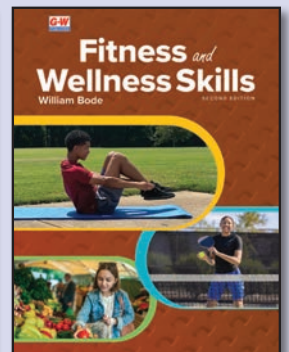
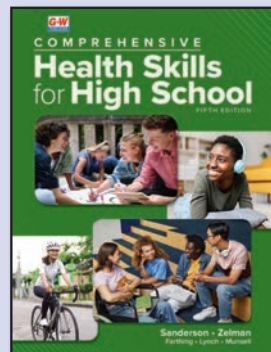
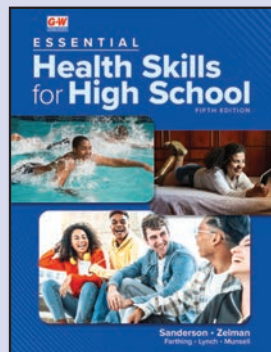
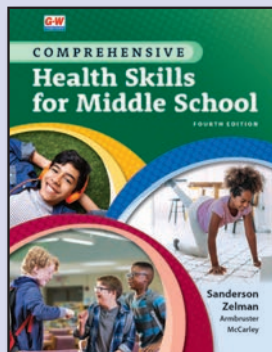
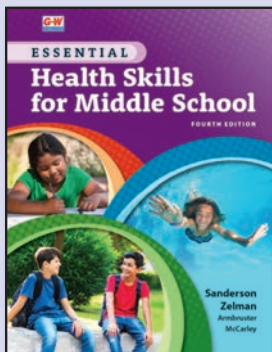




Skills-Based Health Education and Physical Education

Created *by teachers for teachers!*

New
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Flexible learning options:
Print, Digital, or Both

A Lifetime of Healthy Living Starts Here

Written by award-winning experts in health and physical education, G-W's resources and activities provide opportunities for students to **learn, practice, and apply essential skills** that incorporate wellness into their daily lives now and into the future.

Together, we can reach *all* students! With G-W, your program will offer:

- Materials differentiated by learning style, student interest, skill level, and ability
- Diverse, equitable, and inclusive language and photographs throughout the entire program
- Spanish health resources to support English language learners
- Accessible materials for students with learning challenges
- A choice of print and digital materials to give students the skills-based learning experience that works best for them



Ready, Set, Go!

Make an impact on your students on Day 1 with the help of G-W's dynamic Instructor Resources.

Created to motivate and engage students while also saving teachers time, these comprehensive packages of skills-based education reinforce learning, encourage important discussions, and provide opportunities for students to practice new skills.

Best of all—they are classroom-tested by experienced educators and are ready to use!



Contents

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| Middle School Health..... | 2–3 |
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G-W is a proud member of the SHAPE America Teacher of the Year partner network.

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Go Digital with G-W!

Flexible Integration • Quick Implementation • Easy Navigation

Bring improved flexibility to your Health and PE courses with a modular lesson approach from G-W.

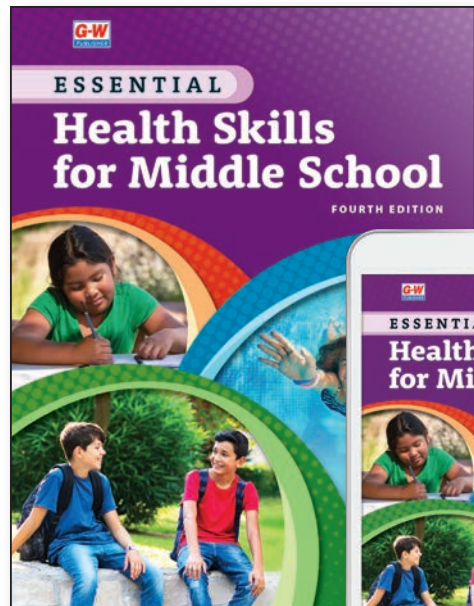
- The module-and-lesson approach enables greater customization for your class.
- Quickly download a zip folder with access to the comprehensive collection of student and teacher resources for each module.
- **New for Health!** Self-contained lessons allow you to select the topics that align to your course length, your course schedule, and your curriculum.



