

1 <sup>st</sup> Nine Weeks	Supported Health TEKS	Coordinated School Health Objectives & Connections			
8/23/16 - 10/06/2016	Week:	Focus:	Resources:		
Move More Mondays	K.2.F; K.2.G;K.2.H; K.3.A, 1.2.D, 1.2.G.; 1.9.A; 2.2.B.; 2.2.F.; 4.4.E; 4.4.F	1	<ul style="list-style-type: none"> <li>Classroom Procedures</li> <li>Safety Drills</li> <li>Brain Breaks</li> </ul>	<a href="http://www.gonoodle.com">www.gonoodle.com</a> <a href="https://www.youtube.com/watch?v=3BpzgPvhWLo">https://www.youtube.com/watch?v=3BpzgPvhWLo</a> <a href="http://teachtrainlove.com/20-more-brain-break-clips-fight-the">http://teachtrainlove.com/20-more-brain-break-clips-fight-the</a> <a href="http://www.youtube.com/watch?v=zI5QodAFuVk&amp;feature=s">http://www.youtube.com/watch?v=zI5QodAFuVk&amp;feature=s</a>	<a href="http://www.movetolearnms.org/how-do-i-do-it/">http://www.movetolearnms.org/how-do-i-do-it/</a> <a href="https://www.youtube.com/watch?v=lyJNSDLPHxY">https://www.youtube.com/watch?v=lyJNSDLPHxY</a> <a href="http://www.brainpopir.com/health/bodies/exercise/preview.weml">http://www.brainpopir.com/health/bodies/exercise/preview.weml</a> K-1 <a href="https://www.youtube.com/watch?v=V4HFZxPbHx0">https://www.youtube.com/watch?v=V4HFZxPbHx0</a>
	K.1.C; 1.1.A.; 3.1.B.; 4.1.F	2	<ul style="list-style-type: none"> <li>Get Your body moving</li> <li>Effects of exercise on your body</li> </ul>	<a href="https://www.youtube.com/watch?v=zU78wcABtPE">https://www.youtube.com/watch?v=zU78wcABtPE</a> <a href="http://www.brainpopjr.com/health/bodies/exercise/preview.w">http://www.brainpopjr.com/health/bodies/exercise/preview.w</a> <a href="http://www.youtube.com/watch?v=zJDiWlluBGA">http://www.youtube.com/watch?v=zJDiWlluBGA</a>	<a href="http://www.youtube.com/watch?v=RPdGQ-A_yM4">http://www.youtube.com/watch?v=RPdGQ-A_yM4</a> 3rd & 4th <a href="https://www.youtube.com/watch?v=9n0xE463KoU">https://www.youtube.com/watch?v=9n0xE463KoU</a> <a href="https://www.youtube.com/watch?v=iMLh3LGNr4s">https://www.youtube.com/watch?v=iMLh3LGNr4s</a>
	K.1.C.; 1.1.A.; 2.1.E.; 2.4.B; 3.1.B.; 3.1.C; 3.1.E.; 4.1.C.; 4.1.D.;	3	<ul style="list-style-type: none"> <li>Physical activity strengthens your heart, lungs &amp; muscles</li> </ul>	<a href="http://www.youtube.com/watch?v=RPdGQ-A_yM4">http://www.youtube.com/watch?v=RPdGQ-A_yM4</a> 2-4 <a href="https://www.youtube.com/watch?v=f_F5UwtdPOc">https://www.youtube.com/watch?v=f_F5UwtdPOc</a> <a href="https://www.youtube.com/watch?v=s5iCoCaofc">https://www.youtube.com/watch?v=s5iCoCaofc</a>	<a href="http://www.brainpopir.com/health/bodies/lungs/preview.weml">http://www.brainpopir.com/health/bodies/lungs/preview.weml</a> <a href="http://www.brainpopir.com/health/bodies/heart/">http://www.brainpopir.com/health/bodies/heart/</a> 2-4 <a href="https://www.youtube.com/watch?v=qMuWpacZmPQ">https://www.youtube.com/watch?v=qMuWpacZmPQ</a>
	K.1.C.; 1.1.A.; 2.1.E.; 3.1.B.;	4	<ul style="list-style-type: none"> <li>Be active at least 60 minutes a day</li> <li>Turn TV off/be active</li> </ul>	<a href="https://www.youtube.com/watch?v=NbEeaBULvys">https://www.youtube.com/watch?v=NbEeaBULvys</a> <a href="https://www.youtube.com/watch?v=0TgLf3PMOc">https://www.youtube.com/watch?v=0TgLf3PMOc</a> <a href="https://www.youtube.com/watch?v=iFrLY52vs34">https://www.youtube.com/watch?v=iFrLY52vs34</a>	<a href="https://www.youtube.com/watch?v=aQh-EimFu_A">https://www.youtube.com/watch?v=aQh-EimFu_A</a> 2-4 <a href="https://www.youtube.com/watch?v=vvBF2HKsA44">https://www.youtube.com/watch?v=vvBF2HKsA44</a> K-1 <a href="https://www.youtube.com/watch?v=B_TwrieJ6WA">https://www.youtube.com/watch?v=B_TwrieJ6WA</a>
