

Health Curriculum

Bowie Intermediate 3rd-5th Grade



Quaver Health

I'm in favor of adopting Quaver Health to be our health curriculum. I feel it covers the new health TEKS very well and presents the material in ways that students can easily connect with and understand. It is 100% aligned to both health and p.e. TEKS including the newly adopted health Teks.

It has health lessons, pe lessons, and combined health and pe lessons. Quaver offers us an online curriculum that we can show the students on the gym projector. It has videos, songs, printable worksheets, and health incorporated games. They are currently working on the Spanish version of their content.

When will Health be covered?

Health will be covered weekly during p.e. Classes in the gym at Bowie Intermediate.

How does Quaver cover some of the more difficult topics?

Quaver covers the new more difficult TEKS in a very conservative manner. The special topics covered are parent opt in lessons. They consist of Puberty and Reproduction (the basic details).

Puberty topics covered include body changes (anatomy, growth spurt, oils, hair growth, mood swings, menstrual cycle, erection). Reproduction is discussed as far as sperm fertilizing the egg, and the basic fetal development stages (diagrams).

Puberty

<https://watch.screencastify.com/v/qTshYJdlikou6TvOTMDr>

Fertilization

<https://watch.screencastify.com/v/oj5OUjWGICwgqiTmIA0z>