


Login to your account

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DashboardVideo LibraryFavorites2Contact UsFAQsInvite a Co-worker

troot

Dashboard

0

Daily Minutes

CSIC

Center for Studied Improvements in Communities (CSIC)

The Center for Studied Improvements in Communities (CSIC) is a nonprofit 501(c)(3) organization dedicated to a new sense of community in America. We believe it starts with the prevention of bullying in our schools and the rediscovery of civility in our daily lives. And we know that a willingness to plan for and to work together in the face of unexpected challenges is the test and worth of a strong community.

[Click here to learn more >>](#)

Whole School Points

000,131

Model Schools of the Month

WHERE YOU LIVE MATTERS

Upstream Research

[Click here to learn more >>](#)

Health Education and Services

Physical Education

Art Education

Nutritional Education & Services

Counseling, Psychological, & Social Services

Physical Environment

Community Involvement

Family Engagement

Health Promotion for Staff

Best Practices

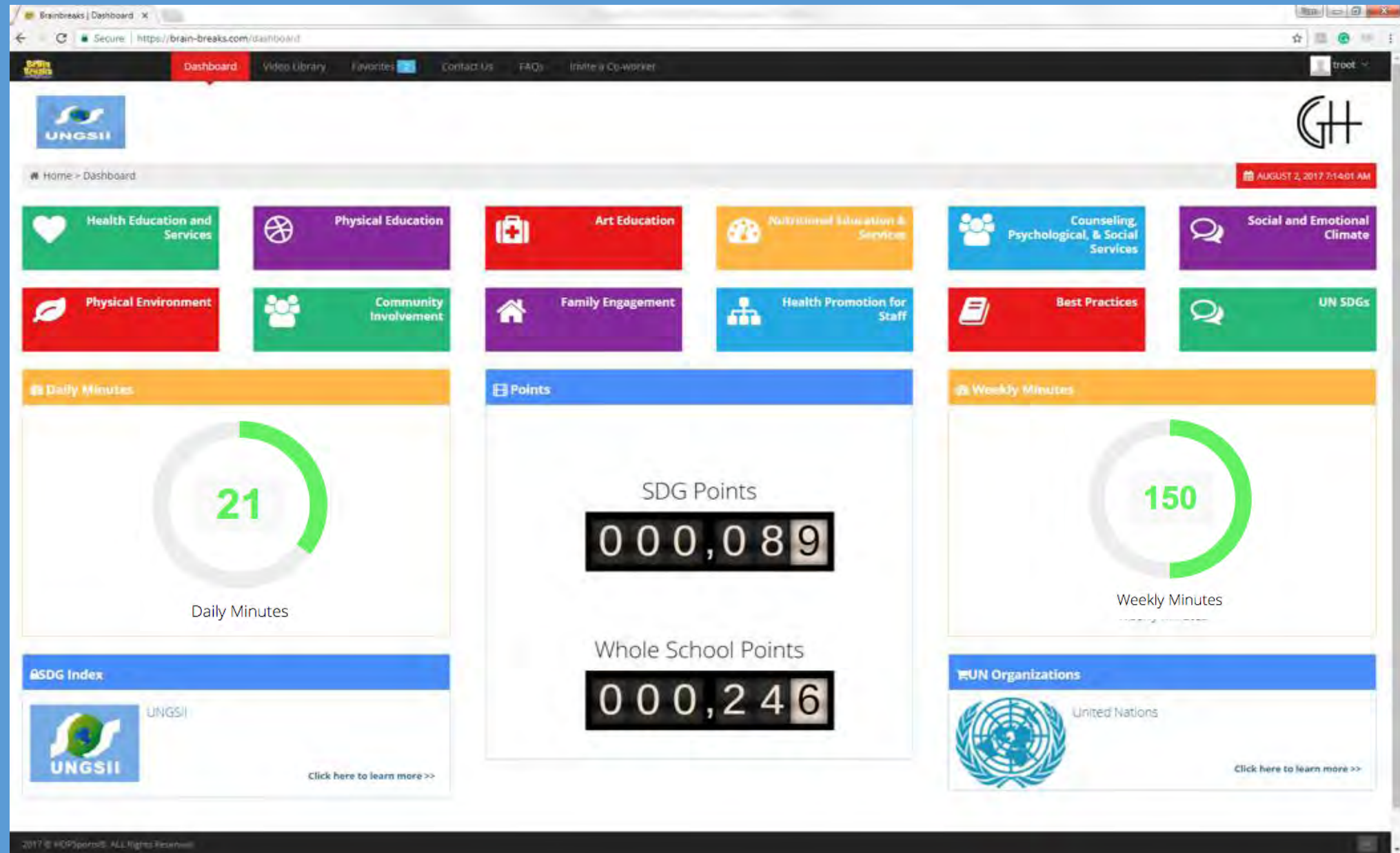
JULY 24, 2017 10:59:53 AM

Social and Emotional Climate

UN SDGs

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Teacher Dashboard



Dashboard

Home > Dashboard

JULY 24, 2017 10:59:33 AM

 Health Education and Services Physical Education Art Education Nutritional Education & Services Counseling, Psychological, & Social Services Physical Environment Community Involvement Family Engagement Health Promotion for Staff Best Practices Social and Emotional Climate UN SDGs

Click on any WSCC control button to access lessons and resources.

