



# Goodheart-Willcox

Experts in Today's Health and Wellness

**SBOE Adopted!**

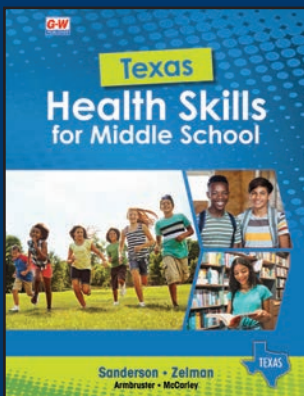


## Support the Opt-In Requirements of House Bill 1525 and Senate Bill 9

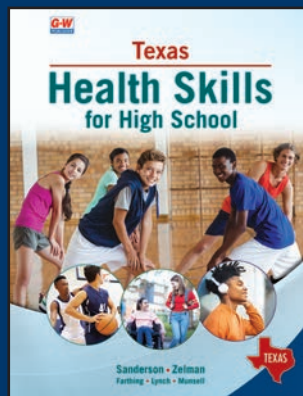
**Cover 100% of the TEKS**  
**New 2023 Texas Copyrights • Skills-Based Education**



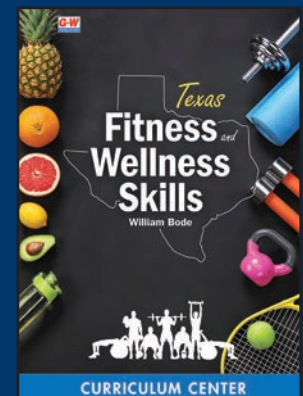
**Packed with extensive curriculum, created *by teachers for teachers!***



**Middle School Health,  
Grades 6–8**



**High School Health,  
I & II**



**Lifetime Fitness &  
Wellness Pursuits**

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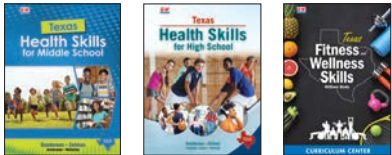
# Committed to Texas!



Dear Health and Physical Education Teachers, Administrators, and SHAC Members,

**The Texas State Board of Education has named G-W as the only approved publisher for Proclamation 2022!**  
The G-W team is excited, proud, and ready—we want you to see first-hand why these are **the only programs that the state has selected for adoption:**

- *Texas Health Skills for Middle School* for Grades 6 and Grades 7-8 (page 5)
- *Texas Health Skills for High School* for Health I and II (page 7)
- *Texas Fitness and Wellness Skills* for Lifetime Fitness and Wellness Pursuits (page 9)



In Texas, all materials undergo an extensive and detailed adoption review process. After listening to input from various stakeholders in the community, schools, and the Texas State Board of Education, G-W incorporated feedback from the reviews into our resources to meet your needs. In addition, G-W's programs support House Bill 1525 and Senate Bill 9 by separating Health Education materials from the “Opt-In” topics contained in the legislation, so that districts can easily provide access to Opt-In topics when a parent or guardian has provided permission. The table below provides a breakdown of the separated Companion Text content:

<u>G-W Companion Material to Accompany Texas Health Skills for Middle School</u>	<u>G-W Companion Material to Accompany Texas Health Skills for High School</u>
<b>Chapter 17: Puberty</b> <ul style="list-style-type: none"><li>• The Beginning of Life</li><li>• Adolescence and Puberty</li><li>• Sexual Feelings and Behavior</li><li>• Dating Relationships</li></ul> <b>Chapter 18: Preventing and Responding to Violence</b> <ul style="list-style-type: none"><li>• Abuse and Neglect</li><li>• Other Types of Violence</li><li>• Unwanted Sexual Activity</li></ul> <b>Chapter 19: Making Responsible Sexual Decisions</b> <ul style="list-style-type: none"><li>• Pregnancy Prevention</li><li>• Teen Pregnancy and Parenthood</li></ul> <b>Chapter 20: Sexually Transmitted Infections (STIs) and HIV/AIDS</b> <ul style="list-style-type: none"><li>• Sexually Transmitted Infections (STIs)</li><li>• HIV/AIDS</li></ul>	<b>Chapter 20: The Beginning of Life</b> <ul style="list-style-type: none"><li>• The Male Reproductive System</li><li>• The Female Reproductive System</li><li>• Conception, Pregnancy, and Birth</li><li>• Adolescence and Puberty</li><li>• Teen Pregnancy and Parenthood</li></ul> <b>Chapter 21: Relationships and Sexual Abstinence</b> <ul style="list-style-type: none"><li>• Understanding Romantic Relationships</li><li>• Practicing Sexual Abstinence</li></ul> <b>Chapter 22: Violence Prevention and Response</b> <ul style="list-style-type: none"><li>• Sexual Harassment and Assault</li><li>• Abuse and Neglect</li><li>• Violence in the Community</li></ul> <b>Chapter 23: Sexually Transmitted Infections and HIV/AIDS</b> <ul style="list-style-type: none"><li>• Common STIs</li><li>• Preventing and Treating STIs</li><li>• HIV/AIDS</li></ul>