	K.10.A-D; 1.2.H; 1.9.E-F 1.11.A-B; 2.10.D-E; 2.12.A-B; 3.8.A-B; 4.12,	5	<ul style="list-style-type: none"> <li>Moving towards a bully free school environment</li> </ul>	<a href="https://www.youtube.com/watch?v=SnpG0dAm5Jl">https://www.youtube.com/watch?v=SnpG0dAm5Jl</a> <a href="https://www.youtube.com/watch?v=1reUcD77gIU">https://www.youtube.com/watch?v=1reUcD77gIU</a> <a href="https://www.youtube.com/watch?v=Aqf9ekNbYAU">https://www.youtube.com/watch?v=Aqf9ekNbYAU</a>	<a href="https://www.youtube.com/watch?v=lulYVM2LzDc">https://www.youtube.com/watch?v=lulYVM2LzDc</a> <a href="https://www.youtube.com/watch?v=2WV1fdIHLlw">https://www.youtube.com/watch?v=2WV1fdIHLlw</a> <a href="https://www.youtube.com/watch?v=BjN9rqdNNVA">https://www.youtube.com/watch?v=BjN9rqdNNVA</a>
	K.4.A; K.4.B; 1.4.A; 1.4.B; 2.3.C; 3.4.A-C; 3.9.A-G; 4.2.A-B;	6	<ul style="list-style-type: none"> <li>Physical activity helps organs, senses &amp; major body parts</li> </ul>	<a href="https://www.youtube.com/watch?v=lvBXWmVrOGOk">https://www.youtube.com/watch?v=lvBXWmVrOGOk</a> <a href="https://www.youtube.com/watch?v=rg34VwymLXc">https://www.youtube.com/watch?v=rg34VwymLXc</a> K-1 <a href="https://www.youtube.com/watch?v=7y_TUJy2TY8">https://www.youtube.com/watch?v=7y_TUJy2TY8</a>	<a href="https://www.youtube.com/watch?v=z7pi9kv1dj0">https://www.youtube.com/watch?v=z7pi9kv1dj0</a> K-1 <a href="https://www.youtube.com/watch?v=QkHQ0CYwial">https://www.youtube.com/watch?v=QkHQ0CYwial</a> K-1 <a href="https://www.youtube.com/watch?v=frN3nvhIHUk">https://www.youtube.com/watch?v=frN3nvhIHUk</a>
	K.4.C; 1.4.C;	7	<ul style="list-style-type: none"> <li>Good posture supports healthy physical activity.</li> </ul>	K-1 <a href="https://www.youtube.com/watch?v=f4gCtR89U2l">https://www.youtube.com/watch?v=f4gCtR89U2l</a> 3-4 <a href="https://www.youtube.com/watch?v=OyK0oE5rwFY">https://www.youtube.com/watch?v=OyK0oE5rwFY</a> <a href="https://www.youtube.com/watch?v=t9WAGkQUUL0">https://www.youtube.com/watch?v=t9WAGkQUUL0</a>	2-4 <a href="https://www.youtube.com/watch?v=9ispEevlkhA">https://www.youtube.com/watch?v=9ispEevlkhA</a> <a href="https://www.youtube.com/watch?v=nnpHLxj3fQ">https://www.youtube.com/watch?v=nnpHLxj3fQ</a> faculty & staff <a href="https://www.youtube.com/watch?v=odlUNbt3ev8">https://www.youtube.com/watch?v=odlUNbt3ev8</a>
	2.6.A-B; 2.7.A; 3.5.A-B; 3.7.A-B; 4.3.A-B; 4.7.A-B;	8	<ul style="list-style-type: none"> <li>Use media to help you move into healthy habits</li> </ul>	<a href="https://www.youtube.com/watch?v=cZ60zhvMIGk&amp;index=2&amp;">https://www.youtube.com/watch?v=cZ60zhvMIGk&amp;index=2&amp;</a> <a href="https://www.youtube.com/watch?v=C-ofxWtmXxU&amp;list=PL1">https://www.youtube.com/watch?v=C-ofxWtmXxU&amp;list=PL1</a> K-2 <a href="https://www.youtube.com/watch?v=9f9kRsV0loU">https://www.youtube.com/watch?v=9f9kRsV0loU</a>	<a href="https://www.youtube.com/watch?v=enEpLddzAX4&amp;list=PL1b2x-xyI">https://www.youtube.com/watch?v=enEpLddzAX4&amp;list=PL1b2x-xyI</a> K-2 <a href="https://www.youtube.com/watch?v=9Fr1iDqemjY">https://www.youtube.com/watch?v=9Fr1iDqemjY</a> <a href="https://www.youtube.com/watch?v=RDXSY5vxtOA&amp;index=14&amp;list=">https://www.youtube.com/watch?v=RDXSY5vxtOA&amp;index=14&amp;list=</a>
	K.9.B; 1.10.A; 1.10.B; 2.8.A-B; 2.10.A-B; 4.9.A-G;	9	<ul style="list-style-type: none"> <li>Moving towards making friends</li> </ul>	2-4 <a href="https://www.youtube.com/watch?v=H7w7yXkJTu0">https://www.youtube.com/watch?v=H7w7yXkJTu0</a> <a href="https://www.youtube.com/watch?v=zIYOJ_hSs0g">https://www.youtube.com/watch?v=zIYOJ_hSs0g</a> <a href="https://www.youtube.com/watch?v=8iTPPh1d2j8">https://www.youtube.com/watch?v=8iTPPh1d2j8</a>	K-1 <a href="https://www.youtube.com/watch?v=avHdx18pi_U">https://www.youtube.com/watch?v=avHdx18pi_U</a> K-1 <a href="https://www.youtube.com/watch?v=fpBxIpbN7XA">https://www.youtube.com/watch?v=fpBxIpbN7XA</a> <a href="https://www.youtube.com/watch?v=1hnLfnulwZw">https://www.youtube.com/watch?v=1hnLfnulwZw</a>

