

Teacher Resource Guide

HPE for Everyone: How To Help Struggling Students | HPAI 2024

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Please [click here](#) to view the Canva slides from the conference that include more detail regarding classroom engagement, behavior management, ELL support and specific examples of activities or strategies. For the health class chart, SOL's are aligned for specific units but strategies are transferable to any unit.

PHYSICAL EDUCATION CLASS

Activity	VA SOL	When is this used?	Tips Resource Link
Personal Best Fitness Test	9.3: a, b, c 9.4: a, b, e, g, h	Given throughout the semester or year, 3-6 times.	Allow modifications & extensions where needed to promote participation for all students. Implement station-style so students can work at their own pace with self-selected peers.
Minute to Win It Games: Team Competition	9.4: a, b, c, e, f, g, i	To start the school year to build community, evaluate competition level and spark motivation. Can use mid-year when burnout occurs to reignite motivation.	Shuffle the teams each day of the challenge so there is equal chance of members winning prizes each day in PE. Vary the athletic levels within the group.
Partner Fitness Relay	9.3: a, b, c 9.4: a, b, e, g, h	Great for a warm-up activity to class time before any unit in physical education class. Can also be used in combination with Minute Games to start off the year.	Allow students to self-select their partner - naturally more high-level fitness and lower level fitness will go together & that is useful for fitness based activities.
Rock, Paper, Scissors Baseball	9.4: a, b, e, g, h	Great for warm-up in your PE class to get students talking and connecting with new people. Creates a low risk environment & easy rules to follow.	Use cones or softball bases for a visual base. Change up the direction halfway through.

HEALTH CLASS

Strategy*	Paired Unit	SOL Alignment Engaging ?'s	Tips Resource Link
Heads Up	Nutrition	SOL: 9.1b + What food group do I need to get more of each day? + Which of these foods was I unfamiliar with?	Sort foods into groups after games (ie: Food Group, Simple v. Complex, types of fats, healthy choice v. unhealthy choice). Discuss pros & cons of various foods.
Buzzer Review	Substance Abuse	SOL: 9.1 h-j, 9.2 h-j, 9.3 h-j <i>Provide questions from basic understanding to higher order thinking questions.</i>	Post a variety of essential questions in Google Slides and pose to groups of students. Provide time to discuss, then the first group to run to get the buzzer gets to answer first. All sts given points, but the group to get first gets extra ____ points.
Bacteria Culture Lab	Diseases	SOL: 9.3 f + What areas of the school were the most contaminated and why do you think that is? + What steps can you take at school today to promote better health habits?	Prep culture cups using plain gelatin and store in the fridge the day before. Allow students to choose what they want to swab in the building. Compare results over the coming days in class.
Wellness Wheel	Wellness	SOL: + What area of wellness comes easiest to you? Hardest? +What can you implement tomorrow to be healthier?	This activity serves as a good introduction to a wellness unit where several of these topics can be taught during the days in the unit. Combining 1-2 areas of wellness each day in class works well and aligning activities to go with it (ie: DIY stress ball , time manager checklist, career search activity, etc.)
Gallery Walk	Substance Abuse	SOL: 9.1 h-j, 9.2 h-j, 9.3 h-j + How does this drug impact mental health? +What are the long term health effects of drug use? +Why do you think teenagers start using drugs in the first place? +What are dangerous behaviors that could be gateway activities to drug use?	Gallery walk occurs on last day of the unit as a showcase for students to share with classmates what they did their poster on. Provide feedback form/question sheet on clipboard for students going around the room. Topic ideas can be: → Celebrity Drug Abuse project → Vaping Awareness Project → Opioids: What You Need to Know