

Strand	Grade	Estimated Time Frame
Physical Activity and Health	6	
TEKS	Examples	
6.4A Describe selected long-term benefits of regular physical activity;	Healthy Lifestyle Crossword Puzzles Newspaper articles	
6.4C Describe the effects of aerobic exercise on the heart and overall health;	Activity Pyramid; various worksheets Lowering of risk factors (blood pressure; lower pulse; lower recovery heart rate)	
Recommended Activities	Instructional Resources/Materials	
MSHFC – pgs 3,4,5	Middle School Health Fitness Curriculum Guide	
	Web Links/Other Resources	