Daily Minutes

Points

SDG Points

000,044

Whole School Points

000,131

Weekly Minutes

Center for
(CSIC)

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[Click here to learn more >>](#)WHERE YOU LIVE
MATTERS

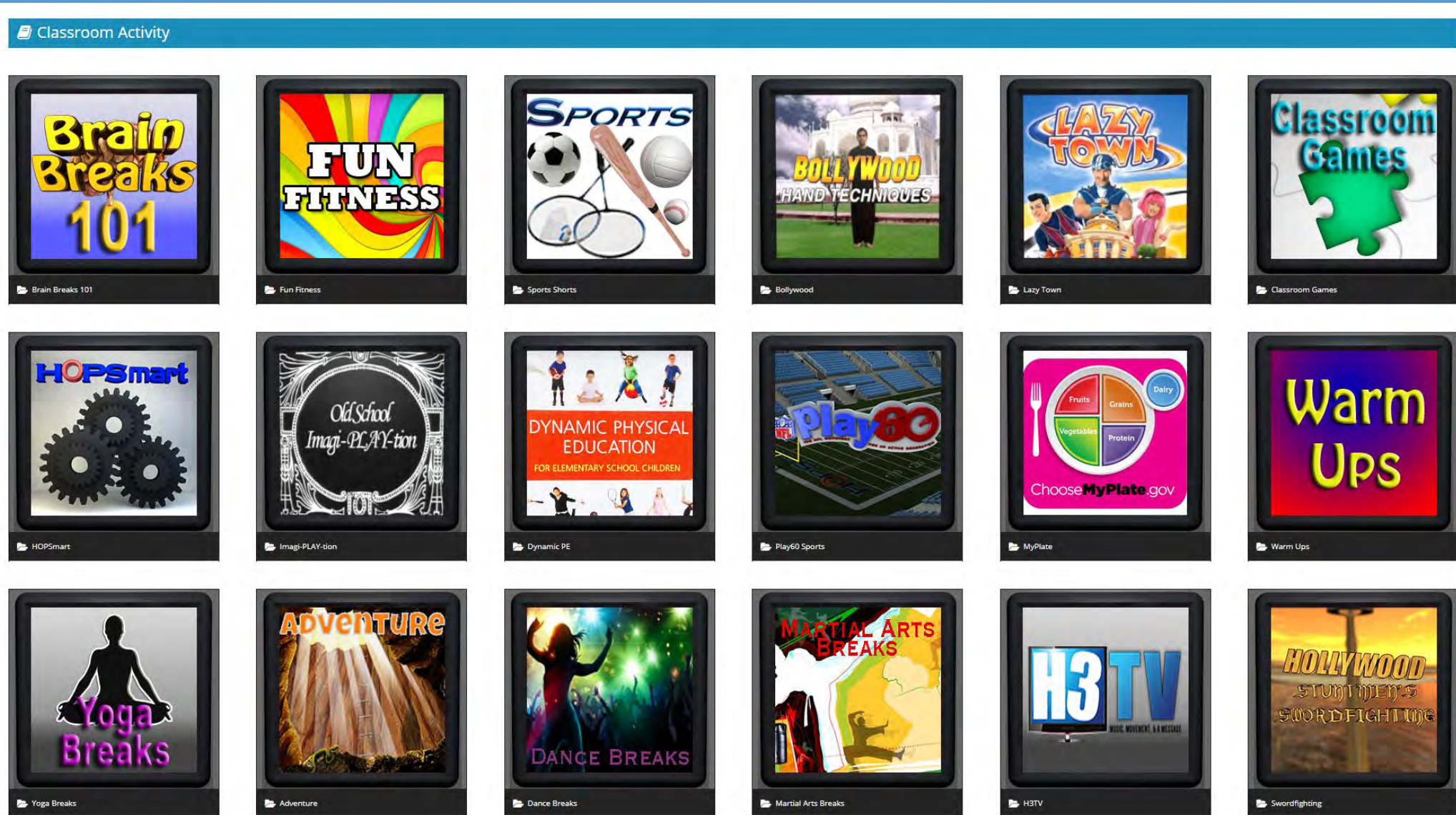
Upstream Research

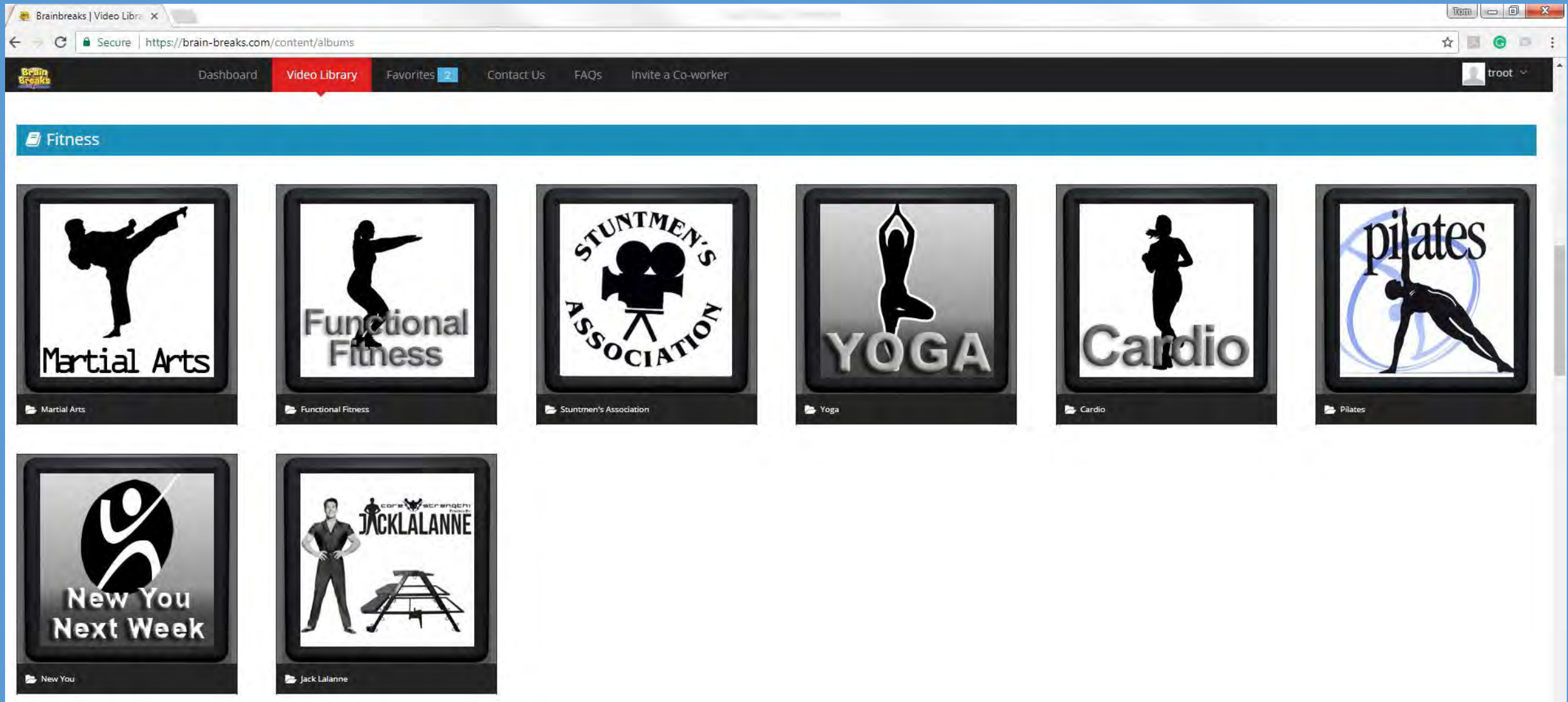
[Click here to learn more >>](#)