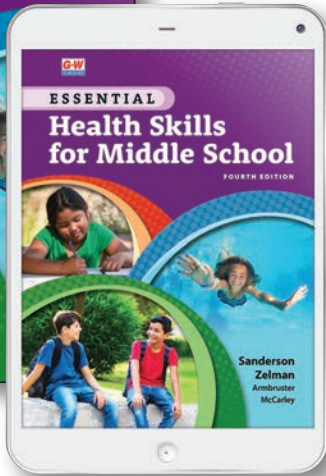
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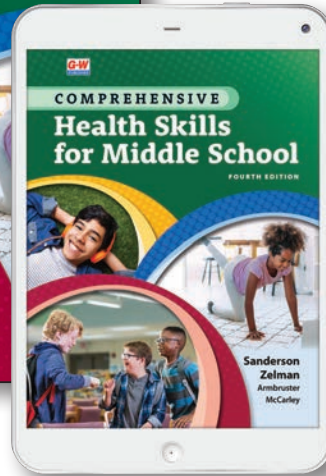
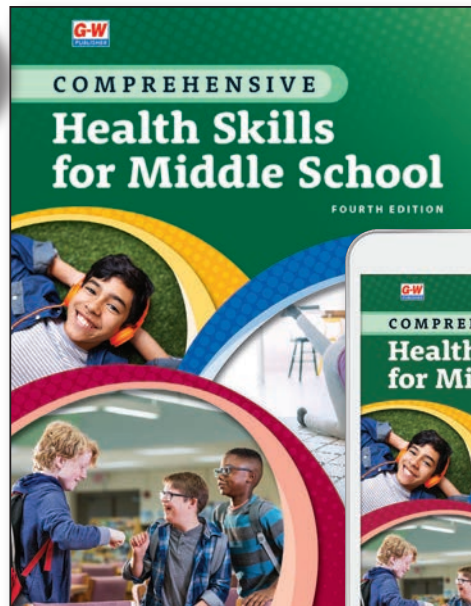
If you prefer a combination of print and digital, contact your G-W Educational Consultant to find out about our affordable bundle options. G-W resources adapt to your needs and preferences, help you achieve your learning goals, and guide your students to the mastery of key health and wellness skills.



New 2025 Copyright



Aligns with the National Health Education Standards



Aligns with the National Health Education Standards and the National Sex Education Standards

©2025, 4e, 464 pp., 624 pp
by Catherine Sanderson, Mark Zelman, Lindsay Armbruster, and Mary McCarley

In addition to core health topics such as nutrition, physical activity, and mental health, *Health Skills for Middle School* features contemporary health topics, such as vaping, opioids, social media, mindfulness, empathy and resilience, and online communication. This skills-based program gives students the opportunity to learn, practice, and apply new health skills in a variety of contexts.

Topics Include

- Foundations for Health and Wellness
- Personal Health and Wellness
- Food, Nutrition, and Physical Activity
- Building Mental and Emotional Health
- Tobacco, Alcohol, and Other Drugs
- Safety
- Social Health

Two companion texts are available to accompany *Essential Health Skills*:

- Human Development and Relationships**
- Human Development and Reproduction
 - Violence
 - Pregnancy and STIs

Human Development, Relationships, and Sexual Health also includes

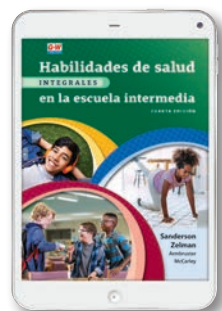
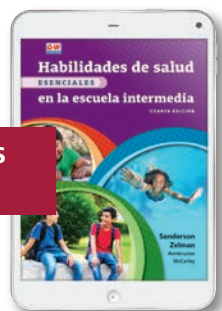
- Sexuality
- Sexual Feelings and Abstinence
- Pregnancy Prevention

Comprehensive Health Skills includes all of these lessons within the main text.