Possible Coordinated School Events:

District Events:

Nutrition Services :

National Observances :

Employee Wellness Challenges:

CATCH Night, Open House, Curriculum Night, Diabetes Walk

Punt, Pass and Kick

Farm Fresh Fridays

Fruit & Veggie Month (Sept), Nat.Fire Prev. Week (Oct.), Nat. School Lunch Wk.(Oct.), Breast Cancer

Move More Mondays (Sept. 19-Sep. 30) (Focus: Physical Activity)

2nd Nine Weeks	Supported Health TEKS	Coordinated School Health Objectives & Connections			
10/11/16 - 12/16/2016	Week:	Focus:	Resources:		
Try It Tuesdays	1.10.B; 2.2.D; 3.2.B; 3.9.F 4.4.A-D;	1	• Try staying away from tobacco, alcohol & other drugs (Red Ribbon)	<a href="https://www.youtube.com/watch?v=yEpF4Q_FaqQ">https://www.youtube.com/watch?v=yEpF4Q_FaqQ</a>	K-1 <a href="https://www.youtube.com/watch?v=wQkvA4o60xE">https://www.youtube.com/watch?v=wQkvA4o60xE</a>
				<a href="https://www.youtube.com/watch?v=CH3uAGPqt-k">https://www.youtube.com/watch?v=CH3uAGPqt-k</a>	<a href="https://www.youtube.com/watch?v=CH3uAGPqt-k">https://www.youtube.com/watch?v=CH3uAGPqt-k</a>
				<a href="https://www.youtube.com/watch?v=9OK6_OdWxTA">https://www.youtube.com/watch?v=9OK6_OdWxTA</a>	<a href="https://www.youtube.com/watch?v=9lh4tBBIPTc">https://www.youtube.com/watch?v=9lh4tBBIPTc</a>
	K.9.A-B; 1.2.H; 3.8.A-B; 4.8.A-B 4.11.D-F;	2	• Try to encourage positive peer pressure & stand up to the negative	2-4 <a href="https://www.youtube.com/watch?v=RN24rtdAhxY">https://www.youtube.com/watch?v=RN24rtdAhxY</a>	song <a href="https://www.youtube.com/watch?v=xAnqME7VGCe">https://www.youtube.com/watch?v=xAnqME7VGCe</a>
				song <a href="https://www.youtube.com/watch?v=gzBD9IFyf_A">https://www.youtube.com/watch?v=gzBD9IFyf_A</a>	3-4 <a href="https://www.youtube.com/watch?v=H7w7yXkJTu0">https://www.youtube.com/watch?v=H7w7yXkJTu0</a>
				3-4 <a href="https://www.youtube.com/watch?v=eqK3aBqLi_Y">https://www.youtube.com/watch?v=eqK3aBqLi_Y</a>	<a href="https://www.youtube.com/watch?v=AKNI0tJQCAg">https://www.youtube.com/watch?v=AKNI0tJQCAg</a>
	K.1.B; K.2.D; K.3.B 1.1.A; 2.1.D; 2.1.G; 3.1.C; 4.1.F;	3	• Go, Slow & Whoa Food • Try My Plate • Balanced Diet	<a href="http://www.youtube.com/watch?v=l5gPGO369eo">http://www.youtube.com/watch?v=l5gPGO369eo</a>	<a href="https://www.youtube.com/watch?v=NbEeaBULvys">https://www.youtube.com/watch?v=NbEeaBULvys</a>
				<a href="https://www.youtube.com/watch?v=4X2cl7ULunl&amp;index=">https://www.youtube.com/watch?v=4X2cl7ULunl&amp;index=</a>	<a href="https://www.youtube.com/watch?v=LulqvrJdlvU&amp;list=P">https://www.youtube.com/watch?v=LulqvrJdlvU&amp;list=P</a>
				<a href="http://www.youtube.com/watch?v=Ebm04EO91_U">http://www.youtube.com/watch?v=Ebm04EO91_U</a>	<a href="https://www.youtube.com/watch?v=NjwuzOCuM24">https://www.youtube.com/watch?v=NjwuzOCuM24</a>
				<a href="http://www.youtube.com/watch?v=Zs41YsQeGKl">http://www.youtube.com/watch?v=Zs41YsQeGKl</a>	<a href="https://www.youtube.com/watch?v=YimuldEZSNY">https://www.youtube.com/watch?v=YimuldEZSNY</a>
	K.1.B 1.1.A; 2.1.D; 2.1.G	4	• Try Portion Sizing • Try eating a healthy breakfast every morning	<a href="https://www.youtube.com/watch?v=VRsln68kQa4">https://www.youtube.com/watch?v=VRsln68kQa4</a>	<a href="https://www.youtube.com/watch?v=VRsln68kQa4">https://www.youtube.com/watch?v=VRsln68kQa4</a>
