



PBS Teachers

Health & Fitness Resources from PBS

Elementary

Arthur: Hooray for Health

<http://pbskids.org/arthur/parentsteachers/lesson/health/>

This downloadable curriculum guide for early elementary teachers offers activities, background information, and classroom reproducibles on topics such as eating well and staying fit, taking care of teeth, dealing with feelings, head lice, asthma, peanut allergies, and diabetes.

Caillou: Safety Tips

http://pbskids.org/caillou/parentsteachers/act_safety1.html

This section of the Caillou Website offers simple explanations to help preschoolers understand the importance of fire safety, being careful when crossing the street, proper use of a shopping cart, playground safety, and Halloween safety.

It's My Life: Body

<http://pbskids.org/itsmylife/body/index.html>

The body section of the It's My Life Website covers many common issues facing preteens and teens. You can find articles, interactive games, and videos on topics such as puberty, food smarts, eating disorders, alcohol, drug abuse, and smoking. Lesson plans on related topics are available in the parents & teachers area.

Sesame Street

Healthy Habits Songs and Color Me Hungry

<http://pbskids.org/sesame/songs/index.html>

<http://pbskids.org/sesame/letter/colormehungry.html>

Kids can visit this site to sing along with 5 great songs about healthy eating while learning more about the rainbow of fruits and vegetables available. Cookie Monster and Grover reinforce these concepts with an interactive Color Me Hungry game.

Secondary

Children's Hospital

<http://www.pbs.org/opb/childrenshospital/>

This series focuses on how children learn to cope with deadly diseases and serious injuries and still manage to enjoy being "just kids." It also addresses the roles of families and doctors in helping kids come to terms with illness and injury. The Web site provides background information about the hospital and children featured in the series, a Parent Center, and 19 teaching guides (roughly 3 per episode) for use in high school Language Arts, Health, Technology, and Math classes.

FRONTLINE

<http://www.pbs.org/wgbh/pages/frontline/>

FRONTLINE, American public television's flagship public affairs series, has created a wide array of programs dealing with health and fitness issues. Relevant titles include: The Alternative Fix, Diet Wars, Drugs Wars, Fat, Harvest of Fear, Inside the Teenage Brain, The Last Abortion Clinic, The Lost Children of Rockdale County, Medicating Kids, The Other Drug War and The Meth Epidemic. The Web site offers teacher's guides to accompany each of these programs as well as extensive background information about the subjects of the films.

In the Mix

<http://www.pbs.org/inthemix/>

This national award-winning television series is created for teens by teens. Episodes focus on topics such as depression, alcohol and drug use and abuse, violence and conflict resolution, nutrition and fitness, and self-esteem. The Educators section of the Web site provides a wide variety of lesson plans and discussion questions to accompany individual episodes.

NOVA

http://www.pbs.org/wgbh/nova/archive/int_heal.html

NOVA is the highest rated science series on television and the most watched documentary series on public television. It is also one of television's most acclaimed series, having won every major television award, most of them many times over. The Health Archive page of the Web site provides an overview of the health-related topics addressed in specific programs. The sites for these programs include teacher's guides, lesson plans, activities and online video. Teachers can also sign up to receive an e-newsletter from NOVA with information about upcoming on-air and online resources.

Rx for Survival

<http://www.pbs.org/wgbh/rxforsurvival/index.html>

This program examines what makes us sick, what keeps us healthy, and what it would take to give good health the upper hand. Through two broadcast components – a six-hour series and a special 2-hour program – Rx for Survival offers a comprehensive look at global public health issues. The Web site offers streaming video, extensive background information, an interactive Global Health Atlas, a glossary, and six lesson plans for Social Studies, Science, and Health classes.

Scientific American Frontiers

<http://www.pbs.org/saf/>

In this series, Alan Alda brings his unique blend of curiosity and humor to the exploration of the latest trends in science, medicine, technology and the environment. Sample titles focused on health and fitness topics include: Losing It and Surgical Slimmers, which explore on weight loss techniques; Hidden Motives and Make Up Your Mind, which examine the unconscious and brain activity; and Worried Sick and A Different Way to Heal, which investigate modern health care. The For Educators section of the Web site offers an extensive collection of Teacher's Guides as well as interactive quizzes and other features.

The Secret Life of the Brain

<http://www.pbs.org/wnet/brain/>

This five-part series reveals the fascinating processes involved in brain development across a lifetime, with episodes focusing specifically on the child's brain and the teenage brain. The Web site provides background information related to each of the episodes, lesson plans, and interactive features, including a 3-D tour of brain anatomy and a timeline covering the history of human understanding regarding the brain.

Sound and Fury

<http://www.pbs.org/wnet/soundandfury/index.html>

This film documents one family's struggle over whether or not to provide two deaf children with cochlear implants, devices that can stimulate hearing. The Web site includes background information about deaf culture and cochlear implants as well as two lesson plans for use in Science, Language Arts and Social Studies classes.

Through Deaf Eyes

<http://www.pbs.org/weta/throughdeafeyes/>

This two-hour documentary explores 200 years of Deaf life in America and includes interviews with prominent members of the Deaf community. Interwoven throughout the film are six short documentaries produced by Deaf media artists and filmmakers. The Web site includes a collection of essays about Deaf life and a discussion guide.

Visit www.pbs.org/teachers for many more on-air and online Health & Fitness resources!