



Hip Hop



HEALTHY HEART PROGRAM FOR CHILDREN™

WELCOME ACTIVE SCHOOLS CHAMPIONS

STUDIES SHOW THAT HEALTHY STUDENTS GET BETTER GRADES, ATTEND SCHOOL MORE OFTEN, AND BEHAVE BETTER IN CLASS.

The Hip Hop Healthy Heart Program for Children™ is a K-6th grade Comprehensive Healthy Literacy Education Curriculum that has been created to "Build A Culture of Health" through our educational system. It provides our children with the tools to flourish and be resilient! To guide them to blossom into their full potential (mentally, physically and emotionally).

We are teaching through Personalized Learning by grouping the program for both K-3 and 4th-6th grades. It flows from teacher, to student, to family, to community.

It Provides an on-line curriculum and resources that "Transforms Our Children" through a Train-The-Trainer model. It is the Solution To Lifestyle and Behavioral Changes!

Whole Child Focus-This program not only focuses on nutrition and exercise but it also utilizes a full spectrum of self-discovery and self-esteem building techniques. These techniques include: stress reduction, creativity building, positive group dynamics, critical thinking, character development and community involvement.

OUR EIGHT-MODULE CURRICULUM

1. Meet Doctor Beat – Your Fascinating Heart
2. Take Down the Pressure – Mind/Body/Emotion Techniques
3. Superfoods! – Nutrition for Great Health - USDA MyPlate & Plant-Based Nutrition
4. Improve Your Groove – The Many Benefits of Exercise - Clap4Heath!SM and Kids' Yoga
5. Grin It, Win It – Dental Health Means Heart Health
6. Think Hip 'n Happy – Positive Thinking for a Healthy Heart, and The Power of Your Word
7. Money Matters – First Steps to Financial Freedom
8. Join the Green Team – Teamwork for a Healthy Planet

Can Be Implemented via: Classroom Teachers, P.E. and Wellness Coaches, After-School Programs, Camps and Train 8 Teachers – create an eight week course for parents

PROFESSIONAL DEVELOPMENT (PD) HOURS FOR EDUCATION

Teachers can earn up to 200 hours of professional development - 25 Hours per Module - through Rio Salado College at \$3 a credit. This satisfies state and national curriculum standards.



www.activeschoolsus.org

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