Choosing G-W offers your school district the confidence and assurance of providing health and physical education content that has been vetted by the TEA State Review Panel and adopted by the Texas State Board of Education for instruction that best meets the needs of your community. **Let's work together to encourage healthy living!**

Hector Morales  
G-W National Sales Director

**Thank you to all of our Texas contributors. We appreciate your guidance in the development of these resources created just for Texas!**

<u>Texas Advisory Board, Professional Reviewers, and Instructor Reviewers</u>		
Kathy Barnes, Ed.D., Educational Consultant Dallas, Texas	Dr. Stacy Germany, Health Science Educator Austin, Texas	Misty Rodriguez, Health and Physical Education Instructor San Antonio, Texas
Virginia Barnhill, Physical Education Instructor Dallas, Texas	Kellie A. Johnson, Assistant Athletic Coordinator, Health Instructor San Antonio, Texas	Tracey Rudnick, Health Instructor San Antonio, Texas
Stephany Bauer, Physical Education Instructor Mercedes, Texas	Teresa Machu, Instructional Specialist, PE San Antonio, Texas	Nancy Searle, Health Instructor Austin, Texas
Cheryl Berude, Dual Credit Instructor/ Health Science Pathway Boerne, Texas	Charlie Means, Health Instructor Denison, Texas	Delia Thibodeaux, Health Instructor Houston, Texas
Susie Blucher, Health Instructor San Antonio, Texas	Patty Mullany, Health, Wellness, and Fitness Instructor El Paso, Texas	Julie Woodruff, Health Science Technology Instructor Boerne, Texas
Sandi Cravens, Health and PE Director Irving, Texas	Matthew Nichols, Health Instructor San Antonio, Texas	Lori Ybarra, Fitness Basics Instructor San Antonio, Texas
	Sonia Noriega, Lead Teacher, Health and PE El Paso, Texas	

G-W is the Only Publisher with Proclamation 2022 Materials Adopted by the State Board of Education

## Written by Experts in Health and Physical Education

### Health Education



**Catherine Sanderson** is the Poler Family Professor and Chair of Psychology at Amherst College. Her research has received grant funding from the National Science Foundation and the National Institutes of Health. In 2012, she was named one of the country's top 300 professors by the Princeton Review.



**Mark Zelman** is a Professor of Biology at Aurora University. He teaches science education courses for high school educators; has published articles on microbiology, infectious disease, autoimmune disease, and biotechnology; and has written college texts on human diseases and infection control.

Flexible,  
age-appropriate  
health resources! Cover  
human sexuality how  
and when *you* decide  
for your district

### Pedagogy Developed by Teachers for Teachers!

#### High School Health Pedagogy



**Diane Farthing** has been teaching health education for 38 years. She is the 2019 California Association for Health, Physical Education, Recreation, and Dance (CAHPERD) Health Teacher of the Year and the 2020 SHAPE America Western District Teacher of the Year.



**Melanie Lynch** is an experienced teacher with more than 25 years in the classroom. In 2016, SHAPE America named Melanie the National Health Education Teacher of the Year.



**Melissa Munsell** worked as an instructional specialist and the K–12 Health Education Lead at North East Independent School District in San Antonio. She also served as vice president of the Health Division and General Division of the Texas Association for Health, Physical Education, Recreation, and Dance (TAHPERD).

