Health in Action User’s Guide

Health in Action is a collection of hundreds of web-based lesson plans written by highly qualified educators from across the state. The activities/strategies are linked to web-based resources, classroom materials and videos. The activities/strategies can be implemented in the classroom, gym or on the playground. The content of Health in Action was created by teachers for teachers across the state of Mississippi to aid in the implementation of the Healthy Schools Act.

In this document, you will learn the step by step process of using Health in Action.

Go to http://activities.healthyschoolsms.org/ to access the Health in Action web site. Health in Action can also be accessed by clicking on the icon below. This icon can be found in numerous locations on the Office of Healthy Schools web site found at this web address: http://www.healthyschoolsms.org/

Registering on the Health in Action Web Site

After going to the Health in Action web site, the user will need to register to access the web site. The screen shot below shows the page that will be seen when accessing the web site. Simply click on “Register As A New User” to register.
Registering is quick and easy, just fill in the information and click on “Register Me”.

Logging into Health in Action

To log-in to Health in Action, type the email address that you used to register and click “Submit”. There are no passwords to remember, just your email address.
This is the screen that will be seen after logging in to the Health in Action web site. Choose the grade level that you would like to access and click “Continue”.

The tabs located at the top of the page on Health in Action, allows users to quickly move to different grade levels. The profile tab allows users the opportunity to change information used when registering on the site. The feedback tab takes users to the page that will allow them to give feedback about the site.
Monthly Themes

One of the unique features of Health in Action is that the activities/strategies are separated into monthly themes. Just click on the month, and then click the search button.

February

ALL’S FAIR IN LOVE AND P.E.

The weather outside is chilly, damp, and gray, but you still need some ideas to keep your students active. Sound familiar? Get your kids' heart rates pumping with this collection of outstanding health and fitness activities, specifically designed for National Heart Month. Even in the midst of winter, these strategies will fulfill the state Competency requirements while keeping students warmed up.

Themes for February:

- National Heart Month
- National Children's Dental Health Month
- National Wise Health Consumer Month
- Give Kids a Smile Month

2 SEARCH FOR AN ACTIVITY

O P.E. O Health O Both

This search brought up every activity/strategy for Health and Physical Education for the month of February for grades K-2.
Individual Search

Users can do individual searches in Health in Action. The screen shot below shows a search for basketball, grade level 6-8 in PE only. Users can search in Health, PE, or both.

The screen shot below is the result of that search. The user should use keywords that are specific. For example, ball would not be a good keyword to use, because it is not very specific. Basketball would be the better keyword to use for the search.
Short Explanation of Categories

The activities/lesson plans are broken down into different categories.

**Date Posted** – This is the date that the activity was posted to the web site.

**Activity Title** – This is the title of the activity/strategy.

**Competency** – This is the Health or Physical Education Competencies that are linked to the activity/strategy.

**Integrated Subjects** – A lot of the activities/strategies found in Health in Action are integrated with other subject areas. To look to see which subject is integrated in a certain strategy, hold the mouse pointer over any strategy that has view in the integrated subject’s column.

**Content Strand** – This column tells the user the content strand associated with that particular strategy.

**Duration** – This column tells the user how long it will take to use the activity in the classroom.

**Month** – This is the month associated with the activity/strategy.

For a more detailed explanation of the categories, the user can click on “find help with understanding abbreviations” on the Strategies Page.
Re-sorting Feature

A special feature in Health in Action allows the user to re-sort the contents of a particular search. All the user has to do is click on the title of the category and content in that category will be re-sorted. For example, if the user clicks on “Duration”, it will be re-sorted by time, either from greatest amount of time or lesser amount of time. The screenshot below shows re-sorting of “Duration”. Remember, this feature can be used in any of the categories.
Accessing Lesson Plans

In order to access the activities/lesson plans, the user must click on the activity/lesson they want to access found under the “Activity Title” category. Once the user has clicked on the title, the activity/lesson plan will be brought up as an html page. If the user decides to print out a particular strategy, all they have to do is click on “Printable Version”. Clicking on this link will open the strategy in a pdf document format and makes it easier for printing.

Where is the Heart?

Grade Level: K-2

Related Month: February – All’s Fair in Love and Health

Competency: H1 - Comprehend concepts related to health promotion and disease prevention

Objective: To teach students where the heart is located and the general function of the heart.

Content Strand: Human Growth and Development (H)

Integrated Subject Area(s): Science

Duration: 45 minutes

Materials: Computer with internet access, Dry erase and chalk board, Marker or chalk

Description: In preparation for the activity, the teacher should review the video about the cardiovascular system. The link for the video can be found in the Additional Resources section of the lesson plan. He/she should also research the heart using the resources found in the Additional Resources section of the lesson plan.

The teacher will show the students the video about the cardiovascular system from Kids’ Health. After watching the video, the teacher will have the students give examples of what they have learned about the heart, while the teacher writes the responses on the board. Some examples would be the heart is a muscle, the heart is located in the middle and to the left of the chest, and the heart’s job is to pump blood throughout the body.

The teacher will ask the students to make a fist and tighten and relax it over and over again. When the students get tired, the teacher will tell them to stop. He/she will tell them that the heart is like a pump that tightens and relaxes over and over again, but it does not get to stop.
Feedback

The feedback tab allows users to submit comments or suggestions. Just click on the “send us a message button” to submit those comments or suggestions. You can also submit an activity from this page. The information for what needs to be included with the activity is listed on the page.

Feedback

Have a suggestion or comment for us? Please click the “Send Us a Message” button below to send us your feedback. Hearing from you will help us build a better site!

You can also help build our database by sending us your activity ideas.

Remember to include information for the following fields:
- Activity title
- Grade level
- Related monthly theme
- Objective
- Integrated subject area (if applicable)
- Duration
- Prerequisites (if applicable)
- Description of activity
- Materials
- Assessment
- Tips & suggestions (if applicable)
- Links to additional resources (if applicable)
- Your name
- Your school’s name, city, and state

Once approved and entered in the database, your activity will be searchable with all other strategies.

SEND US A MESSAGE

For more information about Health in Action contact:
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