- Aligns to the CDC's Health Education Curriculum Analysis Tool (HECAT)
- Includes the most current, medically accurate health information
- Uses current, appropriate, inclusive terminology
- Provides ready-to-use activities and assessments written by experts and award-winning Teachers of the Year

New to the 2025 editions

- UPDATED information about medication misuse, dangerous social media challenges, refusal skills, and other current topics
- UPDATED Building Your Skills features that focus on mental health, community health, and technology and the media
- NEW notes for differentiation in the Teacher's Edition for all feature and review skills activities and UPDATED notes in lesson plans
- NEW skills-based activities embedded throughout the text
- NEW skills-based rubrics and scope and sequences to help teachers assess skills mastery



Spanish Resources Included!

Instructor Resources

- Lesson Plans and Instructor Guides for Course Planning
- Ongoing Content Update Lessons
- Teacher-Directed Activities
- PowerPoint® Presentations
- Performance Tasks
- Differentiated Test Banks
- Standards-Based Grading Assessments
- Parent/Trusted Adult Engagement Assignments
- Module Review Activities (Differentiated Menus)
- Differentiated Reading Guides
- Customized Pacing Guides
- Answer Keys

Resolving Conflicts

- Conflict is a normal part of life
- Healthy conflict allows someone to see another point of view and can help build relationships
- Unhealthy conflict can cause stress and put strain on relationships
- Conflict resolution skills are strategies for resolving disagreements in a positive, respectful way to promote healthy relationships
- In some cases, a conflict is too serious or too difficult to manage alone
- A neutral third party, or mediator, can help

Skills Check: Resisting Pressure

Tips for resisting pressure:

- Watch your body language
- Say how you feel
- Be honest and do not make excuses
- Suggest something else to do
- Stick up for yourself!

Engaging, Skills-Based Content
Spanish Online Textbook Included!

Lesson 4.1 Building Mental and Emotional Health

Questions to Help Assess Mental and Emotional Health

- How often and intensely do you worry about "what-ifs"?
- How happy or sad have you been feeling?
- Has anyone mentioned changes in your behavior?
- Have you been confident or critical of your abilities?

Internal and External Factors Affecting Self-Esteem

How You Can Build Your Self-Esteem

Building Your Skills: Mental Health Connections

Practice Your Skills: Practical Health-Enhancing Behaviors

Interactive Tools

5.2: Vocabulary Game

Select a point value. Choose the term that matches the definition.

| | | | |
|-----|-----|-----|-----|
| 100 | 100 | 100 | 100 |
| 200 | 200 | 200 | 200 |

Definition: Ability to bounce back from traumatic or stressful events.

- resilience
- emotional intelligence (EQ)
- emotional awareness
- self-compassion

10: Medications and Drugs Video

View transcript

Student Handouts and Skills-Based Workbooks
Spanish Resources Included!

Lesson 1.1 Case Study

Lesson 1.3: What Would You Do and Why?

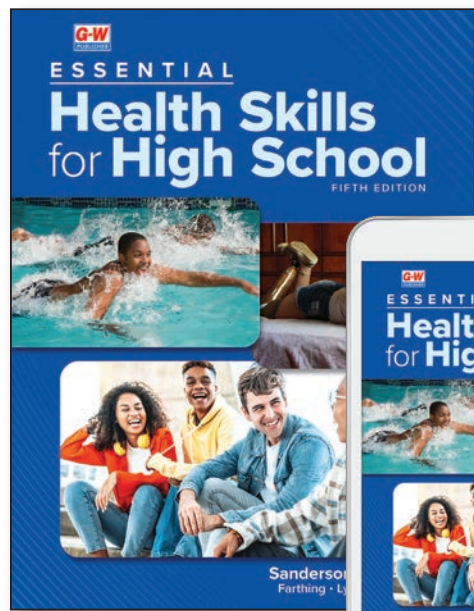
Communicate with Others and Make Decisions

Directions: Imagine that you are in the following scenarios. Respond to the scenarios by indicating what you would do and why to resolve the conflict respectfully and effectively. Then with a partner, explain the scenarios demonstrating healthy practices and behaviors.