#### Middle School Health Pedagogy



**Lindsay Armbruster** has been teaching Health Education since 2004, with most of her experience occurring at the middle school level. She is a winner of the New York Health Teacher of the Year award and the SHAPE America Eastern District Health Teacher of the Year award.



**Mary McCarley** taught health education for 14 years in Charlotte Mecklenburg Schools. Mary is the 2016 North Carolina High School Teacher of the Year for Health Education and the SHAPE America 2016 High School Southern District Teacher of the Year for the Advancement of Health Education.

### Physical Education



**William Bode** is a physical education and health teacher at the Performance Learning Center High School in North Carolina and has taught for nearly 30 years. In 2016, William was honored with the North Carolina High School PE Teacher of the Year award. He was named the SHAPE America Southern District High School PE Teacher of the Year in 2017.



# Go Digital with G-W!

Flexible Integration • Quick Implementation • Easy Navigation

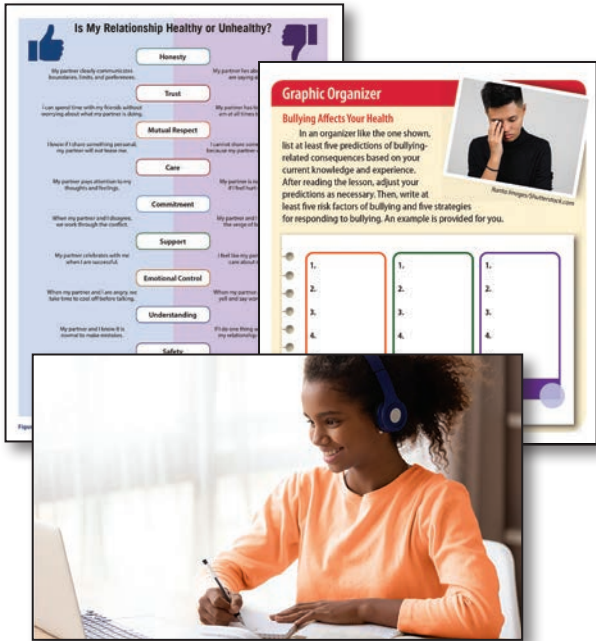


**Ready for any learning environment:**  
Remote • Face-to-Face • Synchronous and Asynchronous

A proven digital resource in the classroom, G-W can also extend your reach regardless of the type of instruction, providing engagement for remote or hybrid learning.

**Easily integrate G-W content**—including digital textbooks, workbooks, videos, and other interactives—into your Learning Management System with LMS-ready Common Cartridges®.

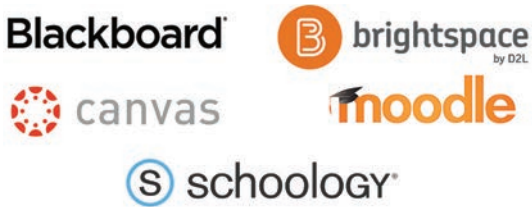
No LMS? No problem! Our online classroom licenses offer intuitive digital learning resources that can be quickly implemented into your course. Looking for print *and* digital? **Ask your G-W Educational Consultant about our cost-effective bundle options.**



## LMS Integration and Single Sign-On

**G-W's LMS-Ready Common Cartridges** provide seamless integration with learning management systems—Blackboard, Brightspace, Canvas, Moodle, Schoology, and more. G-W Technical Support is available to guide you through the process and support you through the duration of the adoption.

**G-W also supports** rostering and single sign-on. We offer IMS-compliant LTI, QTI, and OneRoster products and will work closely with you to ensure that they are configured properly within your LMS.



## Classroom Licenses

Created for classrooms not using an LMS or SSO but needing concurrent access, G-W Online Learning Suites and Online Textbooks provide simple and effective ways to bring technology into your course.