				<a href="https://www.youtube.com/watch?v=A2mYHUbcEm8">https://www.youtube.com/watch?v=A2mYHUbcEm8</a>	<a href="http://www.youtube.com/watch?v=85x-Mp_d6eU">http://www.youtube.com/watch?v=85x-Mp_d6eU</a>
			<a href="https://www.youtube.com/watch?v=ry1E1uzPSU0">https://www.youtube.com/watch?v=ry1E1uzPSU0</a>	<a href="https://www.youtube.com/watch?v=LPqvODHZt_c">https://www.youtube.com/watch?v=LPqvODHZt_c</a>	
K.1.B; 1.1.A;	5	• Try to switch to low fat or fat free milk	<a href="http://www.youtube.com/watch?v=dhxTulaGmDA">http://www.youtube.com/watch?v=dhxTulaGmDA</a>	<a href="https://www.youtube.com/watch?v=Z7K1Q00b1Fg">https://www.youtube.com/watch?v=Z7K1Q00b1Fg</a>	
			K-2 <a href="https://www.youtube.com/watch?v=MGw1CuJNzvk">https://www.youtube.com/watch?v=MGw1CuJNzvk</a>	<a href="https://www.youtube.com/watch?v=qyVUbP4tDNA">https://www.youtube.com/watch?v=qyVUbP4tDNA</a>	
K.1.B; 1.1.A;	6	• Halt the Salt - try choosing foods lower in sodium	<a href="http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&amp;np=284&amp;id=2689">http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&amp;np=284&amp;id=2689</a>		
			<a href="https://www.youtube.com/watch?v=NrPflRKgTbw">https://www.youtube.com/watch?v=NrPflRKgTbw</a>	3-4 <a href="https://www.youtube.com/watch?v=_yozQz4yoo">https://www.youtube.com/watch?v=_yozQz4yoo</a>	
			faculty <a href="https://www.youtube.com/watch?v=7HVp5Sw9NTo">https://www.youtube.com/watch?v=7HVp5Sw9NTo</a>		
K.1.B; 1.8.A; 2.5.C; 3.6.D;	7	• Eat as a family - try 3-4 meals per week.	<a href="http://www.youtube.com/watch?v=_0trcxg-X_E">http://www.youtube.com/watch?v=_0trcxg-X_E</a>	<a href="https://www.youtube.com/watch?v=N4xFuqdgpvA">https://www.youtube.com/watch?v=N4xFuqdgpvA</a>	
			faculty <a href="https://www.youtube.com/watch?v=HUgv5MDF0cC">https://www.youtube.com/watch?v=HUgv5MDF0cC</a>	<a href="https://www.youtube.com/watch?v=F99-Vs0gCHU">https://www.youtube.com/watch?v=F99-Vs0gCHU</a>	
1.9.F; 2.8.A; 2.9.A-C; 2.11.A-D; 3.9.E; 3.11.A-G 4.3.A-B; 4.8.B; 4.11.E;	8	• Try Problem Solving and goal setting for a healthy life style	<a href="https://www.youtube.com/watch?v=l-qLqV9f4o">https://www.youtube.com/watch?v=l-qLqV9f4o</a>	<a href="https://www.youtube.com/watch?v=5eI5JvTGzAI">https://www.youtube.com/watch?v=5eI5JvTGzAI</a>	
			<a href="https://www.youtube.com/watch?v=LbvKJVRm50Q">https://www.youtube.com/watch?v=LbvKJVRm50Q</a>	<a href="https://www.youtube.com/watch?v=SgcUc4QiMsE">https://www.youtube.com/watch?v=SgcUc4QiMsE</a>	
			3-4 <a href="https://www.youtube.com/watch?v=8cCiqbSJ9fg">https://www.youtube.com/watch?v=8cCiqbSJ9fg</a>	<a href="https://www.youtube.com/watch?v=hS5CfP8n_is">https://www.youtube.com/watch?v=hS5CfP8n_is</a>	
1.4.A-C; 2.3.C; 3.4.A-C; 4.2.A-B; 4.3.A-B;	9	• Try to understand your body systems and learn how to keep them healthy	<a href="https://www.youtube.com/watch?v=VwrsL-ICZYo">https://www.youtube.com/watch?v=VwrsL-ICZYo</a>	<a href="https://www.youtube.com/watch?v=24IYt5Z3eC4">https://www.youtube.com/watch?v=24IYt5Z3eC4</a>	
			<a href="https://www.youtube.com/watch?v=2_7Q1xQ-NWU">https://www.youtube.com/watch?v=2_7Q1xQ-NWU</a>	<a href="https://www.youtube.com/watch?v=syaQgmxb5i0">https://www.youtube.com/watch?v=syaQgmxb5i0</a>	
			<a href="https://www.youtube.com/watch?v=f_F5UwdPOc">https://www.youtube.com/watch?v=f_F5UwdPOc</a>	<a href="https://www.youtube.com/watch?v=0hwOL91cjwM">https://www.youtube.com/watch?v=0hwOL91cjwM</a>	

