



MOVING
toward the
art
OF GOOD HEALTH



Blue Cross & Blue Shield of
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mississippi arts commission

An innovative partnership between the Mississippi Arts Commission and
Blue Cross & Blue Shield of Mississippi Foundation

EXERCISE, NUTRITION, & POSITIVE SOCIAL EXPERIENCE

Ladies and Gentlemen
don't grow on trees...

THE MOVING TOWARD THE ART OF GOOD HEALTH (MTAGH): INTEGRATED HEALTH CURRICULUM

Is a supplemental curriculum of health, nutrition, ballroom dance,
and social etiquette designed for 6th grade Health and Physical Education classes.



DO IT ALL IN ONE STEP!

MTAGH addresses the 2007 Mississippi Healthy Students Act
requiring 45 minutes per week of health education and
150 minutes a week of activity-based instruction for
K-8 students.



OUR OBJECTIVE IS EDUCATING THE WHOLE CHILD

and providing tools for developing
a healthy lifestyle.



Should he ask her
to dance?

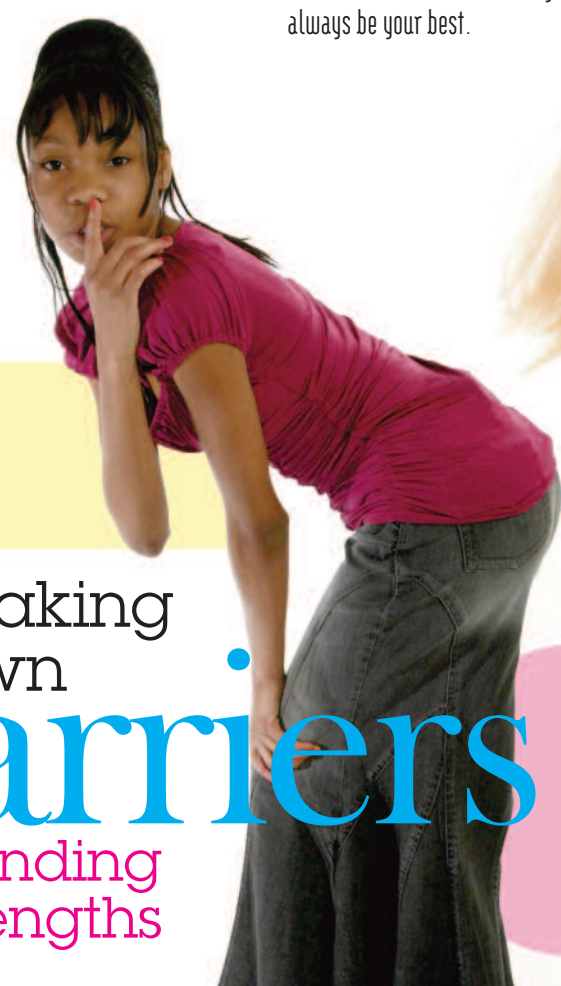
MOVE! DANCE! GROW!



Poise, Confidence, and
a sound understanding
of social propriety.

THEY WANT TO
know.

In addition to the well-documented
physical and health benefits related
to regular physical activity,
new research reveals the effects
of physical activity on the brain and
neural connections. Many researchers
are discovering that physical activity
in children is a key influence on
problem-solving ability and
academic achievement
(Jensen 1998, 350).



breaking
down
barriers
& finding
individual strengths



GOOD exercise,
good MANNERS,
& GOOD CLEAN FUN

You never have a second chance to
make a first impression.
Learn positive social behavior, creative forms
of exercise, healthy food choices
and nutritional education so you can
always be your best.

Should he open
the door for her?



MOVING toward the ART of good HEALTH

Integrated Health Curriculum

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DANCE FOR YOUR HEALTH

Leadership Skills,
Character, Style
& Resiliency

In the Mississippi Physical Education Framework, dance is listed as a "lifetime activity."

According to a Surgeon General's report, benefits of physical activity include promoting psychological well-being, helping reduce obesity, reducing the risk for chronic health conditions, improvement toward a healthy body, and reducing anxiety.



WHY MOVE IN THIS DIRECTION?

Goals of MTAGH:

1. To increase student physical activity, improve overall health and lifelong wellness understanding through MTAGH: Integrated Health Curriculum.
2. To facilitate and deepen an understanding of integrated health as physical health, nutritional awareness, social etiquette and the overall well-being of an individual.
3. To build community involvement through healthy social interaction centered on creative forms of exercise and healthy food choices.
4. To provide creative forms of exercise and deepened nutritional awareness in a supplemental curriculum for the Mississippi Department of Education's existing Comprehensive Health Framework for 6th Grade as MTAGH: Integrated Health Curriculum.
5. To enrich the lives of students by increasing skills and applied knowledge of social dance, appropriate social behavior and interaction.

Happy, Healthy and
Heading in the right direction



MOVE! DANCE

EMPOWERING STUDENTS

For Their Entire Lives!

IF YOU ARE A 6TH GRADE HEALTH OR PHYSICAL EDUCATION TEACHER...

you can bring this opportunity to your students and have a great deal of fun! Contact the Mississippi Arts Commission about being trained in this innovative program.



GET! GROW!



We have developed the **MTAGH:** **Integrated Health Curriculum** and its pedagogy to integrate ballroom and social dance, nutrition, healthy food choices and social etiquette into comprehensive health for the whole child.

For more information contact the Mississippi Arts Commission at 601-359-6030 and visit our website at www.arts.state.ms.us/special-projects



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