

## 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.

The screenshot shows the registration page for the Health in Action web site. At the top, there is a blue header with the Mississippi Office of Healthy Schools logo and the text "Mississippi Office of Healthy Schools" and "HEALTH IN ACTION A Strategic Implementation Guide". Below the header, there is a large orange button labeled "REGISTER AS A NEW USER". To the right of the button, there is a section for "EXISTING USERS" with a text input field and a "LOGIN" button. The page also features a "WELCOME!" message and a photograph of children playing.

Mississippi Office of Healthy Schools

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x close window

**WELCOME!**

The Mississippi Office of Healthy Schools now offers state educators a comprehensive online collection of activities, each custom-designed and field-tested for your Physical Education course needs.

Once registered, you can immediately begin browsing activities organized by grade level, monthly theme, or the Competencies required by the Mississippi Physical Education Framework. You can also search for activity ideas contributed by fellow education professionals via specific keywords.

**REGISTER AS A NEW USER**

**EXISTING USERS**  
enter email address below to login

**LOGIN**

Registering is quick and easy, just fill in the information and click on **“Register Me”**.

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### Register

We look forward to your participation in the HEALTH IN ACTION online database. Just your name and your school's contact information grant you access to a wealth of teaching strategies for your health and physical education needs.

FIRST NAME


LAST NAME

SCHOOL NAME

SCHOOL ADDRESS

CITY  STATE

EMAIL



### 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.


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### WELCOME!

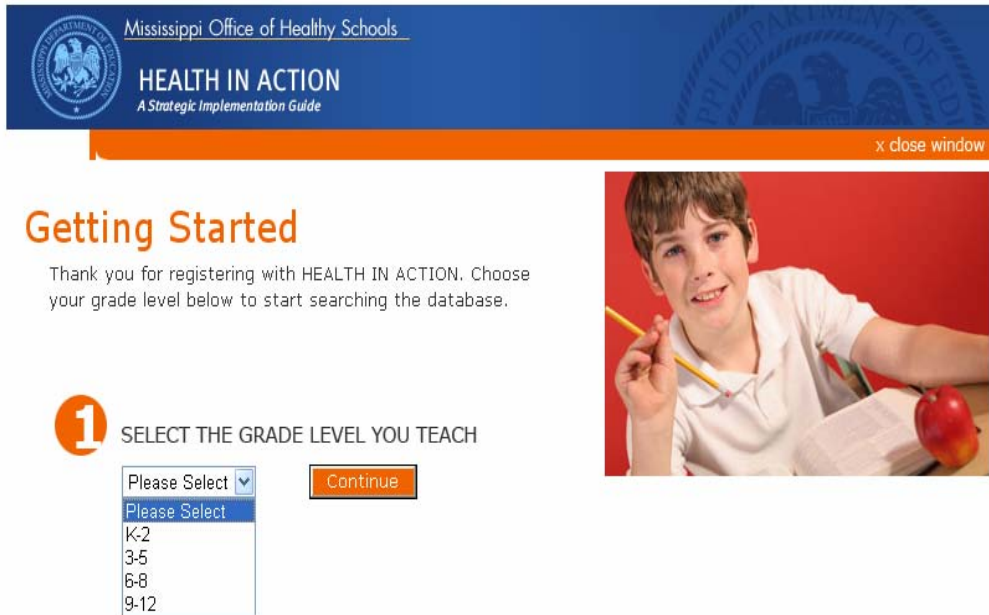
The Mississippi Office of Healthy Schools now offers state educators a comprehensive online collection of class strategies, designed specifically for your health and physical education course needs.

Once registered, you can immediately begin browsing the activities. They are organized by grade level, monthly theme, and other criteria pertaining to the Mississippi Comprehensive Health Framework. You can also search for activity ideas via specific keywords.

**EXISTING USERS**  
enter e-mail address below to login



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**”.



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## Getting Started

Thank you for registering with HEALTH IN ACTION. Choose your grade level below to start searching the database.

