

Bedford County Public Schools plans to adopt new resources in the fall of 2019 for the following content areas: Health and Physical Education and World Languages. Online public review of materials will begin June 3, 2019 and end June 17, 2019. To share any comments about these resources, please email:

Health and Physical Education [healthphysicaledadoption@bedford.k12.va.us](mailto:healthphysicaledadoption@bedford.k12.va.us)

World Languages [worldlangadoption@bedford.k12.va.us](mailto:worldlangadoption@bedford.k12.va.us)

Listed below are descriptions and links to these resources. Many of the links will allow the user to login and experience the actual learning platform.

### **HEALTH AND PHYSICAL EDUCATION**

#### **Focused Fitness for Elementary Schools**

Focused Fitness framework introduces students to the Five Components of Fitness and nutrition and reveals their connection to a fit and healthy life. As students move through the program, they are taught meaningful concepts, which empower them to make healthy choices. The links between activity, exercise, fitness, health, and personal achievement are carefully woven together to provide all students with the opportunity for success. This activity-based program accomplishes learning goals using fun games and exciting activities that facilitate improvement in the Five Components of Fitness and the opportunity to practice essential motor skills.

To view resources, please visit [www.focusedfitness.org](http://www.focusedfitness.org)

1. Click blue LOGIN flag top-center
2. **Student View:**
  - a. Username- 101010
  - b. Password - demobedford001

#### **McGraw Hill for Middle Schools**

A flexible program in print, digital, or both, according to student's needs. McGraw-Hill's health programs engage students in an exploration of health and wellness. The hybrid approach to teaching health allows teachers to select the topics relevant to the students and provide them print or online content at home or in the classroom. Hands-on activities and real-world application of health skills provides students with the understanding they need to create a personal plan for a healthy life.

To view resources, please visit [my.mheducation.com](http://my.mheducation.com) and enter the following:

Username: VAHEALTH2015

Password: vahealth2015

#### **Pearson for High Schools**

*Pearson Health* delivers the tools necessary for developing and enhancing healthy behaviors that influence the lifestyle choices of high school students. This relevant, integrated text and video program stimulates classroom discussion, helping students' master skills essential to successful health education. This program includes a variety of differentiated instruction components that support academic achievement at every learning level.

[www.PearsonRealize.com](http://www.PearsonRealize.com)

**Username:** BedfordHealth (case specific)

**Password:** Welcome1 (case specific)

To view general secondary health resources, please visit  
<https://www.pearsonschool.com/index.cfm?locator=PS2y65>

### **WORLD LANGUAGE**

EMC World Language for Spanish, French, and German

EMC's robust multiplatform for Spanish and French provides students with innovative learning solutions and technology that prepare them to be lifelong languages learners and global citizens. EMC's offers an array of resources allowing teachers to tailor instruction according to a student's specific language progress.

To view resources, please visit <https://emc.bookshelf.emcp.com/>

Username: Bedford

Password: Bedford