



Middle School Coordinated Health (6-8)

Suggested Pacing/Instructional Schedules/Settings

- Accommodates a semester or yearlong health and physical education course.
- The Healthy and Wise health units can be taught in a six-week health course.
- Can be integrated during Physical Education.
- Can be taught during an extra-curricular wellness class.

6th Grade

Two Instructional Options:

1. Healthy and Wise Monthly Curriculum (K-6) with weekly PE lesson plans. This program is already approved by the Texas Education Agency as a coordinated health option
2. Healthy and Wise Middle School Coordinated Health Program (*Includes Coordinating Elements with SPARK Middle School PE)

7th Grade

- Healthy and Wise Middle School Coordinated Health Program (*Includes Coordinating Elements with SPARK Middle School PE)

8th Grade

- Healthy and Wise Middle School Coordinated Health Program (*Includes Coordinating Elements with SPARK Middle School PE)

*Healthy and Wise monthly issues offer 6th, 7th and 8th grade activities in the instructional guides and should be used with the Strength, Conditioning, and Wellness program to continuously teach and reinforce current health concepts, topics, and observances.



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Teaching Strategies For English Language Learners and Children with Cultural Differences

The following suggested strategies are for teachers to use to differentiate the Healthy and Wise and SPARK curriculum for English Language Learners and children with cultural differences.

- Healthy and Wise offers a very predictable and thematic format, helping ELL students gain a comfort using the curriculum each month.
- Activate ELL students' prior knowledge and build off past experiences.
- Let students use their native language when necessary and appropriate.
- Use the Healthy and Wise Spanish articles and parent letters with Spanish speaking students and their families.
- Teach new words in context and limit the words you do introduce to just a few.
- Give sufficient background information to fill in gaps for students.
- Give plenty of opportunities for ELL students to speak and listen.
- Use nonlinguistic examples such as pictures as frequently as possible.
- Using gestures, sign language, or visual cues can be very effective.
- Break directions down into a step-by-step format or process.
- Give extra time to ELL students when they are responding or giving an answer.
- Use the Healthy and Wise hands-on activities as much as possible to help make the learning concrete.
- Use the Healthy and Wise and SPARK group activities to pair ELL students with English proficient students to complete physical activities, assignments or tasks.

- Use the movement activities provided in the SPARK curriculum to enhance the Healthy and Wise lessons.
- Acknowledge and celebrate each student's cultural gifts and insights and encourage them to share them often with other classmates and during lessons.



Middle School Coordinated Health 6-8

Teaching Strategies for Differentiation and Inclusion

The following suggested strategies are for differentiated instruction and inclusion for special needs students.

- A) Adjust the size of the information that the learner is expected to learn. Use chunking techniques to disperse the information in a more manageable process. Limit the number of vocabulary terms for each lesson. Consider the child's disability (visual, hearing, musculoskeletal, etc.) and use a teaching method that will be appropriate and meet the child's needs. Healthy and Wise uses a very predictable chunking format. Key in on select sections that offer good information, but will not be overwhelming for a special needs child.
- B) Adapt instruction by considering the child's disability (visual, hearing, musculoskeletal, etc.) and use a teaching method that will be appropriate and meet the child's needs. Use the Healthy and Wise concrete examples, hands-on activities, and cooperative group activities.
- C) Utilize the SPARK inclusion suggestions available in the middle school binder (Building a Physical Education Foundation, pgs. 18-31).
- D) Modify the SPARK lessons as needed and utilize the teaching hints and suggestions that address skill levels or adaptations.
- E) Modify active learning opportunities to meet the needs of your students. If a child is limited in mobility, adjust the activity so the child can participate at their level. For example, if children are demonstrating an exercise, a child that is in a wheel chair might describe the exercises as they are being performed or they might hold a card that names the exercise. Most of the Healthy and Wise activities are flexible enough for teachers to modify to meet a student's individual needs.
- F) Shorten or lengthen the instructional time to meet a child's cognitive or physical capabilities. If necessary, pace the instruction differently to accommodate a

student's attention span. Many of the Healthy and Wise activities can be shortened or completed orally to accommodate a learner's needs.

- G) Adjust the skill level or change the approach to allow the learner to successfully complete the task. Alter the format or allow the use of technological tools such as calculators or computers. The Healthy and Wise activities are very flexible and offer a variety of activities to accommodate many different cognitive and ability levels.
- H) Pair students with special needs with other learners to provide additional assistance. Many of the Healthy and Wise activities are designed to build social support among students. These types of activities work very well with special needs students because the task must be completed by a group of students. Thus, the workload is distributed among group members.
- I) Allow and encourage student responses to be given in many different formats. Verbal responses, a simple hand raise, or a nod of the head might be acceptable for some special needs students. Healthy and Wise offers students many opportunities to complete short tasks or give short answers. Writing assignments can easily be modified and given orally.



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Addressing Gender Differences

- Healthy and Wise offers a good balance of visual images that represent both genders.
- Sports and physical activities in Healthy and Wise and SPARK are appropriate for boys and girls.
- The Healthy and Wise K-8/Family issues regularly feature an article and corresponding activities in February highlighting “Girls and Women in Sports Month”.
- Gender differences and common myths related to exercises such as strength training are addressed in the Healthy and Wise Strength and Conditioning program.
- Healthy and Wise is careful to address the topic of eating disorders unspecific to gender, realizing that although eating disorders are more common among women, males can also suffer from these disorders.
- Special supplements related to growth and development, and specific to each gender, are available in the instructional guide.



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Addressing Differences in Socioeconomic Status

- Healthy and Wise does not require students to purchase extra materials to complete lessons.
- Healthy and Wise does not advertise specialty products or other programs to students in the curriculum.
- Healthy and Wise acknowledges the free health services that are available in the school district or within local communities or health departments.
- Healthy and Wise promotes many physical activities that are free and don't require a lot of equipment.
- SPARK provides information for making homemade physical education equipment.
- Many SPARK activities do not require any equipment.
- Many of the Healthy and Wise activities encourage students to compare prices and help build consumer skills.
- Healthy and Wise discusses the stress that financial issues can cause and helps families think about their spending habits and purchases.
- Healthy and Wise sells its curriculum in many formats and pricing structures to accommodate a school's budget.



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Addressing Geographic Differences

- Healthy and Wise features important health issues in different geographic areas. (Examples – referencing Hurricanes Katrina, Rita, and new immunizations required in Texas)
- Healthy and Wise is correlated with national and different state standards.
- Healthy and Wise and SPARK offer a variety of sports for different climates and geographic locations. Weather conditions affecting outside physical activities are considered and alternative activities are available.
- Physical activities are suggested for different climates at different times of the year.
- Curriculum offers ELL strategies and Spanish articles and resources for geographic areas that have a higher rate of Hispanic students.