Possible Coordinated School Events:

District Events:

Nutrition Services :

National Observances :

Employee Wellness Challenges:

Cup Stacking, Turkey Trot, Ice Skating in the gym

Red Ribbon Week; Walk 4 Sight

Farm Fresh Fridays

Red Ribbon Week (Oct.)

Try It Tuesdays (Nov. 29-Dec.10) ( Focus - Nutrition)

3rd Nine Weeks	Supported Health TEKS	Coordinated School Health Objectives & Connections			
01/04/17 - 03/10/2017	Week:	Focus:	Resources:		
Wellness Wednesdays	K.1.A; K.6.D; K.7.B; 1.7.C; 2.4.A; 3.1.A; 3.1.F; 4.5.A	1	• Daily Hygiene • Head Lice	<a href="http://www.mypersonalhygiene.com/wp-content/uploads/2012/04/hygiene-chart-for-kids2.jpg">http://www.mypersonalhygiene.com/wp-content/uploads/2012/04/hygiene-chart-for-kids2.jpg</a> <a href="https://www.youtube.com/watch?v=9MG56G9XR1k">https://www.youtube.com/watch?v=9MG56G9XR1k</a> <a href="https://www.youtube.com/watch?v=jEy0Ltlm3nU">https://www.youtube.com/watch?v=jEy0Ltlm3nU</a>	K-1 <a href="https://www.youtube.com/watch?v=CG8F-6dZk8k">https://www.youtube.com/watch?v=CG8F-6dZk8k</a> <a href="https://www.youtube.com/watch?v=kAE458NjsrQ">https://www.youtube.com/watch?v=kAE458NjsrQ</a>
	K.1.A; K.6.A; K.6.C 1.7.A; 1.7.C; 3.3.A; 2.4.A; 2.4.D; 4.5.B,D;	2	• Germs can cause diseases - wash your hands!	<a href="http://www.brainpopjr.com/health/bewell/washinghands/">http://www.brainpopjr.com/health/bewell/washinghands/</a> <a href="https://www.youtube.com/watch?v=07YNCFIS0il">https://www.youtube.com/watch?v=07YNCFIS0il</a> <a href="https://www.youtube.com/watch?v=2elxz5x2s1Y">https://www.youtube.com/watch?v=2elxz5x2s1Y</a>	<a href="https://www.youtube.com/watch?v=ghLkwSIWSXw">https://www.youtube.com/watch?v=ghLkwSIWSXw</a> <a href="https://www.youtube.com/watch?v=C4pAif3PsUY">https://www.youtube.com/watch?v=C4pAif3PsUY</a> <a href="https://www.youtube.com/watch?v=YBGsoimPXZg">https://www.youtube.com/watch?v=YBGsoimPXZg</a>
	K.6.A; K.6.B; 1.7.B; 2.4.C; 3.3.B; 4.5.C;	3	• Cold & Flu prevention	<a href="http://www.brainpopjr.com/health/bewell/coldsandflu/">http://www.brainpopjr.com/health/bewell/coldsandflu/</a> 3-4 <a href="https://www.youtube.com/watch?v=7D0elsuZC3w">https://www.youtube.com/watch?v=7D0elsuZC3w</a>	<a href="https://www.youtube.com/watch?v=nsJi8k4Xy3g">https://www.youtube.com/watch?v=nsJi8k4Xy3g</a> <a href="https://www.youtube.com/watch?v=ghLkwSIWSXw">https://www.youtube.com/watch?v=ghLkwSIWSXw</a>
	1.5.A-B; 1.1.B; 2.1.B; 2.1.C; 2.1.F	4	• Caring for your teeth - see the Dentist	<a href="https://www.youtube.com/watch?v=OHxTyGlmxh0">https://www.youtube.com/watch?v=OHxTyGlmxh0</a> <a href="https://www.youtube.com/watch?v=hDZXSMU2IAk">https://www.youtube.com/watch?v=hDZXSMU2IAk</a> <a href="http://www.brainpopjr.com/health/bewell/goingtothedentist/p">http://www.brainpopjr.com/health/bewell/goingtothedentist/p</a>	<a href="https://www.youtube.com/watch?v=HEIZWBDaxCU">https://www.youtube.com/watch?v=HEIZWBDaxCU</a> <a href="https://www.youtube.com/watch?v=gqWbc4SyKkl">https://www.youtube.com/watch?v=gqWbc4SyKkl</a> <a href="https://www.youtube.com/watch?v=3Az_SehrMk8&amp;feature=youtu.">https://www.youtube.com/watch?v=3Az_SehrMk8&amp;feature=youtu.</a>