Here is your full video library with a variety of albums organized into bookshelves:

- Classroom Activity
- Fitness
- Sports
- Arts
- Education
- Training Tools
- Global





Select album to access content.

There are
four lessons
found in
this album.

Brainbreaks | Physical Ed

Secure | https://brain-breaks.com/resource/physical_education/6-8

DashboardVideo LibraryFavoritesContact UsFAQsInvite a Co-Worker

Physical EnvironmentCommunity InvolvementFamily EngagementHealth Promotion for StaffBest PracticesUN SDGs

Activity Brain Breaks

STUNT MEN'S ASSOCIATION

Stuntmen's Association

Functional Fitness

Functional Fitness

Cardio

Cardio

pilates

Pilates

Global Dance

Global Dance

Global Sports

Global Sports

Throw Your

Jack Lalanne

Jack Lalanne

Videos

Jack Lalanne

THE Jack Lalanne SHOW

Jack Lalanne 1

03:19

THE Jack Lalanne SHOW

Jack Lalanne 2

03:38

THE Jack Lalanne SHOW

Jack Lalanne 3

02:48

THE Jack Lalanne SHOW

Jack Lalanne 4

02:42

Physical Education: Grades 6 - 8

1. The student demonstrates the ability to perform a level of competency in yoga, dance, martial arts, and other forms of group exercise.

