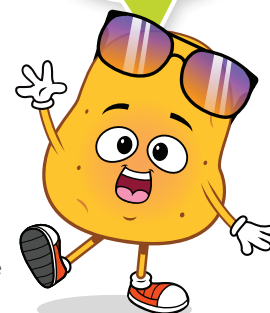
**[Info@QuaverEd.com](mailto:Info@QuaverEd.com) or 866-917-3633**

## Live Support

Monday–Friday  
7 a.m.–6 p.m. CT

Calls answered in 90 seconds

Next-day email  
responses



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