## Help Students Learn, Practice, and Apply Health Skills



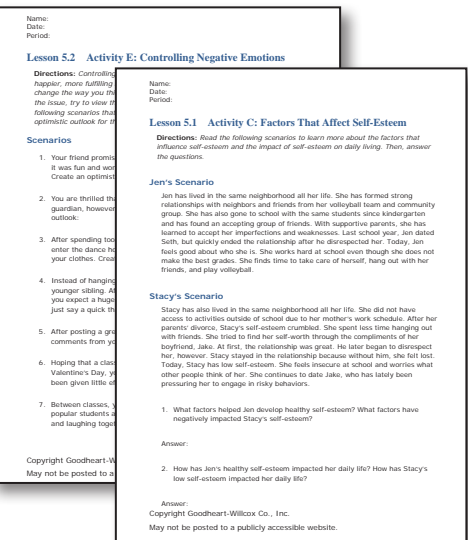
**Opt-In  
Material**

**Spanish resources available!**

Scan for a link to prices



- Standards-Based Grading Assessments
- Parent/Other Trusted Adult Engagement Assignments
- Differentiated Project-Based Learning Assessments
- Differentiated Notetaking and Reading Guides
- Customized Pacing Guides
- Answer Keys



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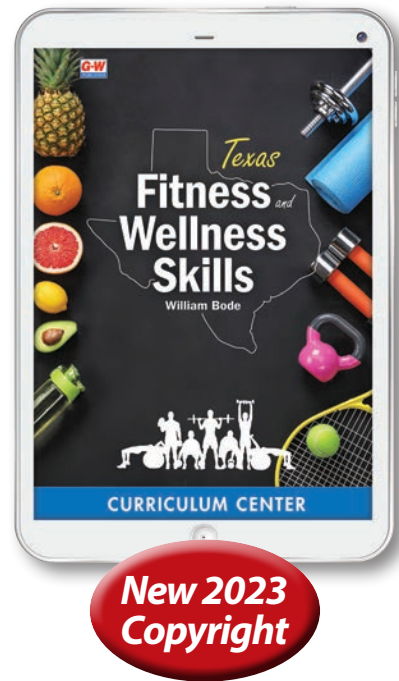






For Lifetime Fitness & Wellness Pursuits

A Fully Digital, Comprehensive Curriculum for Teachers



Texas Fitness and Wellness Skills ©2023  
by William Bode

Skills-Based Education—Covers 100% of the TEKS

Texas Fitness and Wellness Skills is a standards-based, comprehensive curriculum that includes all of the resources teachers need to facilitate learning in their fitness course. Using the detailed Texas lesson plans as a guide, teachers can personalize the content to suit their students’ unique needs, facilitate active learning, and debrief with students, getting students moving while engaging with the information they have learned. Students will learn the benefits of and strategies for physical, social, and emotional wellness, and leave this course equipped with the skills to build a comprehensive fitness plan and achieve lifelong wellness.

- The Task Card Library and Exercise Video Library provide visual reinforcement of exercises and activities to integrate into any workout.
- Exit Tickets present an opportunity to check in with students and confirm understanding of each lesson’s concepts. These can be printed and completed in class, used as prompts for informal discussion during a cool down, or shared using Google Classroom® or LMS.
- Comprehensive Module Pretests and Posttests allow instructors to track student progress and confirm understanding at the end of each module.
- Physical Activity Self-Assessments give students the opportunity to practice, monitor, and analyze their progress, while also setting goals to work toward in the future. Physical Activity Assessments allow instructors to assess students’ proficiency building and executing a workout, ensuring concepts are understood and proper form and technique demonstrated.
- Forty Fitness Activities help students develop many self-management skills, including teamwork, communication, and problem-solving—all while having fun!

**Contents**

Module 1  
Preparing for a Physically Literate Life

Module 2  
Understanding the Health- and Skill-Related Fitness Components

Module 3  
Nutrition and Physical Activity

Module 4  
Setting Goals and Creating a Fitness Plan

Module 5  
Choosing Your Exercises

Module 6  
Developing a Workout

Module 7  
Using Technology Responsibly

Module 8  
Being Physically Active for Life

Texas Fitness and Wellness Skills ©2023  
Lifetime Fitness & Wellness Pursuits MLC: 97P2