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Brainbreaks | Video Library

Secure | <https://brain-breaks.com/content/albums>


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root


Sports




Baseball




Softball




Football




Basketball




Badminton




USA Cycling




USRowing




Volleyball




Swimming



Golf




Cheertastic




Soccer


Arts




Samba



School of Hip Hops



Mime Time



Stage Door Workshops

Brainbreaks | Video Library x


Secure | https://brain-breaks.com/content/albums

Brainbreaks


Dashboard Video Library Favorites 2 Contact Us FAQs Invite a Co-worker

troot


Training Tools




Training Tools 101




SandBells




Beamfit




HOPStick




Ladders & Cones




Circuits




Bosu Ball




Ballast Ball



Lebert Equalizer

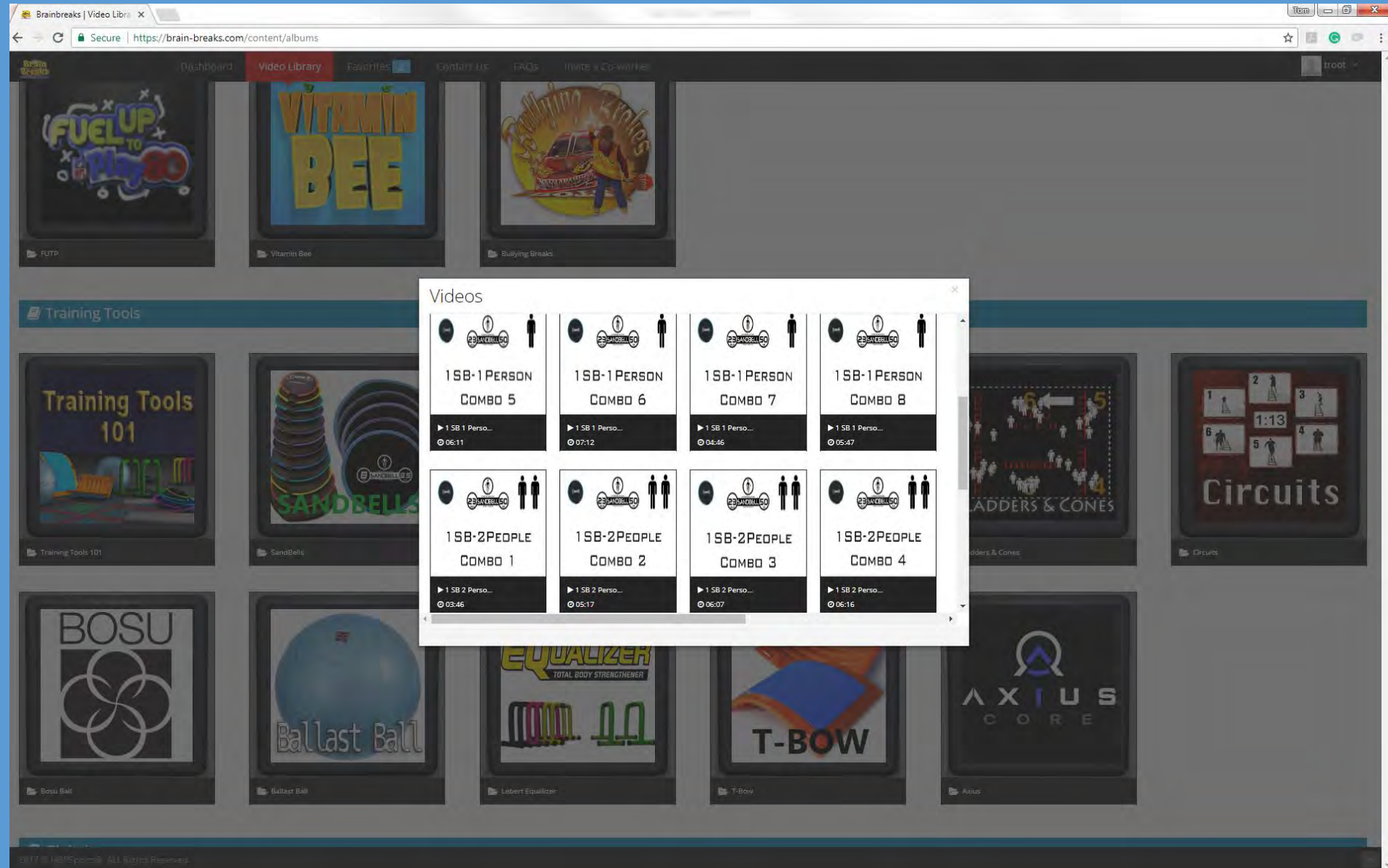


T-Bow



Axis Core

Select training tools
and drills based on
class size and related
to partner or
individual skills.

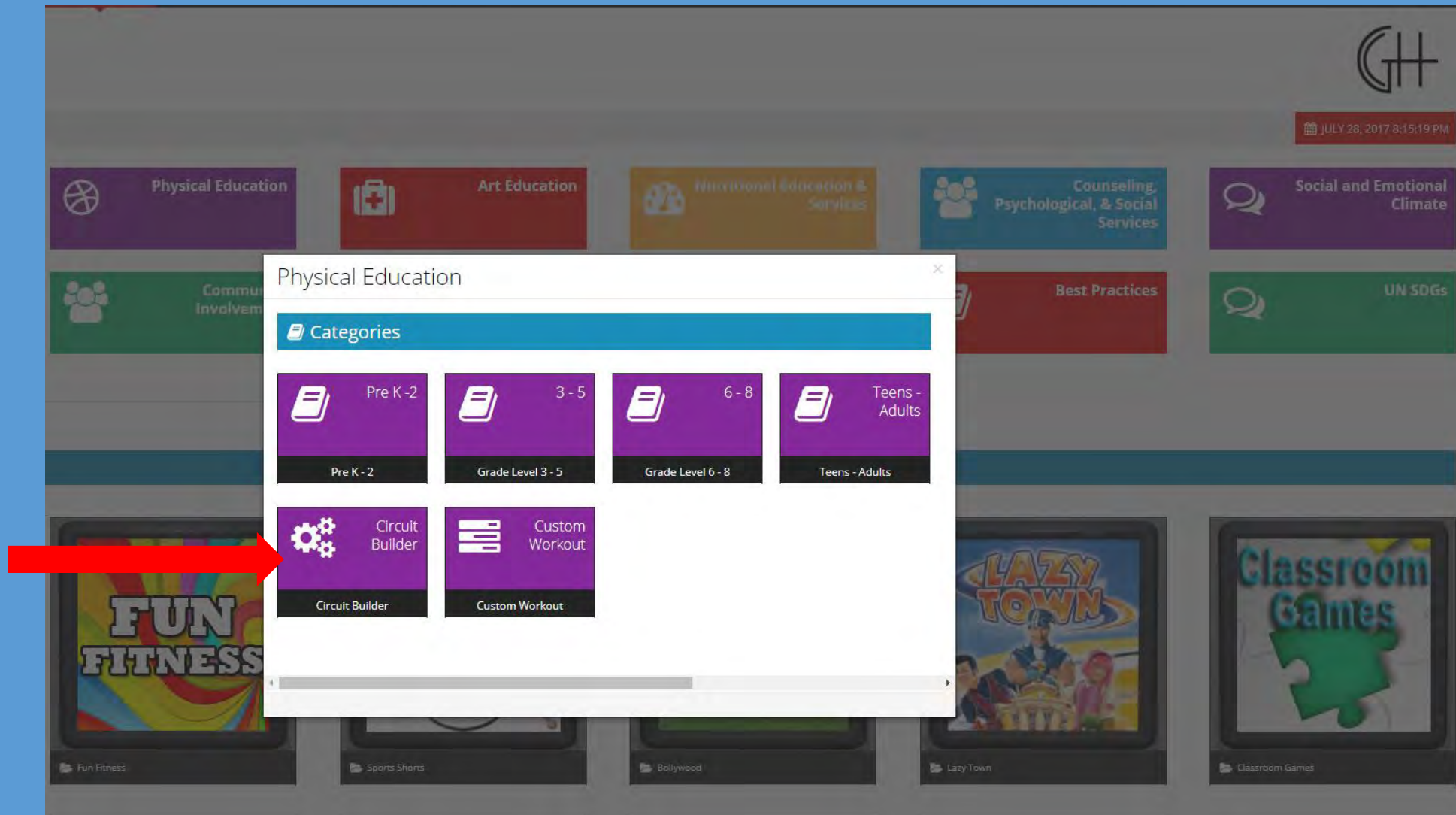


Learn sport,
dance, and
culture from
countries around
the world.



Circuit Builder

Create your own
PE circuit and
instantaneously adjust
to accommodate a
large class.



Click here first.

Select a training tool.

Click on a drill and drag to any station.