	2.1.A; 2.1.F; 2.6.A; 2.11.D; 3.1.F; 3.3.C; 4.11.A-C;	5	• Going to the Doctor	<a href="http://www.brainpopjr.com/health/bewell/goingtothedoctor/preview.weml">http://www.brainpopjr.com/health/bewell/goingtothedoctor/preview.weml</a> <a href="https://www.youtube.com/watch?v=-SMOcPP4zE">https://www.youtube.com/watch?v=-SMOcPP4zE</a> <a href="https://www.youtube.com/watch?v=qTF-csKHp3s">https://www.youtube.com/watch?v=qTF-csKHp3s</a>	<a href="https://www.youtube.com/watch?v=QwbPoVggmnc">https://www.youtube.com/watch?v=QwbPoVggmnc</a> <a href="https://www.youtube.com/watch?v=s6VqNGP3Z24">https://www.youtube.com/watch?v=s6VqNGP3Z24</a>
	K.1.A; 1.1.A; 4.1.E;	6	• Get plenty of sleep	<a href="http://www.youtube.com/watch?v=An0gFIIA9_0">http://www.youtube.com/watch?v=An0gFIIA9_0</a> <a href="https://www.youtube.com/watch?v=sRqEED_kazA_">https://www.youtube.com/watch?v=sRqEED_kazA_</a> K-1 <a href="https://www.youtube.com/watch?v=65uAa3H3pKQ">https://www.youtube.com/watch?v=65uAa3H3pKQ</a>	<a href="https://www.youtube.com/watch?v=6oEXGiWV3p8">https://www.youtube.com/watch?v=6oEXGiWV3p8</a> 3-4 <a href="https://www.youtube.com/watch?v=0o2yyOOJAes">https://www.youtube.com/watch?v=0o2yyOOJAes</a> <a href="https://www.youtube.com/watch?v=JgM9bXNVV5U">https://www.youtube.com/watch?v=JgM9bXNVV5U</a>
	K.1.2.H, 1.3.A-C; 1.9.C-D; 2.2.E; 3.10.A-C; 2.5.A; 3.2.A; 4.10.B-C;	7	• Anger Management • Avoiding Weapons	<a href="http://www.brainpopjr.com/health/relationships/anger/">http://www.brainpopjr.com/health/relationships/anger/</a> <a href="https://www.youtube.com/watch?v=MucVTTTT2BAQ">https://www.youtube.com/watch?v=MucVTTTT2BAQ</a> <a href="https://www.youtube.com/watch?v=wIEBrb_wRYc">https://www.youtube.com/watch?v=wIEBrb_wRYc</a>	K-1 <a href="https://www.youtube.com/watch?v=_mZbzDOPylA">https://www.youtube.com/watch?v=_mZbzDOPylA</a> <a href="https://www.youtube.com/watch?v=nIPSaE_HCb8">https://www.youtube.com/watch?v=nIPSaE_HCb8</a>
	K.8.A-C; 3.10.A-C;	8	• What I am-self-esteem	<a href="http://www.youtube.com/watch?v=cyVzjo96vs&amp;list=PLEB0F1516D3B01C60">http://www.youtube.com/watch?v=cyVzjo96vs&amp;list=PLEB0F1516D3B01C60</a> <a href="https://youtu.be/Gms-Yk7mzv4?list=PLEB0F1516D3B01C60">https://youtu.be/Gms-Yk7mzv4?list=PLEB0F1516D3B01C60</a> K-2 <a href="https://www.youtube.com/watch?v=tTQ8CxrANw4">https://www.youtube.com/watch?v=tTQ8CxrANw4</a>	K-1 <a href="https://www.youtube.com/watch?v=KZsEr1fhqWY">https://www.youtube.com/watch?v=KZsEr1fhqWY</a> <a href="https://www.youtube.com/watch?v=lkFuiMVEI30">https://www.youtube.com/watch?v=lkFuiMVEI30</a>
	K.10.A-B; 3.2.E; 3.9.A-G; 3.11.A-G; 4.9.A-G; 4.10.A;	9	• Social Responsibility	K-1 <a href="https://www.youtube.com/watch?v=aMP_J-ikmr8">https://www.youtube.com/watch?v=aMP_J-ikmr8</a> <a href="https://www.youtube.com/watch?v=ZgidfFs-j4M&amp;list=RDJGQAp2PY8yY&amp;index=2">https://www.youtube.com/watch?v=ZgidfFs-j4M&amp;list=RDJGQAp2PY8yY&amp;index=2</a> K-2 <a href="https://www.youtube.com/watch?v=bu10OxyTkkU">https://www.youtube.com/watch?v=bu10OxyTkkU</a>	<a href="https://www.youtube.com/watch?v=JGQAp2PY8yY">https://www.youtube.com/watch?v=JGQAp2PY8yY</a>