**1** SELECT THE GRADE LEVEL YOU TEACH

Please Select  
Please Select  
K-2  
3-5  
6-8  
9-12

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.



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HOME | GRADES K-2 | GRADES 3-5 | GRADES 6-8 | GRADES 9-12 | PROFILE | FEEDBACK | x close window

## 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.

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

DATE POSTED	ACTIVITY TITLE	COMPETENCY	INTEGRATED SUBJECTS	CONTENT STRAND	DURATION	MONTH
02-17-08	<a href="#">Speed and Power</a>	P3	<a href="#">view</a>	P-F	30 min.	February
10-15-07	<a href="#">Jump Ropes- Individual Ropes: Part 3</a>	P1		P-GM	30 min.	February
10-15-07	<a href="#">Jump Ropes- Individual Ropes: Part 2</a>	P1	<a href="#">view</a>	P-GM	30 min.	February
10-15-07	<a href="#">Jump Ropes- Individual Ropes: Part 1</a>	P1	<a href="#">view</a>	P-GM	30 min.	February
10-15-07	<a href="#">Jump Ropes- Long Rope Group: Part 3</a>	P1		P-GM	30 min.	February
10-15-07	<a href="#">Jump Ropes- Long Rope Group: Part 2</a>	P1		P-GM	30 min.	February
10-15-07	<a href="#">Jump Ropes- Long Rope Group: Part 2</a>	P1		P-GM	30 min.	February
09-22-07	<a href="#">Working Together</a>	H8	<a href="#">view</a>	H-F	45 min.	February
09-22-07	<a href="#">When I Grow Up I Want to be a Police Officer</a>	H8	<a href="#">view</a>	H-C	45 min.	February
09-22-07	<a href="#">When I Grow Up I Want to be a Firefighter</a>	H8	<a href="#">view</a>	H-F	45 min.	February
09-22-07	<a href="#">Wants and Needs</a>	H5	<a href="#">view</a>	H-F	45 min.	February
09-22-07	<a href="#">Sanitation Workers</a>	H8	<a href="#">view</a>	H-C	45 min.	February
09-22-07	<a href="#">Move It to Lose It</a>	H7	<a href="#">view</a>	H-PH	60 min.	February
09-22-07	<a href="#">Families</a>	H8	<a href="#">view</a>	H-F	45 min.	February
09-22-07	<a href="#">Cleaning Up the Environment</a>	H8	<a href="#">view</a>	H-C	45 min.	February
09-17-07	<a href="#">Don't Talk to Me That Way!</a>	H4	<a href="#">view</a>	H-M	45 min.	February
09-17-07	<a href="#">Settling Conflicts</a>	H4	<a href="#">view</a>	H-H	45 min.	February
09-17-07	<a href="#">Pharmacist</a>	H3	<a href="#">view</a>	H-C	45 min.	February
09-17-07	<a href="#">Home Health Agencies</a>	H3	<a href="#">view</a>	H-C	45 min.	February
09-17-07	<a href="#">How Are You Feeling Today?</a>	H4	<a href="#">view</a>	H-M	45 min.	February
08-28-07	<a href="#">Manipulative Skill Relays: Over-Under: Part 2</a>	P1	<a href="#">view</a>	P-GM	20 min.	February
08-28-07	<a href="#">Manipulative Skill Relays: Over-Under: Part 1</a>	P1	<a href="#">view</a>	P-GM	20 min.	February
08-18-07	<a href="#">Going to the Dentist</a>	H3	<a href="#">view</a>	H-PH	45 min.	February
08-04-07	<a href="#">Exercise is Good For My Heart</a>	H7		H-PH	45 min.	February
08-03-07	<a href="#">I Can Hear the Heart Beat</a>	H1	<a href="#">view</a>	H-PH	45 min.	February
08-03-07	<a href="#">Happy Teeth</a>	H7	<a href="#">view</a>	H-PH	45 min.	February
08-03-07	<a href="#">Where is the Heart?</a>	H1	<a href="#">view</a>	H-H	45 min.	February
08-03-07	<a href="#">Mr. Germ Head</a>	H1	<a href="#">view</a>	H-PH	70 min.	February