Continue until all 4 stations are set.

Brainbreaks | Circuit Builder


Secure | https://brain-breaks.com/circu_builder

Brain Breaks


MADE BY THE COACHES

SandBell


Clear Stations




Active Crunches



Alternating Lunges



Alternating Reaches



Station 2

Drag the video from the left menu to the space below the broken line of this station.

Station 3

Drag the video from the left menu to the space below the broken line of this station.

Station 4

Drag the video from the left menu to the space below the broken line of this station.

Physical Education

Select any grade level
to access classroom
Brain Breaks®
and global guidelines.

Video Library

Home > Video Library

JULY 28, 2017 8:15:19 PM

Health Education and Services

Physical Education

Art Education

Instructional Education & Services

Counseling, Psychological, & Social Services

Social and Emotional Climate

Physical Environment

Community Involvement

Best Practices

UN SDGs

Search

Classroom Activity

Physical Education

Categories

Pre K - 2

3 - 5

6 - 8

Teens - Adults

Circuit Builder

Custom Workout

Brain Breaks 101

Fun Fitness

Sports Shorts

Bollywood

Lazy Town

Classroom Games

HOPSmart

Old School Imagi-PLAY-tion

DYNAMIC PHYSICAL EDUCATION

Play 80

Warm Ups

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Select from a global library
of
Activity Brain Breaks.

Cricket is taught in
association with students at
Panjab University
Chandigarh, India.

Brainbreaks | Physical Ed | 5 Ws of Handwashing to | X

Secure | https://brain-breaks.com/resource/physical_education/prek-2

Dashboard Video Library Favorites Contact Us FAQs Invite a Co-worker

Exercise 1 The benefits of Physical Activity The Benefits of Physical Activity

4. The student develops the ability to participate in team or individual sports by understanding the basic skills.

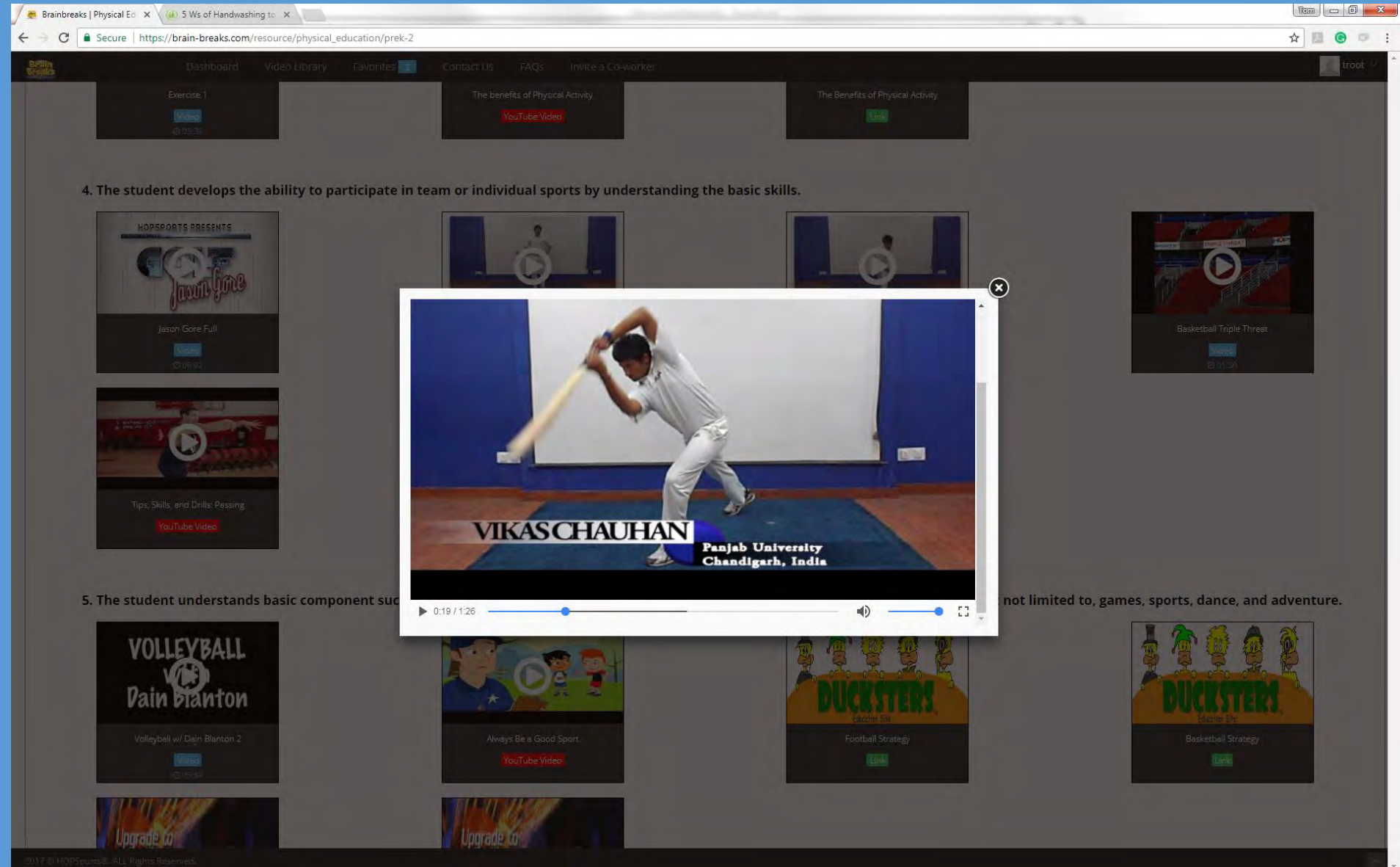
Jason Gore Full

Tips, Skills, and Drills: Passing

5. The student understands basic component suc

not limited to, games, sports, dance, and adventure.