Possible Coordinated School Events:

District Events:

Nutrition Services :

National Observances :

Employee Wellness Challenges:

Health Fair, Pitch Hit Run, Jump Rope for Heart

Big Shoot Out, District Health Fair

Farm Fresh Fridays, Veg-Out (March), Fruit and Vegetable Art Contest (Theme: Outer Space)

Heart Month (Feb.), Dental Health (Feb.), School Breakfast (March), Healthy Texas Week (April),

Wellness Wednesdays (Feb. 6-Feb. 17) (Focus: Wellness)

4th Nine Weeks	Supported Health TEKS	Coordinated School Health Objectives & Connections			
03/20/17 - 06/01/17	Week:	Focus:	Resources:		
<b>Thirsty Thursdays</b>	K.1.B	1	• Drink at least 8 glasses of water each day	<a href="http://www.youtube.com/watch?v=3KBCKs0Vt6">http://www.youtube.com/watch?v=3KBCKs0Vt6</a>	K-3 <a href="https://www.youtube.com/watch?v=gusOH0Nulok">https://www.youtube.com/watch?v=gusOH0Nulok</a>
				<a href="https://www.youtube.com/watch?v=yM6hn-Z1UWw">https://www.youtube.com/watch?v=yM6hn-Z1UWw</a>	<a href="https://www.youtube.com/watch?v=QuW4gH4tR7E">https://www.youtube.com/watch?v=QuW4gH4tR7E</a>
	K.1.B; 2.1.C;	2	• Too much sugar	<a href="http://www.brainpopjr.com/health/food/sugar/">http://www.brainpopjr.com/health/food/sugar/</a>	3-4 <a href="https://www.youtube.com/watch?v=EFnIGx0B5U">https://www.youtube.com/watch?v=EFnIGx0B5U</a>
				3-4 <a href="https://www.youtube.com/watch?v=hWzeSbCwwjU">https://www.youtube.com/watch?v=hWzeSbCwwjU</a>	faculty <a href="https://www.youtube.com/watch?v=OBzvN9FLx4Q">https://www.youtube.com/watch?v=OBzvN9FLx4Q</a>
	K.1.B	3	• Drink water instead of sugary drinks	<a href="http://www.youtube.com/watch?v=wKHi8uaoDeo">http://www.youtube.com/watch?v=wKHi8uaoDeo</a>	<a href="https://www.youtube.com/watch?v=kSp0IHtsui0">https://www.youtube.com/watch?v=kSp0IHtsui0</a>
				<a href="https://www.youtube.com/watch?v=wKHi8uaoDeo">https://www.youtube.com/watch?v=wKHi8uaoDeo</a>	<a href="https://www.youtube.com/watch?v=7U767AdP4QY">https://www.youtube.com/watch?v=7U767AdP4QY</a>
	K.1.B; 2.1.C;	4	• What sugar does to your body	<a href="https://www.youtube.com/watch?v=rX5aej5Sv4s">https://www.youtube.com/watch?v=rX5aej5Sv4s</a>	2-4 <a href="https://www.youtube.com/watch?v=sYfw8MgN9tU">https://www.youtube.com/watch?v=sYfw8MgN9tU</a>
				3-4 <a href="https://www.youtube.com/watch?v=IEXBxiiQREo">https://www.youtube.com/watch?v=IEXBxiiQREo</a>	<a href="https://www.youtube.com/watch?v=DXFWwL9V3Uo">https://www.youtube.com/watch?v=DXFWwL9V3Uo</a>
	1.8.B; 2.5.B; 3.6.A; 3.6.B	5	• Going green for Earth Day - take care of our world	<a href="http://www.youtube.com/watch?v=8DJ45Yc3urg">http://www.youtube.com/watch?v=8DJ45Yc3urg</a>	<a href="https://www.youtube.com/watch?v=4-z-JXJFc4w">https://www.youtube.com/watch?v=4-z-JXJFc4w</a>
				3-4 <a href="https://www.youtube.com/watch?v=ftiCdUNkugM">https://www.youtube.com/watch?v=ftiCdUNkugM</a>	3-4 <a href="https://www.youtube.com/watch?v=vONBU7btYuo">https://www.youtube.com/watch?v=vONBU7btYuo</a>
			K-2 <a href="https://www.youtube.com/watch?v=PIBLO8_2ix8">https://www.youtube.com/watch?v=PIBLO8_2ix8</a>	<a href="https://www.youtube.com/watch?v=9u8x7iDbHJc">https://www.youtube.com/watch?v=9u8x7iDbHJc</a>	