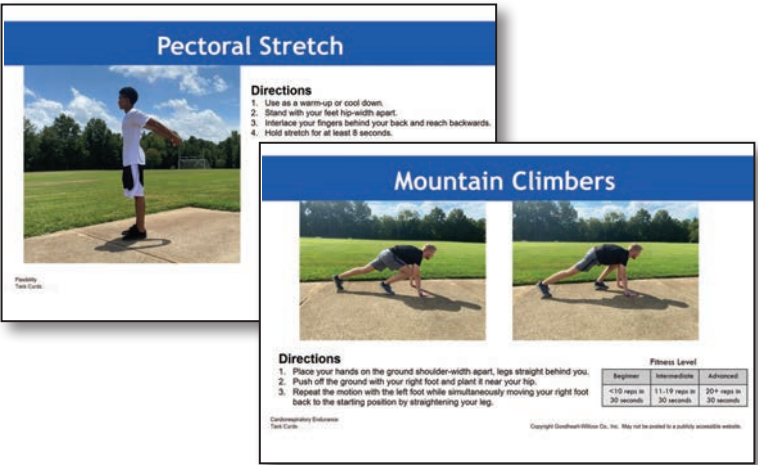
**Instructor Digital Materials**

Curriculum Center with TEKS Correlations, Texas lesson plans, answer keys, PowerPoint® presentations, assessments, videos, and all student activities and handouts.

