

Getting Started with QuaverHealth•PE

1. Visit **QuaverEd.com**.
2. Click **Log In**, located in the upper-right corner.
3. Enter your **Username** and **Password**.

Navigating the QuaverHealth•PE Dashboard

The dashboard interface features a top navigation bar with the Quaver Health•PE logo, a 'Switch Curricula' button, an 'Inbox' with a notification badge, and a 'Menu' icon. Below this is the 'My Dashboard' section, which is organized into two main areas: 'Support Tools' and 'Instructional Resources'.

Support Tools (indicated by a blue callout box on the left): This section includes resources and tools for educators. It features icons for 'Quaver PLC', 'Resource Manager', 'Resource Creation', 'Student Admin', and 'Help Center'. Below these is a 'Customize' button and a grid of icons for 'Health Lessons', 'PE Lessons', 'Custom Curriculum', 'Featured Resources', 'Instructional Guides', 'Health Toolbox', 'PE Toolbox', 'Parent Resources', 'Community Resources', and 'Bonus Topics'.

Instructional Resources (indicated by an orange callout box on the right): This section includes all Health and PE lessons. It features icons for 'Health Lessons', 'PE Lessons', 'Custom Curriculum', 'Featured Resources', 'Instructional Guides', 'Health Toolbox', 'PE Toolbox', 'Parent Resources', 'Community Resources', and 'Bonus Topics'.

Supporting English Language Learners

QuaverHealth•PE includes extensive resources in both **English and Spanish**. Many are viewable with side-by-side English and Spanish displays, allowing students to access information in both languages.



Dashboard

Once logged in, you'll be taken to your dashboard. Below, you will find a brief description of the most-used resources and tools.



Access our professional learning series for educators, "Creating a Culture for Success."



Create, edit, and share custom curriculum and resources.



Customize lessons by adding, deleting, and rearranging activities and by editing lesson plans.



Check out our Featured Resources for the latest activities for the classroom and the gym.



Create new resources or bring your own resources into a lesson.



Find standards, scope and sequences, and other important instructional materials in this easy-to-use application.



Manage student accounts, take attendance, give assignments, and monitor students' progress.



Discover new activities, body and brain warm-ups, songs, and assessments organized by Health module.



Troubleshoot device or account issues and obtain curriculum news, features, and updates.



Promote wellness and movement with this collection of games, tools, cool-downs, and skill videos.



Explore standards-aligned, ready-made health lessons organized by module.



Share resources from QuaverHealth•PE to reinforce health concepts at home.



Jump into SHAPE-aligned PE lessons organized by skill unit.



Explore guides created for each module with informative resources, community visitor ideas, and community challenge activities.

Share with Students

Show QR code or copy and share the link below.
<https://users.quavered.com/QR/YMM4RW>

Copy Resource Link

Access to this activity is only permitted for licensed teachers and their students.

How to Share Resources with Families at Home

Sharing resources with families at home has never been easier! Select QR Code from the Settings menu to get a shareable QR code and URL. Families can use those links to access the resource — no login required!



Health Lessons

Health Lessons are organized into eight module themes, as listed below. Each module provides four weekly lessons and is designed to be taught in one month. Modules offer additional Community Resources to support community and family engagement.

Health Module Themes

- 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 Lessons

PE lessons are organized into twelve units with three lessons in each unit. These units, listed below, help students learn and apply movement-based skills. Every lesson provides an opportunity for self-assessment, reflection, and goal-setting.

PE Units

- PE 101
- Foot Dribble and Pass
- Kick
- Catch
- Throw
- Hand Dribble and Pass
- Volley
- Jump, Balance, Spin, and Roll
- Jump Rope
- Strike with a Manipulative
- Track & Field
- Beyond the Gym and Dance

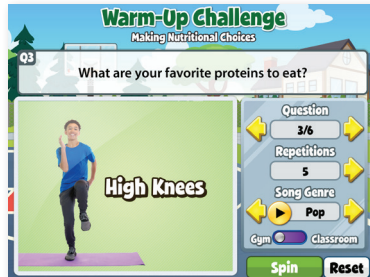




What's in a Health Lesson?

Body and Brain Warm-Up

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



Direct Instruction



Engage in interactive instruction on the lesson standards.

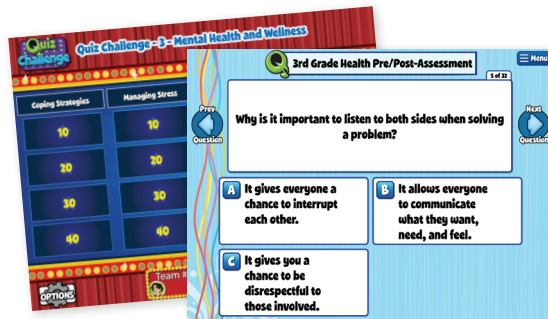
Reinforcement and Application

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.



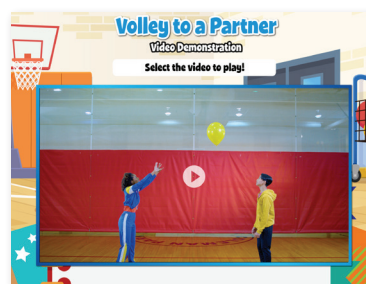
What's in a PE Lesson?

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. Access skill demonstration videos and instructional activities to practice the 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)	Limited Progress (1 point)	
Sporting Behavior, Cooperation, and Effort 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 or works cooperatively with others.	
Application and Development of Movement Concepts Consistently applies speed, direction, and force to skills and movements.	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.	
Manipulation and Locomotor Skill Application 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.	
Exceeds	Meets	Approaching	Limited	Clear

Cool Down

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