| Scenario | What Would You Do? | What Would You Say? |
|--|--------------------|---------------------|
| 1. I posted a picture on social media and was shocked that I don't care about most of the people who made the comment. There was one person who I thought was different and I commented on it. I am mad. | Answer: | Answer: |
| 2. I'm kind of my own always getting at me. I have the reputation, but it's not fair to talk to me like that. Yesterday I talked to I could hang out with friends and go to the movies. She yelled at me and told me "no." I am angry. | Answer: | Answer: |
| 3. I thought I was doing well in my class. I had a good grade. I had been doing good friends. I had been doing well with other people and I was proud. I really enjoyed it. This is how he is going to treat me. I am so mad. I had been doing well. | Answer: | Answer: |
| 4. I had been doing well for three months. One of my friends recently told me that Kelly had been doing well with someone else. I had been doing well. | Answer: | Answer: |

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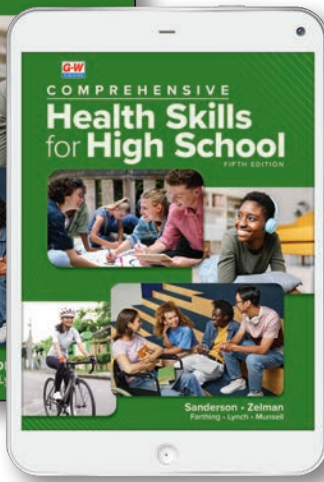
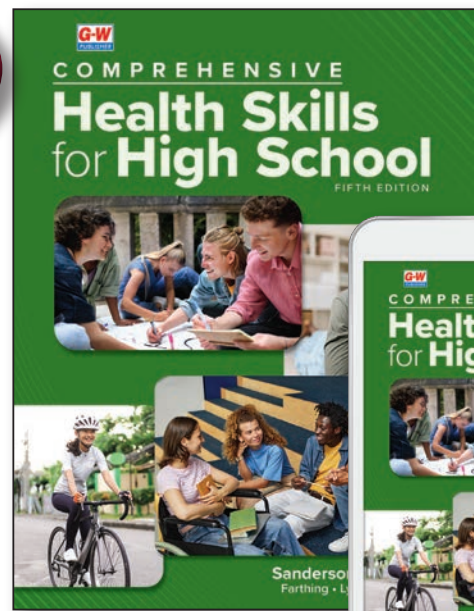
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New 2025 Copyright



Aligns with the National Health Education Standards



Aligns with the National Health Education Standards and the National Sex Education Standards

©2025, 5e, 544 pp., 752 pp by Catherine Sanderson, Mark Zelman, Diane Farthing, Melanie Lynch, and Melissa Munsell

Health Skills for High School provides both the information students need to make responsible decisions and the opportunity to practice building new skills related to nutrition, physical activity, mental health, and other important subjects. This new edition features current and relevant health topics such as public health, social justice, opioids, social media, mindfulness, empathy and resilience, health disparities, and much more. By using this program, students will be empowered to advocate for every area of their health, now and in the future.

Topics Include

- Health Fundamentals and Skills
- Building Mental and Emotional Health
- Stress, Mental Health Conditions, and Coping Strategies
- Food, Nutrition, and Physical Activity
- Tobacco, Alcohol, and Other Drugs
- Safety
- Personal Health and Wellness
- Social Health

Two companion texts are available to accompany *Essential Health Skills*:

- Human Development and Relationships**
- Development, the Human Life Cycle, and Relationships
 - Violence
 - STIs and Pregnancy

Human Development, Relationships, and Sexual Health also includes

- Sexuality
- Sexual Feelings and Abstinence
- Pregnancy Prevention

Comprehensive Health Skills includes all of these lessons within the main text.

- Aligns to the CDC's Health Education Curriculum Analysis Tool (HECAT)
- Is the most current health education program available
- Contains content that is written by health experts and reviewed by professional reviewers to ensure it is objective, accurate, current, and inclusive
- Designed to promote a lifetime of health and wellness

New to the 2025 editions

- UPDATED information about substance use, FOMO (fear of missing out), mental health topics, disabilities, disease prevention, body positivity, and reproductive justice
- UPDATED lesson plans with options for differentiation
- UPDATED skills-based activities embedded throughout, written by experts and award-winning health Teachers of the Year
- NEW skill rubrics, to assess all of the skills-based activities in the program
- UPDATED to include the most up-to-date, medically accurate health information along with current, appropriate, inclusive terminology