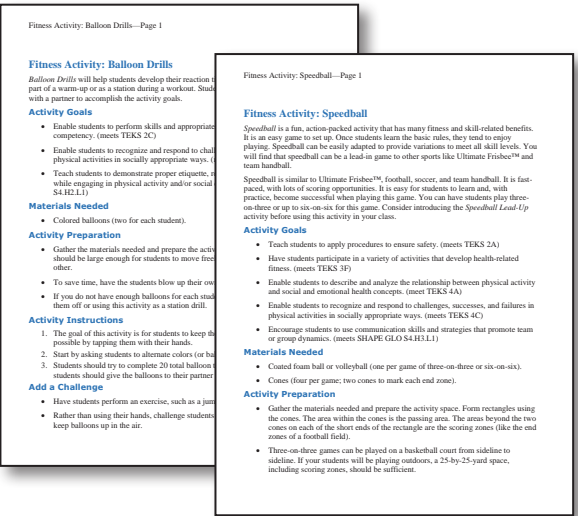


Scan for a link to prices

Task Cards



Fitness Activities

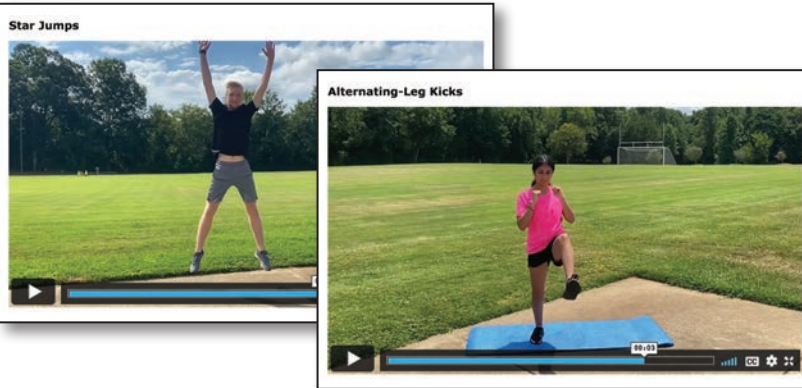


TEKS and SHAPE GLO Correlations

**Covers 100% of the TEKS!**

Standard	Correlation	Activity
1. Apply physiological principles related to exercise, including cool-down.	Page 1: Module 1, Student Lesson 1.1: Understanding the Warm-Up and Cool-Down	Page 1: Module 1, Student Lesson 1.1: Understanding the Warm-Up and Cool-Down
2. Apply physiological principles related to exercise, including frequency.	Page 2: Module 1, Student Lesson 1.2: Understanding the Warm-Up and Cool-Down	Page 2: Module 1, Student Lesson 1.2: Understanding the Warm-Up and Cool-Down
3. Apply physiological principles related to exercise, including frequency.	Page 3: Module 1, Student Lesson 1.3: Understanding the Warm-Up and Cool-Down	Page 3: Module 1, Student Lesson 1.3: Understanding the Warm-Up and Cool-Down
4. Apply physiological principles related to exercise, including frequency.	Page 4: Module 1, Student Lesson 1.4: Understanding the Warm-Up and Cool-Down	Page 4: Module 1, Student Lesson 1.4: Understanding the Warm-Up and Cool-Down
5. Apply physiological principles related to exercise, including frequency.	Page 5: Module 1, Student Lesson 1.5: Understanding the Warm-Up and Cool-Down	Page 5: Module 1, Student Lesson 1.5: Understanding the Warm-Up and Cool-Down
6. Apply physiological principles related to exercise, including frequency.	Page 6: Module 1, Student Lesson 1.6: Understanding the Warm-Up and Cool-Down	Page 6: Module 1, Student Lesson 1.6: Understanding the Warm-Up and Cool-Down
7. Apply physiological principles related to exercise, including frequency.	Page 7: Module 1, Student Lesson 1.7: Understanding the Warm-Up and Cool-Down	Page 7: Module 1, Student Lesson 1.7: Understanding the Warm-Up and Cool-Down
8. Apply physiological principles related to exercise, including frequency.	Page 8: Module 1, Student Lesson 1.8: Understanding the Warm-Up and Cool-Down	Page 8: Module 1, Student Lesson 1.8: Understanding the Warm-Up and Cool-Down
9. Apply physiological principles related to exercise, including frequency.	Page 9: Module 1, Student Lesson 1.9: Understanding the Warm-Up and Cool-Down	Page 9: Module 1, Student Lesson 1.9: Understanding the Warm-Up and Cool-Down
10. Apply physiological principles related to exercise, including frequency.	Page 10: Module 1, Student Lesson 1.10: Understanding the Warm-Up and Cool-Down	Page 10: Module 1, Student Lesson 1.10: Understanding the Warm-Up and Cool-Down

Exercise Video Library



Online Instructor Resources in the Curriculum Center

- Texas Lesson Plans
- Strategies to Promote Physical Literacy for Life
- SHAPE America Grade-Level Outcomes (GLOs) for grades 9–12
- Student Lessons
- Teacher-Directed Activities
- Fitness Activities
- PowerPoint® Presentations
- Task Card Library
- Exercise Video Library
- Warm-Up and Cool-Down Options
- Exit Tickets
- Pretests, Posttests, and Physical Activity Assessments
- Student Handouts, including Self-Assessment, Vocabulary, and Review and Reflection
- Customized Pacing Guides
- Answer Keys

**Activities and Exercises to Develop Cardiorespiratory Endurance**

**Point to Ponder #1**

How can you balance your carbohydrate consumption to promote your overall wellness?

- Avoid eating processed foods with high amounts of sugars and refined starches.
- Eat more low-calorie, complex carbohydrates.

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Tinley Park, IL 60477-6243  
800.323.0440  
www.g-w.com

PRSRT STD  
US POSTAGE  
**PAID**  
Goodheart-Willcox

## Flexible Resources that Work for You

- ✓ Skills-Based Education
- ✓ Editable Lessons
- ✓ Customized Pacing Guides
- ✓ Differentiated Learning
- ✓ Supplemental Health Materials  
that Provide Options for  
Teaching Sensitive Topics

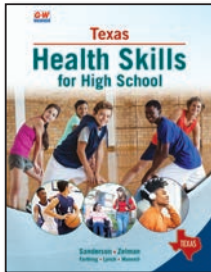
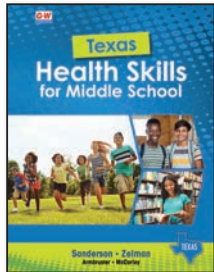


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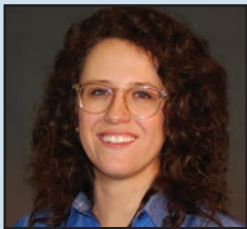
## Health Education • Physical Education

**Cover 100% of the TEKS  
New 2023 Copyrights • Skills-Based Education**

**Support the Opt-In Requirements  
of House Bill 1525 and Senate Bill 9**

## Start Your Digital Review Now!

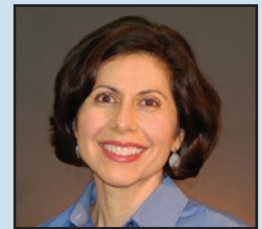
**Contact your local G-W Texas Educational Consultant to get started.**



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ESC Regions 1, 2, 3, 4,  
5, 6, 13, 20



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12, 14, 15, 16, 17, 18, 19



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**Let's Work Together to Encourage Healthy Living!**

**www.g-w.com/texas**



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