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Select Cricket game to
enhance sport education.

The image shows a tablet screen displaying a web page from BBC News titled "A Guide to Fielding Positions". The page features a background image of a cricket stadium at night. The article text explains that fielding is crucial in cricket and lists various positions. A circular diagram on the right side of the page illustrates the fielding positions, with the bowler at the center and various fielding positions marked around the field. A large green arrow points to the bottom right corner of the tablet screen.

http://news.bbc.co.uk/sport1/hi/cricket/rules_and_equipment/4179600.stm

A Guide to Fielding Positions

Fielding is a crucial part of cricket and there are many areas where a fielder will be placed.

The position names can seem a little strange to the untrained eye. You can field in the slips, at gully, at square leg or even at silly point.

When a position is described as 'deep' or 'long' as in deep mid-wicket or long off then the fielder is usually placed right out on the boundary.

Similarly a position prefixed as 'short' or 'silly', for example silly point means a fielder is placed in closer than a conventional point fielder would normally stand.

Fielding Positions Diagram:

- DEEP FINE LEG
- THIRD MAN
- FINE LEG
- THIRD SLIP
- SECOND SLIP
- GULLY
- FIRST SLIP
- LEG SLIP
- WICKETKEEPER
- POINT
- SILLY POINT
- COVER
- SILLY MID OFF
- EXTRA COVER
- BOWLER
- MID OFF
- LONG OFF
- LONG ON
- MID ON
- SHORT LEG
- SQUARE LEG
- FORWARD SHORT LEG
- DEEP SQUARE LEG
- SILLY MID ON
- SHORT MID WICKET
- MIDWICKET
- DEEP MID WICKET

Certain components are organized into grade level content as shown here.

The screenshot shows the 'Every Step Counts' dashboard with a modal window open for 'Health Education and Services'. The dashboard features a top navigation bar with links like 'Dashboard', 'Video Library', and 'Favorites'. Below this is a grid of category tiles including 'Health Education and Services', 'Physical Education', 'Art Education', 'Nutritional Education & Services', 'Counseling, Psychological, & Social Services', 'Social and Emotional Climate', 'Physical Environment', 'Community Involvement', 'Family Engagement', 'Health Promotion & Prevention', 'Best Practices', and 'UN SDGs'. The modal window displays a 'Categories' section with five items: 'Pre K - 2', '3 - 5', '6 - 8', 'Teens - Adults', and 'Health Services'. Each item has a document icon and a label. The background dashboard also includes 'Daily Minutes' and 'Weekly Minutes' sections with large green zeros, a 'Safer Schools' section with the CSIC logo and text, a digital display showing '000,131', and a 'Model Schools of the Month' section.

Every Step Counts

Dashboard | Video Library | Favorites | Contact Us | FAQs | Invite a Co-worker

troat

Dashboard

Home > Dashboard

JULY 24, 2017 11:10:24 AM

Health Education and Services

Categories

- Pre K - 2
- 3 - 5
- 6 - 8
- Teens - Adults
- Health Services

Daily Minutes

Weekly Minutes

Safer Schools

CSIC

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000,131

Model Schools of the Month

WHERE YOU LIVE MATTERS

Upstream Research

Click here to learn more >>

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After selecting the appropriate grade level, find the resource you want to teach.



Then access videos, games, or resources to help teach the guidelines.

Each presented lesson will count as one point and accumulate on the Dashboard's odometer.

Brainbreaks | Health Ed. x

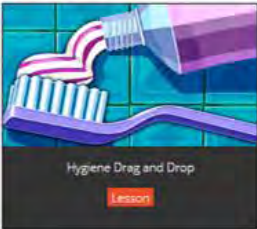
Secure | https://brain-breaks.com/resource/health_education/prek-2

Dashboard Video Library Favorites 2 Contact Us FAQs Invite a Co-worker

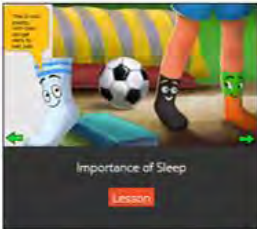
troot

Health Education and Services: Grades PreK - 2


1. Identify and practice personal health habits that help individuals stay healthy such as getting a proper amount of sleep and cleaning hands.




Hygiene Drag and Drop
Lesson




Importance of Sleep
Lesson



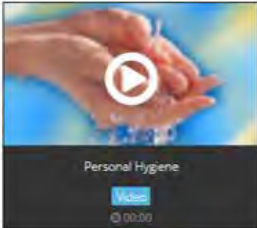
Hand Washing Matching
Lesson



Health Conditions Drag and Drop
Lesson




MAYO CLINIC
5 Ws of Handwashing to Help Kids Avoid ...
Teacher Resource




Personal Hygiene
Video
00:00


2. Identify types of foods that help the body grow such as healthy breakfast foods and snacks.



VEGETABLE BEE
ONION BROCCOLI CARROT POTATO TOMATO LETTUCE PUMPKIN CELERY
Veggie Drag and Drop
Lesson



Stoplight Foods
Lesson



WebMD
Round Out Your Child's Plate
Teacher Resource

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A Drag 'n Drop game is used to reinforce learning for a health education guideline. Click on the object and drag to the correct name.



NAIL CLIPPERS

COMB

HAIR PRODUCT

LOTION

RAZOR

SOAP

TOOTHBRUSH

TOOTHPASTE

Click on resources
to access
information
aligned to
Guidelines.



