

CATCH Healthy Smiles Physical Education Alignment to Texas Essential Knowledge and Standards (TEKS)

Activity	Section	Lesson Objectives	Texas Essential Knowledge and Standards
Swish & Shout	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.	116.2: 1(A) 4(A) 4(C) 6(A) 6(C) 8(C) 16(A) 116.3: 1(A) 4(C) 6(A) 6(C) 8(C) 16(A) 116.4: 1(A) 4(C) 6(A) 6(C) 8(C) 16(A)
I'm the Boss Because I Floss	Tag Games	The objective of the game is to help us remember how important it is to floss our teeth	116.2: 1(A) 4(A) 6(A) 6(C) 15(A) 16(A) 116.3: 1(A) 4(A) 6(A) 6(C) 15(A) 16(A) 116.4: 1(A) 4(A) 6(A) 6(C) 15(A) 16(A)
May the Floss be with You	Tag Games	"The objective of the game is to help each other remember how important it is to fight germs and plaque."	116.2: 1(A) 4(A) 6(A) 6(C) 16(A) 116.3: 1(A) 4(A) 6(A) 6(C) 16(A) 116.4: 1(A) 4(A) 6(A) 6(C) 16(A)
Dentist Apprentice	Cooperative Game	The objective of this game is to remember important dental habits for taking care of our teeth	116.2: 6(B) 12(A) 12(B) 13(A) 15(A) 16(A) 116.3: 6(B) 12(B) 13(A) 15(A) 16(A) 116.4: 6(B) 12(B) 13(A) 15(A) 16(A)
Plaque Attack	Cooperative Game	The objective of this game is to keep the plaque (tennis balls) out of your mouth (corner of the gym).	116.2: 6(B) 12(A) 12(B) 13(A) 15(A) 16(A) 116.3: 6(B) 12(B) 13(A) 15(A) 16(A) 116.4: 6(B) 12(B) 13(A) 15(A) 16(A)
Say AHHHHHH	Cooperative Game	The objective of the game is to remember your class-wide oral health goals and correctly answer oral health questions.	116.2: 6(B) 12(A) 12(B) 12(C) 13(A) 15(A) 16(A) 116.3: 6(B) 12(B) 13(A) 15(A) 16(A) 116.4: 6(B) 12(B) 13(A) 15(A) 16(A)
Sink Your Teeth Into Teeth	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	116.2: 8(C) 15(A) 16(A) 116.3: 8(C) 15(A) 16(A) 116.4: 8(C) 15(A) 16(A)
Tooth Sleuth & The Great Cavity Caper	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.	116.2: 8(C) 10(A) 14(A) 15(A) 16(A) 116.3: 8(C) 15(A) 14(A) 15(A) 16(A) 116.4: 8(C) 15(A) 14(A) 15(A) 16(A)
THE Healthy Hero Team	Fitness & Relay Game	The objective of the game is to learn the different parts of the teeth and practice flossing the tooth.	116.2: 8(C) 14(A) 15(A) 16(A) 116.3: 8(C) 14(A) 15(A) 16(A) 116.4: 8(C) 14(A) 15(A) 16(A)