## 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.

DATE POSTED	ACTIVITY TITLE	COMPETENCY	INTEGRATED SUBJECTS	CONTENT STRAND	DURATION	MONTH
02-12-08	Speed Ball	P1	view	P-GM	50 min.	May
02-05-08	BB/FT Ball	P1	view	P-GM	50 min.	December
12-11-07	Squat It Out! 3	P3	view	P-F	10 min.	May
12-03-07	Ball Activity Warm-Up Day 5	P1		P-GM	10 min.	January
12-03-07	Ball Activity Warm-Up Day 4	P1		P-GM	10 min.	January
12-03-07	Ball Activity Warm-Up Day 3	P1		P-GM	10 min.	January
12-03-07	Ball Activity Warm-Up Day 2	P1		P-GM	10 min.	January
12-03-07	Ball Activity Warm-Up Day 1	P1		P-GM	10 min.	January
11-24-07	Math Basketball	P2	view	P-C	45 min.	October
11-11-07	Synaptic Tag	P2	view	P-GM	45 min.	October
11-07-07	Hoops for Heart	P3	view	P-L	45 min.	February
09-28-07	Foot/Basket Ball	P2		P-GM	45 min.	December
09-06-07	Moving with Adverbs	P1	view	P-C	45 min.	September
08-23-07	Synaptic Tag: The Brain on Drugs	P2	view	P-GM	50 min.	October

## 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.

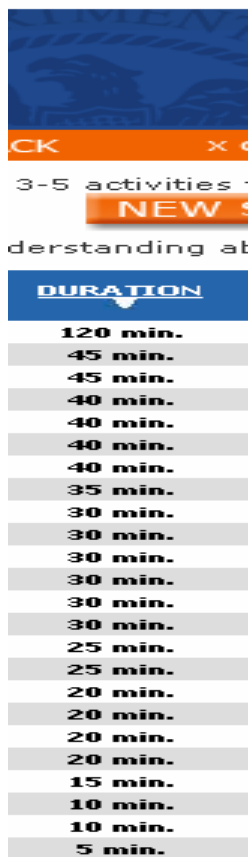
DATE POSTED	ACTIVITY TITLE	COMPETENCY	INTEGRATED SUBJECTS	CONTENT STRAND	DURATION	MONTH
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For a more detailed explanation of the categories, the user can click on **“find help with understanding abbreviations”** on the Strategies Page.

The screenshot shows the top navigation bar of the Health in Action website. It includes the Mississippi Office of Healthy Schools logo and the text "HEALTH IN ACTION A Strategic Implementation Guide". Below this is a secondary navigation bar with links for HOME, GRADES K-2, GRADES 3-5, GRADES 6-8, GRADES 9-12, PROFILE, FEEDBACK, and a close window button. A search bar is visible with the text "view all 3-5 activities for the year" and a "NEW SEARCH" button. Below the search bar, there is a link for "Find help with understanding abbreviations".


## 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 screen shot 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.



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RETURN TO RESULTS | NEW SEARCH

[PRINTABLE VERSION](#)

#### Where is the Heart?

Health Strategy: H-108

**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.

<b>HEALTH IN ACTION: H-108</b>	<b>Where is the Heart?</b>
<i>A Strategic Implementation Guide</i> Provided by the Office of Healthy Schools a division of the Mississippi Department of Education	Health Strategy
<b>GRADE LEVEL</b> K-2	
<b>RELATED MONTH</b> February – All’s Fair in Love and Health	
<b>COMPETENCY</b> H1 - Comprehend concepts related to health promotion and disease prevention to enhance health.	
<b>OBJECTIVE</b> To teach students where the heart is located and the general function of the heart.	
<b>CONTENT STRAND</b> Human Growth and Development (H)	
<b>INTEGRATED SUBJECT</b> Science	

## 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.

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### 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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