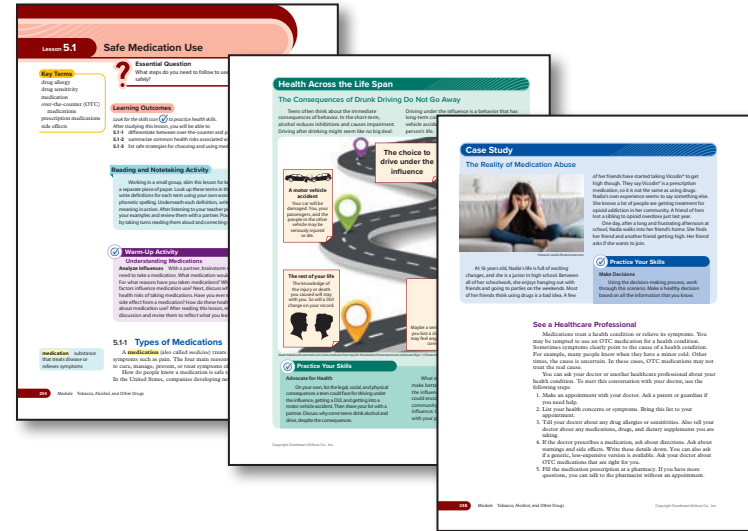
Spanish Resources Included!



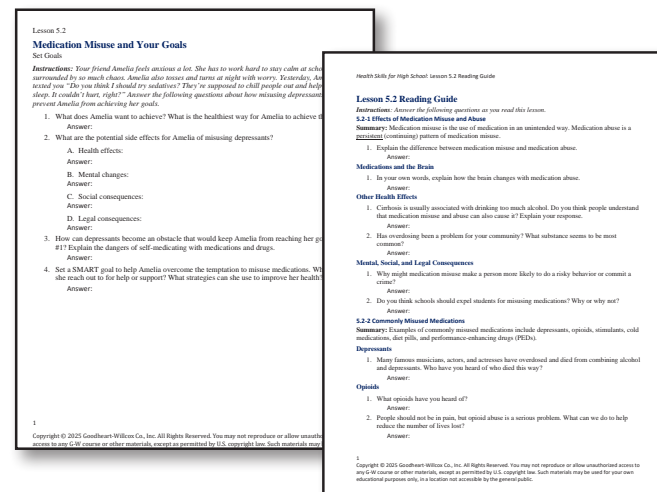
Instructor Resources

- Lesson Plans
- Ongoing Content Update Lessons
- PowerPoint® Presentations
- Performance Assessments with Rubrics
- Case Study Assessments
- Parent/Trusted Adult Engagement Assignments
- Instructor Guides for Course Planning
- Customizable Skills Rubrics
- Differentiated Reading Guides
- Skill-Development Activities
- Vocabulary Activities
- Teacher-Directed Activities
- Differentiated Test Banks
- Answer Keys

Engaging, Skills-Based Content
Spanish Online Textbook Included!



Student Handouts and Skills-Based Workbooks
Spanish Resources Included!



Lesson 5.1 Learning Outcomes

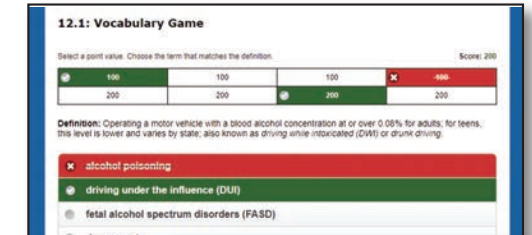
- After studying this lesson, you will be able to
- 5.1-1 differentiate between over-the-counter and prescription medications
 - 5.1-2 summarize common health risks associated with taking medications

Health Risks of Taking Medications

- Side effects
- Interactions with other medications, foods, or drinks
- Drug sensitivities or drug allergies
- Tolerance, dependence, or substance use disorders with long-term use