Brainbreaks | Health Ed. x

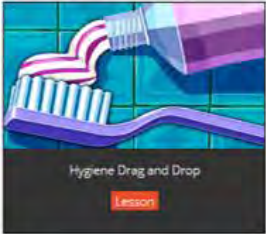
Secure | https://brain-breaks.com/resource/health_education/prek-2

Dashboard Video Library Favorites 2 Contact Us FAQs Invite a Co-worker

troo

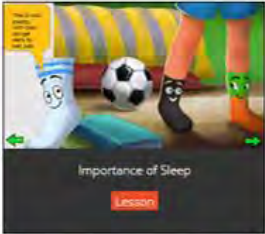
Health Education and Services: Grades PreK - 2

1. Identify and practice personal health habits that help individuals stay healthy such as getting a proper amount of sleep and cleaning hands.




Hygiene Drag and Drop

Lesson




Importance of Sleep

Lesson




Hand Washing Matching

Lesson



Health Conditions Drag and Drop


Lesson



MAYO CLINIC

5 Ws of Handwashing to Help Kids Avoid ...

Teacher Resource

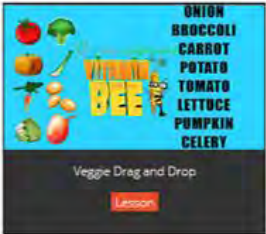


Personal Hygiene

Video

00:00

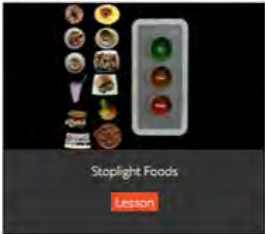
2. Identify types of foods that help the body grow such as healthy breakfast foods and snacks.



ONION BROCCOLI CARROT POTATO TOMATO LETTUCE PUMPKIN CELERY


Veggie Drag and Drop

Lesson



Stoplight Foods

Lesson



WebMD

Round Out Your Child's Plate

Teacher Resource

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Brainbreaks | Health Edu

5 Ws of Handwashing to

newsnetwork.mayoclinic.org/discussion/5-ws-of-hand-washing-help-kids-avoid-germs-and-illness/

Request AppointmentMedia PassLogin

MAYO CLINIC

News NetworkFor JournalistsMayo Clinic RadioEspañolArchive

f

t


g+

in

By Micah Dorfner

5 Ws of Handwashing to Help Kids Avoid Germs and Illness

December 8, 2015



National Handwashing Awareness Week

Basic rules to prevent illness during the cold and flu season are as simple as knowing how to wash your hands properly, when to wash your hands, what products to use and why you should pay special attention to skin cleanliness.

"Teaching kids healthy hygiene habits is essential, because young children are more likely to bring respiratory illnesses home from school or daycare, which can infect your entire family," says Peggy Decker, M.D., a Mayo Clinic Health System pediatrician.

Dr. Decker encourages people to keep the 5 Ws in mind when teaching your children about proper hand hygiene.

Who? Everyone!

What? Running water and plain soap, followed by moisturizer, is best where running water is available.

Where/How?

Links connect schools to evidence-based resources.

Brain Breaks

Dashboard Video Library Favorites Contact Us FAQ Invite a Co-worker

troot

Dashboard

Home > Dashboard

JULY 24, 2017 11:09:32 AM

Health Education and Services

Physical Education

Art Education

Multicultural Education & Services

Counseling, Psychological, & Social Services

Social and Emotional Climate

Physical Environment

Community Involvement













Family Engagement

Health Promotion for

Best Practices

UN SDGs

Sustainable Development Goals

 SDG 1 No Poverty	 SDG 2 Zero Hunger	 SDG 3 Good Health	 SDG 4 Quality Education
 SDG 5 Gender Equality	 SDG 6 Clean Water and Sanitation	 SDG 7 Affordable and Clean Energy	 SDG 8 Decent Work and Economic Growth
 SDG 9	 SDG 10	 SDG 11	 SDG 12


Daily Minutes

0

Weekly Minutes

0

Safer Schools

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[to learn more >>](#)


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New to the Dashboard is the United Nation's Sustainability Development Goals or UN SDGs. These 17 goals have lessons, games and resources to help assist and accelerate SDG education.

Sustainable Development Goals



<https://sustainabledevelopment.un.org/>



DashboardVideo LibraryFavorites2Contact UsFAQsInvite a Co-worker

troot

Dashboard

Home > Dashboard

JULY 24, 2017 10:59:53 AM

Physical Education

Art Education

Nutritional Education & Services

Counseling, Psychological & Social Services

Social and Emotional Climate

Community Engagement

Family Engagement

Health Promotion for Staff

Best Practices

UN SDGs

Points

SDG Points

000,044

Daily Minutes

Weekly Minutes

Model Schools of the Month

WHERE YOU LIVE MATTERS

Upstream Research

Click here to learn more >>

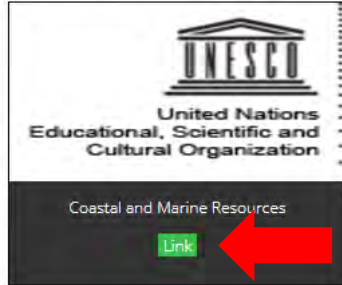
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You can always click on the Dashboard to view odometers.

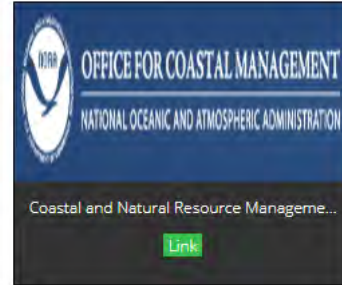
This is your SDG odometer showing the year-to-date points accumulated by your teacher.

UN SDG 14 - Life Below Water

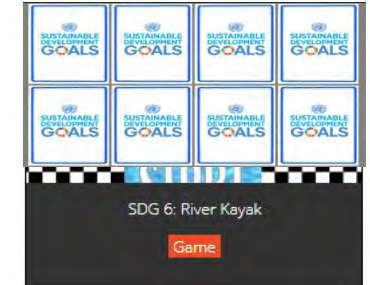
1. Identify coastal and marine resources.



