



American
Heart
Association®



AMERICAN HEART ASSOCIATION RESOURCES FOR EDUCATORS

Alignment With High-Quality Instruction




The American Heart Association provides educational resources that support exemplary teaching practices. These resources not only influence teachers and students in the classroom and gym, but they also have the potential to impact students' lifestyle choices in long-lasting, positive ways.

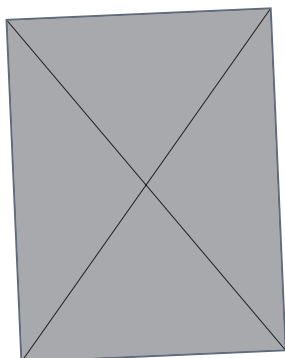
The AHA teaching materials suit a range of learning styles and teaching approaches and are designed to achieve positive changes in students' attitudes and performance. The charts that follow allow educators to see at a glance how the teaching resources support elements of effective instruction that they strive for each day:

- Positive teaching environment
- Explicit learning goals
- Best teaching practices
- Effective assessment


Educators who frame the AHA learning opportunities around these elements will enhance their instruction and increase the positive impact the activities have on students. These elements mesh with popular teacher evaluation and instructional frameworks in use in school districts across the country.

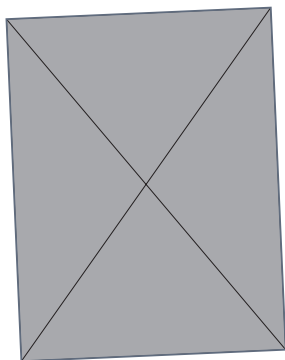
Since a heart-healthy lifestyle is the ultimate goal of the activities, the value of using high-quality instructional practices should not be underestimated. **Take a look at the many ways AHA resources can help achieve these goals.**

Elements of High-Quality Instruction	Characteristics	Examples From AHA Teaching Materials
<p>Positive Teaching Environment</p> 	<ul style="list-style-type: none"> • Safe and supportive classroom culture • Healthy relationships; connectedness • High expectations of all students • Required instructional materials available • Inviting physical setting 	<ul style="list-style-type: none"> • Cooperative physical education games provide fun opportunities for students to work together. • Kids Heart Challenge characters serve as positive role models to encourage good character. • Experiential activities are designed so all students can participate. • School fundraising goals promote a sense of community as students work together toward a common goal. • Fundraising campaigns incorporate motivating positive reinforcement for all levels of participation. • Students increase their heart-health awareness and heart-healthy behaviors due to increased understanding of heart health. • Teacher Resource Guides include background information, activity objectives, and complete lesson plans. • Printable jump rope skills cards provide step-by-step visual aids for ongoing reference. • Interactive online games and resources provide highly engaging experiences. • Colorful displays promoting heart-healthy behaviors serve as learning tools and discussion points. • Posters and the classroom display pack have high visual appeal.




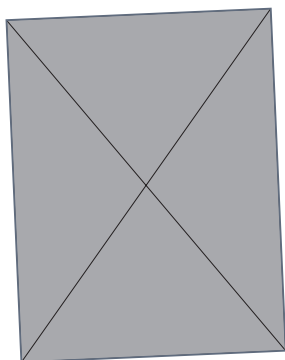
The American Heart Association *Educational Benefits of Physical Activity* infographic summarizes the latest research on how physical activity makes a difference in students' learning.

Elements of High-Quality Instruction	Characteristics	Examples From AHA Teaching Materials
<p>Explicit Learning Goals</p> 	<ul style="list-style-type: none"> • Instruction aligned with standards and curriculum • Appropriate and measurable goals • Student understanding of goals • Feedback provided to students 	<ul style="list-style-type: none"> • Activities and resources are provided for multiple curricular areas, including math, reading/language arts, and health/science. • Learning objectives are clearly stated at the beginning of lessons. • Skill cards for jumping rope list prerequisite skills to facilitate appropriate sequence of instruction. • Reproducible activities, including those in the lesson plans, target essential skills. • Student pledges make heart-healthy goals explicit. • Students set physical activity goals and measure their progress toward achieving them. • Students take the Heart Healthy Challenge to be physically active for a certain amount of time each day. • Posters promoting heart-healthy behaviors encourage students to strive toward healthful lifestyles. • School and student fundraising goals are tracked online; progress toward fundraising goals is displayed visually on each student's online fundraising page for ongoing feedback.




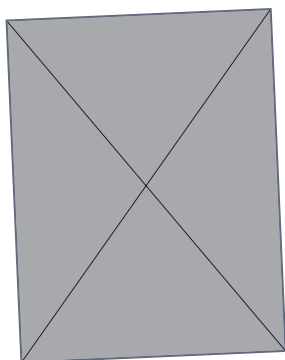
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Elements of High-Quality Instruction	Characteristics	Examples From AHA Teaching Materials
<p>Best Teaching Practices</p> 	<ul style="list-style-type: none"> • High student engagement • Relevant learning activities • Differentiated instruction • Focused instruction • Active learning • Collaborative learning • Independent learning 	<ul style="list-style-type: none"> • Videos with engaging and positive characters provide multi-media learning opportunities. • Heart Smart Kid Stations and other high-interest activities teach students how specific physical activities benefit their bodies. • Students participating in fundraising campaigns for people with special hearts learn firsthand that they can make a difference. • The heart-health information that students learn through activities and worksheets has real-life application for their health. • Through fundraising for AHA, students learn the value of community service. • Kids Heart Challenge characters provide role models for kids to make smart choices, do good deeds, and encourage one another. • Profiles of children with special hearts make the AHA fundraising events meaningful for students. • Students learn physical skills, such as jumping rope and playing basketball, that they can use for the rest of their lives. • Physical education games provide modifications for younger and older students. • Jumprope modifications are provided for younger students and students with special needs. • Students participate in physical activities in a variety of formats, such as individual and partner jumprope activities. • The variety of activity formats—including songs, group games, experiential activities, and worksheets—appeal to different learning styles. • Hands-on activities teach essential science concepts. • Online activities and games provide multi-media experiences with high student engagement.



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Elements of High-Quality Instruction	Characteristics	Examples From AHA Teaching Materials
<p>Effective Assessment</p>	<ul style="list-style-type: none"> • Based on previously established learning goals • Used to inform and guide instruction • Feedback provided to students 	<ul style="list-style-type: none"> • Discussions that follow up activities such as the ones in the Teacher’s Resource Guide provide insight into students’ learning. • The reproducible activities in the lesson plans help teachers check students’ understanding of heart-healthy habits. • Physical activity tracking forms and food logs provide ongoing feedback to students. • Students participate in physical activities, such as basketball drills and jumprope activities, and note their progress over time. • Students participating in a fundraising campaign for AHA set goals and track their fundraising accomplishments. • Online school detail reports record students’ fundraising efforts and achievement of personal heart healthy challenges.



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