Interactive Tools

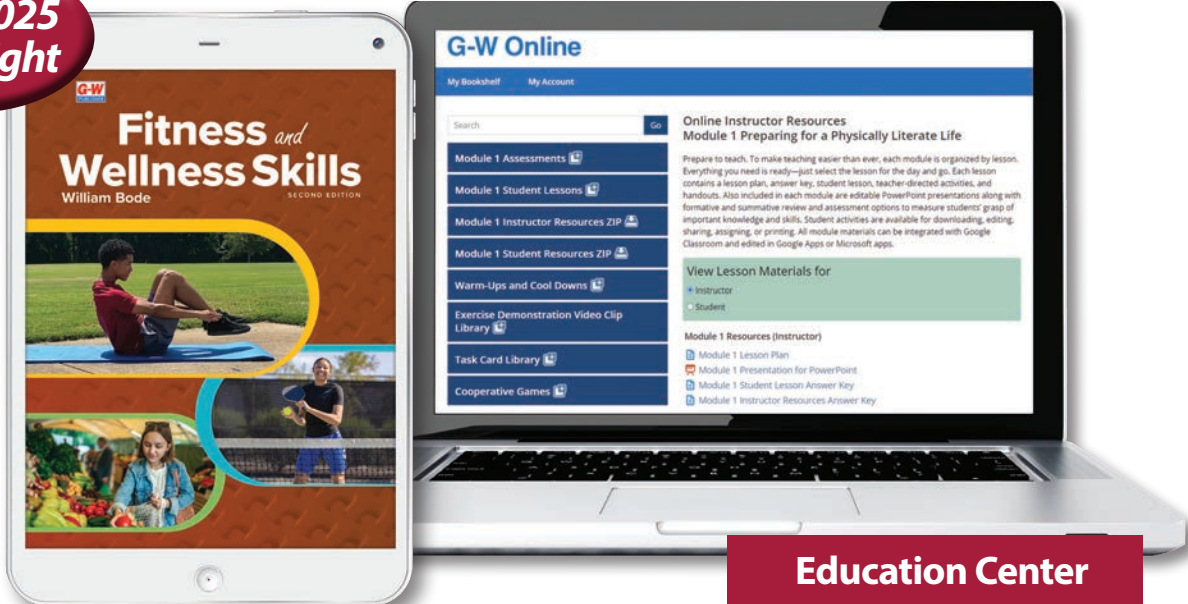


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New 2025 Copyright



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Fitness and Wellness Skills is a standards-based, comprehensive, online course curriculum that includes all of the resources teachers need for their fitness and PE courses. Cognitive learning is reinforced with numerous active-learning opportunities—getting students moving while engaging with the knowledge they have just acquired.

The ultimate time-saving program, *Fitness and Wellness Skills* contains everything teachers need, all in one location.

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

- Aligns to the applicable SHAPE GLOs for high school
- Includes detailed lesson plans and activity instructions that help teachers plan each day, facilitate active learning, and debrief students
- Gives students the knowledge, tools, and skills that they need to develop safe, effective fitness plans
- Teaches the benefits of and strategies for achieving physical, social, and emotional wellness throughout their lives

New to the 2025 edition

- UPDATED and NEW lesson plans ready for implementation
- UPDATED format for student lessons provides valuable content knowledge to supplement active learning
- NEW Functional Fitness exercise task cards and demonstration videos
- NEW Lifetime Sport Activity units—dance, pickleball, self-defense, aquatics, and gymnastics/tumbling—that students can use beyond high school



Instructor Resources

- Lesson Plans and Strategies for Teaching Skills-Based Quality Physical Education
- SHAPE America Grade-Level Outcomes (GLOs) for Grades 9–12
- Student Lessons
- Task Card Library
- Exercise Video Library
- Teacher-Directed Activities
- Exit Tickets
- Fitness Activities
- PowerPoint® Presentations
- 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.

SHAPE GLO Correlations

| Level | SHAPE GLO | Correlation |
|-------------|--|---|
| High School | SHAPE GLO 1: Demonstrate competency in a variety of skills and movement patterns. | Correlation: This standard is met through the various physical education activities and lessons throughout the course. |
| High School | SHAPE GLO 2: Apply knowledge of fitness concepts to design and participate in a personal fitness program. | Correlation: This standard is met through the lessons on fitness, nutrition, and goal setting. |
| High School | SHAPE GLO 3: Demonstrate understanding of the social and cultural context of physical activity and fitness. | Correlation: This standard is met through the lessons on the benefits of physical activity and the role of physical education in a healthy lifestyle. |
| High School | SHAPE GLO 4: Demonstrate understanding of the importance of physical activity and fitness for overall health and well-being. | Correlation: This standard is met through the lessons on the benefits of physical activity and the role of physical education in a healthy lifestyle. |

Student Content and Activities

Fitness Activity: Balloon Drills—Page 1

Fitness Activity: Balloon Drills
Balloon Drills will help students develop their reaction time. This activity can be used as a warm-up or as a station during a workout. Students can work individually or with a partner to accomplish the activity goals.