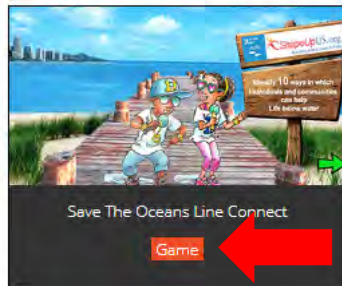
Green-
Link to
relevant
resources



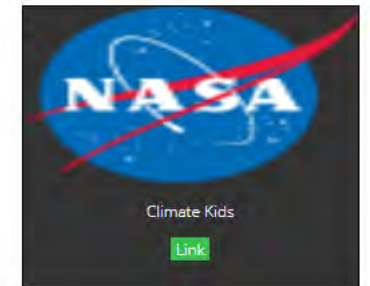
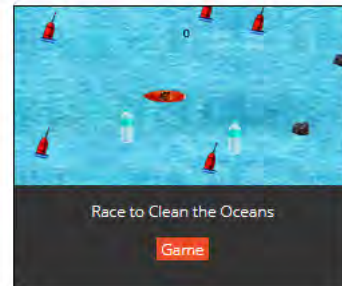
Blue-
GCH/UNSGII
Videos



2. Name ways to conserve and protect our oceans, seas, and marine resources.



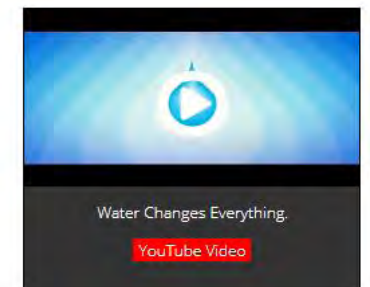
Orange-
Lessons



3. Explain the 2030 goals for conserving and protecting our oceans, seas and marine life and resources.



Red-
YouTube
Resources



Matches:

0

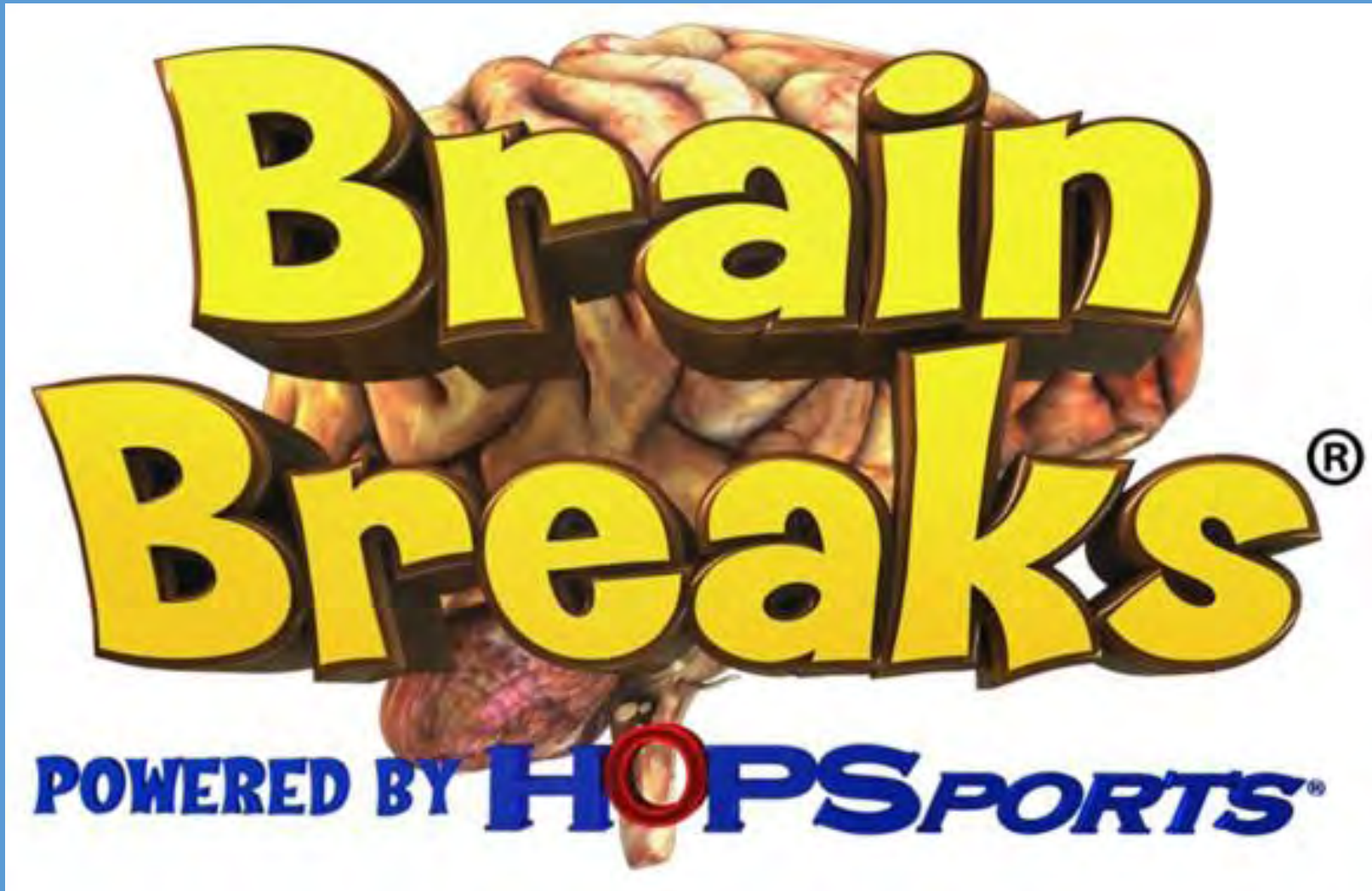
Turns

5



K-2nd grade
SDG matching
lesson

Click to Change
Game Type



Contact info
info@hopsports.com