1.8.B; 2.5.B; 3.6.A; 3.6.B; 3.6.C 4.6.A; 4.6.B	6	• Reduce, Reuse & Recycle	<a href="http://www.brainpopjr.com/health/beresponsible/reducereuserecycle/preview.weml">http://www.brainpopjr.com/health/beresponsible/reducereuserecycle/preview.weml</a>		
			K-2 <a href="https://www.youtube.com/watch?v=U3ZK5pntyNg">https://www.youtube.com/watch?v=U3ZK5pntyNg</a>	2-4 <a href="https://www.youtube.com/watch?v=bn8R_Xqjil0">https://www.youtube.com/watch?v=bn8R_Xqjil0</a>	
			3-4 <a href="https://www.youtube.com/watch?v=w18HXa3HLk">https://www.youtube.com/watch?v=w18HXa3HLk</a>	<a href="https://www.youtube.com/watch?v=G1yBQv1hLRY">https://www.youtube.com/watch?v=G1yBQv1hLRY</a>	
K.2.A; K.2.B; K.2.E 1.2.A-B; 1.2.F; 1.2.G 2.2.C; 2.3.A; 3.2.A;	7	• Be safe in our world • Stranger Danger • Stay away from weapons	<a href="http://www.youtube.com/watch?v=EXbmdVJOucz">http://www.youtube.com/watch?v=EXbmdVJOucz</a>	K-1 <a href="https://www.youtube.com/watch?v=92HCKfYakLU">https://www.youtube.com/watch?v=92HCKfYakLU</a>	
			<a href="https://www.youtube.com/watch?v=AB38eHOHDEs">https://www.youtube.com/watch?v=AB38eHOHDEs</a>	<a href="https://www.youtube.com/watch?v=QC2QxhIsSHA">https://www.youtube.com/watch?v=QC2QxhIsSHA</a>	
			<a href="https://www.youtube.com/watch?v=M-njh8mFvVk">https://www.youtube.com/watch?v=M-njh8mFvVk</a>	<a href="https://www.youtube.com/watch?v=92HCKfYakLU">https://www.youtube.com/watch?v=92HCKfYakLU</a>	
K.7.A; 1.2.G, 1.8.B; 2.2.C; 2.5.B; 2.7.B	8	• Protect your skin - be sun safe	<a href="http://www.youtube.com/watch?v=3_V8IT67K20">http://www.youtube.com/watch?v=3_V8IT67K20</a>	<a href="https://www.youtube.com/watch?v=2bwqTDuyv7Y">https://www.youtube.com/watch?v=2bwqTDuyv7Y</a>	
			<a href="https://youtu.be/wsDUuav21xg?list=PLzU6kAARmVhaTwOiaBPufD2KZvvsu0bbo">https://youtu.be/wsDUuav21xg?list=PLzU6kAARmVhaTwOiaBPufD2KZvvsu0bbo</a>		
			<a href="https://www.youtube.com/watch?v=Zc2wE5dVx3Y">https://www.youtube.com/watch?v=Zc2wE5dVx3Y</a>	K-2 <a href="https://www.youtube.com/watch?v=T7ghJsZug60">https://www.youtube.com/watch?v=T7ghJsZug60</a>	
K.2.E; 1.2.G; 2.2.C;	9	• Water safety	<a href="https://www.youtube.com/watch?v=UsozAHdDS80">https://www.youtube.com/watch?v=UsozAHdDS80</a>	<a href="https://www.youtube.com/watch?v=oaFt7-vyXbs">https://www.youtube.com/watch?v=oaFt7-vyXbs</a>	
			<a href="https://www.youtube.com/watch?v=Xrp_I6-wmWE">https://www.youtube.com/watch?v=Xrp_I6-wmWE</a>	<a href="https://www.youtube.com/watch?v=cMTIBhyi66l">https://www.youtube.com/watch?v=cMTIBhyi66l</a>	
			<a href="https://www.youtube.com/watch?v=7yAn8YOBlv8">https://www.youtube.com/watch?v=7yAn8YOBlv8</a>	<a href="https://www.youtube.com/watch?v=oaFt7-vyXbs">https://www.youtube.com/watch?v=oaFt7-vyXbs</a>	

Possible Coordinated School Events:

District Events:

Nutrition Services :

National Observances :

Employee Wellness Challenges:

Field Days, Track & Field,

Get Fit Jog, Rugged Race, Hershey's Track and Field

Farm Fresh Fridays

Turn off TV Week (April), Earth Day (April), National Fitness Month (May)

Thirsty Thursday (April 3-April 14) (Focus: Drink More Water)