Activity Goals

- Enable students to perform skills and appropriate techniques at a basic level of competency. (meets TEKS 2C)
- Enable students to recognize and respond to challenges, successes, and failures in physical activities in socially appropriate ways. (meets TEKS 4C)
- Teach students to demonstrate proper etiquette, respect for others, and teamwork while engaging in physical activity and/or social dance. (meets SHAPE GLO 1.H.12.1.1)

Materials Needed

- Colored balloons (two for each student).

Activity Preparation

- Gather the materials needed and prepare the activity space. The activity space should be large enough for students to move freely without running into each other.
- To save time, have the students show up their own balloons!
- If you do not have enough balloons for each student to have two, consider pairing them off or using this activity as a station drill.

Activity Instructions

1. The goal of this activity is for students to keep the balloons in the air as long as possible by tapping them with their hands.
2. Start by asking students to alternate colors (or balloons) for each tap.
3. Students should try to complete 20 total balloon taps. If they are working in students should give the balloons to their partner after achieving 20 taps.

Add a Challenge

- Have students perform an exercise, such as a jumping jack, between taps.
- Rather than using their hands, challenge students to use a different body part to keep balloons up in the air.

Fitness Activity: Speedball—Page 1

Fitness Activity: Speedball
Speedball is a fast, action-packed activity that has many fitness and skill-related benefits. It is an easy game to set up. Once students learn the basic rules, they tend to enjoy playing. Speedball can be easily adapted to provide variations to meet all skill levels. You will find that speedball can be a fun game to play with students who are new to team sports.

Activity Goals

- Teach students to apply procedures to ensure safety. (meets TEKS 2A)
- Have students participate in a variety of activities that develop health-related fitness. (meets TEKS 3F)
- Enable students to describe and analyze the relationship between physical activity and social and emotional health concepts. (meets TEKS 4A)
- Enable students to recognize and respond to challenges, successes, and failures in physical activities in socially appropriate ways. (meets TEKS 4C)
- Encourage students to use communication skills and strategies that promote team or group dynamics. (meets SHAPE GLO 4.H.12.1.1)

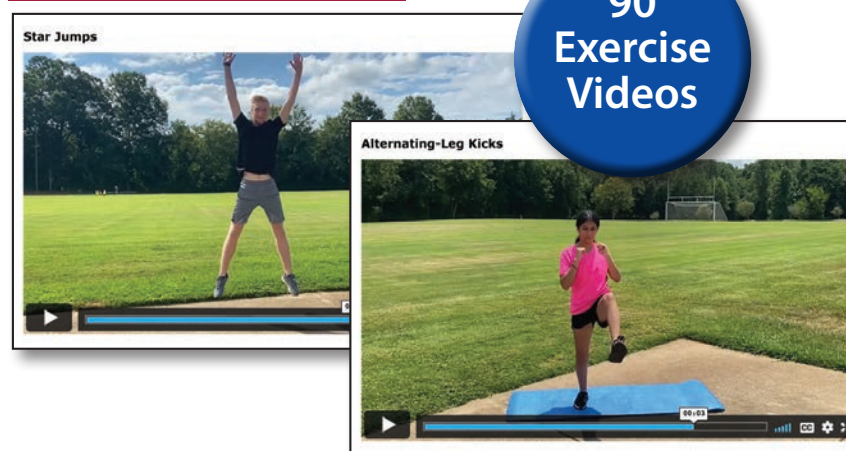
Materials Needed

- Court: team ball or volleyball (one per game of three-on-three or six-on-six).
- Cones (five per game; two cones to mark each end zone).

