

Strand	Grade	Estimated Time Frame
Physical Activity and Health	6	
<b>TEKS</b>	<b>Examples</b>	
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)	
<b>Recommended Activities</b>	<b>Instructional Resources/Materials</b>	
MSHFC – pgs 3,4,5	Middle School Health Fitness Curriculum Guide	
	<b>Web Links/Other Resources</b>	