

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

Activity	Section	Lesson Objectives	Texas Essential Knowledge and 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.	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)
<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	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)
<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."	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)
<b>Dentist Apprentice</b>	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)
<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).	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)
<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.	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)
<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	116.2: 8(C) 15(A) 16(A) 116.3: 8(C) 15(A) 16(A) 116.4: 8(C) 15(A) 16(A)
<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.	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)
<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.	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)