



Health and PE Adoption Spring 2022
Bowie Elementary Kindergarten - 2nd Grade
Lori Cage - Physical Education Teacher

Quaver Health/PE

After comparing the two curriculums, CATCH Health Education and Quaver Health and PE, I feel Quaver is a better fit for our students. Since Bowie Elementary has the new Lu Projection system I have tried several free trial lessons with my students. Each lesson has the following:

- ✓ **Warm-Up** – questions and movement directly tied to the TEKS
- ✓ **Core Content** –(100% aligned with the 2022 Health/PE TEKS) scenario-based with higher-level thinking
- ✓ **Song or Gym Game** –movement and activities for health and PE (some in Spanish)
- ✓ **PE Skills Practice** – online images for correct technique, cues, and resources to support teachers
- ✓ **Application/Check for Understanding** – formal and informal assessments to check for understanding

Fully Online Curriculum – 8 Modules- each module lasts 4 weeks= 32 weeks

- This curriculum consists of the cutting edge technology that provides songs, movement, vocabulary, games and activities, parent/community resources, differentiation suggestions, supports ELL learners, worksheets/assessments, meet a variety of learning styles.

When/Where will Health be taught?

Health will be taught during PE once a week. I plan on incorporation other resources on campus to add their expertise to subject matters along with citizens in our community.

How does Quaver cover some of the difficult topics?

After talking with the Quaver representative about sensitive subject matter, she expressed that Quaver takes a very conservative approach. Looking over the modules for Kindergarten through 2nd grade we do not get into the “Special Topics” like 3rd, 4th, and 5th grade touch on.