Activity Preparation

- Gather the materials needed and prepare the activity space. From rectangles using the cones, the area within the cones is the playing area. The area beyond the two cones on each of the short ends of the rectangle are the scoring zones (like the end zones of a football field).
- Three-on-three games can be played on a basketball court from sidewalk to sidewalk. If your students will be playing outdoors, a 25-by-25-yard space, including scoring zones, should be sufficient.

Exercise Video Library



Lifetime Activities

- Dance
- Pickleball
- Aquatics
- Tumbling
- Self-Defense



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Most Popular PD Sessions

Activate the Textbook

Explore easy, ready-to-use ideas and strategies to energize your classroom, increase student engagement, and allow learners to interact with the content in multiple ways. Practice these interactive strategies to engage, explore, explain, and extend learning across any discipline as you model student choice by delving into content applicable to your program.

Time: 90–120 minutes **Delivery: In person or virtual**

5 Instructional Strategies in 50 Minutes

Looking for new instructional strategies to use as your students interact with content? Let us explore five strategies, each aligned with one of the 5Es (engage, explore, explain, extend, evaluate) of the 5E lesson structure. You will walk away with five new strategies to use in your classroom tomorrow.

Time: 50 minutes **Delivery: In person or virtual**

5 Effective Strategies to Unlock the Power of Classroom Discussion

Discussion is a powerful tool in the classroom. Class discussions are used primarily as a tactic to raise student engagement, often as an "icebreaker" activity or to activate students' prior knowledge. But class discussions can also be a rich source of data that allow teachers to understand the thinking of their students. Current research explains how discussion can increase student learning, and support teachers in understanding and assessing student thinking. Join us to experience five strategies to unlock the power of discussion in your classroom.

Time: 60–180 minutes **Delivery: In person or virtual**



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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. 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 with published articles on microbiology, infectious disease, autoimmune disease, and biotechnology. He has also written college texts on human diseases and infection control.

Pedagogy Developed by SHAPE America Teachers of the Year!

High School Health Pedagogy

Diane Farthing, 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, the 2016 SHAPE America National Health Education Teacher of the Year

Melissa Munsell, the former K–12 Health Education Lead at North East Independent School District in San Antonio, Texas, and a past vice president of the Texas Association for Health, Physical Education, Recreation, and Dance (TAHPERD)

Middle School Health Pedagogy

Lindsay Armbruster, the 2013 New York Health Teacher of the Year and the 2014 SHAPE America Eastern District Health Teacher of the Year

Mary McCarley, 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 Health Education



Physical Education

William Bode is a retired Physical Education and Health educator with 30 years of teaching experience. William was honored with the North Carolina High School PE Teacher of the Year award. He was named the SHAPE Southern District High School PE Teacher of the Year in 2017.

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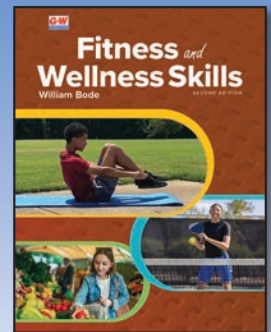
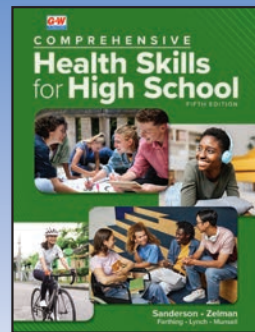
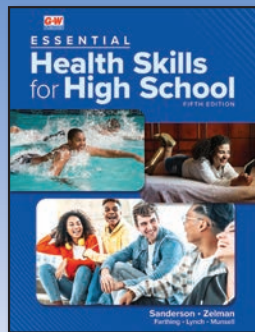
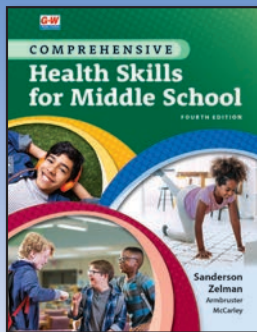
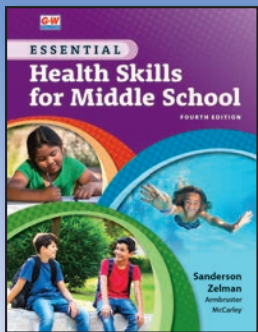
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- New Modular Format with Self-Contained Lessons
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