

# CATCH Healthy Smiles Physical Education Alignment to Shape National Physical Education Standards

Activity	Section	Lesson Objectives	SHAPE National Physical Education Standards
<b>Swish &amp; Shout</b>	Tag Games	The objective of the game is to help us remember to swish with water after drinking sugary drinks or eating if we cannot get to a toothbrush in order to prevent cavities and keep our teeth healthy and clean.	Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns
<b>I'm the Boss Because I Floss</b>	Tag Games	The objective of the game is to help us remember how important it is to floss our teeth	Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns
<b>May the Floss be with You</b>	Tag Games	"The objective of the game is to help each other remember how important it is to fight germs and plaque."	Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns
<b>Dentist Apprentice</b>	Cooperative Game	The objective of this game is to remember important dental habits for taking care of our teeth	Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.
<b>Plaque Attack</b>	Cooperative Game	The objective of this game is to keep the plaque (tennis balls) out of your mouth (corner of the gym).	Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.
<b>Say AHHHHHH</b>	Cooperative Game	The objective of the game is to remember your class-wide oral health goals and correctly answer oral health questions.	Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.
<b>Sink Your Teeth Into Teeth</b>	Fitness & Relay Game	The objective of the game is score as many points as you can by remembering the different types of teeth in your mouth	Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
<b>Tooth Sleuth &amp; The Great Cavity Caper</b>	Fitness & Relay Game	The objective of this game is to gather and examine as much information as possible about how to keep your teeth healthy.	Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction
<b>The Healthy Hero Team</b>	Fitness & Relay Game	The objective of the game is to learn the different parts of the teeth and practice flossing the tooth.	Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction