

Jump into Foods and Fitness Content Standards Grades 3-5

Project Area Skill refers to the subject matter based skill which youth demonstrate in relation to the correlating content standard.

Objectives:

Career Readiness-

- 2. Students will utilize and manage resources effectively to produce quality services and products.**

Benchmarks: K-4: A,B; 5-8: A,B

Project Area Skill: The youth will identify and prioritize goals relating to home health. They will learn the importance of exercise and healthy eating for not only themselves but for their families as well. They will set goals to exercise more often and eat healthy foods.

- 4. Students will develop and demonstrate responsible and ethical workplace behaviors.**

Benchmarks: K-4: A,B,C,D,E; 5-8: A,B,C,D

Project Area Skill: The youth will demonstrate positive social conduct such as learning the proper way to wash their hands. They will also learn the dos and don'ts in their everyday eating activities to help prevent the spread of germs. Furthermore they will interact positively with their peers as they complete many of the physical activity oriented activities in this workbook.

- 5. Students will develop effective leadership, interpersonal, and team skills.**

Benchmarks: K-4: B,C; 5-8: C

Project Area Skill: The youth will work in groups to complete various activities. They will work cooperatively and demonstrate positive interaction with each other as they participate in physical activities such as jump roping and non motor activities such as brainstorming ideas.

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Project Area Skill refers to the subject matter which youth demonstrate in relation to the correlating content standard.

Objective:

Health-

1. Students will comprehend concepts related to health promotion and disease prevention.

Benchmarks: K-4: A,E,F; 5-8: B,E,F,H

Project Area Skill: By listening to their group leader and practicing the 20 second rule for washing hands the youth will learn the importance of keeping hands clean to prevent disease. They will also learn the appropriate times to wash their hands such as before preparing food or after playing with their pets.

3. Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.

Benchmarks: K-4: A,B,C,D,E,G; 5-8: A,B,C,D,E,G

Project Area Skill: The youth will identify responsible health behaviors as they learn to exercise and eat the recommended foods. They will also learn how easily germs can be transmitted while preparing food and the best ways to engage in germ prevention. Furthermore the youth will identify ways to help reduce stress by participating in physical activities and listening to music.

6. Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.

Benchmarks: K-4: A,C,D; 5-8: A,B,C,D,E,F

Project Area Skill: The activities in this workbook will help youth to outline goals for both themselves and their families. Activities such as charting the amount of physical activities and grains the youth eat as well as take-home activities and healthy recipes not only help the youth to make healthier life decisions but encourage the families to adopt a healthier lifestyle as well.

7. Students will demonstrate the ability to advocate for personal, family, peer and community health.

Benchmarks: K-4: A,B,D; 5-8: A,B,D,E

Project Area Skill: By discussions conducted after each activity to promote a healthier lifestyle, the youth will be able to express their ideas and opinions about health issues. Furthermore the youth will help advocate a healthier lifestyle for their family and community by using take-home worksheets as well as discussing healthier alternatives to those around them.

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Objectives:

Language Arts-

- 1. Reading and Listening for Comprehension: students will apply strategies and skills to comprehend information that is read, heard, and viewed.**

Benchmarks: K-4: A,B,C,D 5-8: A,B,C,D

Project Area Skill: The youth will listen to information and directions from their leader about health decisions and activities. They will also gain new vocabulary words such as Nutritional Information and Food Pyramid. Furthermore the youth will use a variety of materials such as Nutritional Information boxes and newspapers to further their understanding of nutritional decisions.

- 2. Writing and Speaking for Expression: students will communicate effectively through speaking and writing.**

Benchmarks: K-4: A,B; 5-8: C

Project Area Skill: The youth will engage in discussion after their activities. They will cover the meaning of the activity as well as discuss any questions the youth may have from the particular activity. Furthermore the youth will write their physical activities down in charts as well as brainstorm to find words starting with the letters in “breakfast”.

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Objectives:

Math-

- 1. Algebra: students will understand algebraic concepts and applications.**

Benchmarks: K-4: C; 5-8: C

Project Area Skill: The youth will fill out information in tables for activities such as recording their physical activity and what grain, and other foods they have eaten on a weekly schedule.

- 2. Data Analysis and Probability: students will understand how to formulate questions, analyze data, and determine probabilities.**

Benchmarks: K-4: B,C; 5-8: A

Project Area Skill: The youth will analyze the data they recorded in the tables provided by the activity. They will then look at their documentations and determine if they need to change their routine to incorporate more exercise or eat different foods. Furthermore the youth will learn that keeping track of their activities will help them to transition into a healthier lifestyle.

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Objectives:

Physical Education-

- 1. Demonstrates competency in many movement forms and proficiency in a few movement forms.**

Benchmarks: K-4: A,B

Project Area Skill: The youth will practice using age appropriate equipment such as playing with jump ropes they made themselves. They will also participate in many non-motor movements such as stretching and brainstorming healthy foods they can eat.

- 2. Applies movement concepts and principles to the learning and development of motor skills.**

Benchmarks: K-4: A,B,C; 5-8: A,B,C

Project Area Skill: The youth will learn a variety of movements ranging from stretching exercises aimed to target certain muscle groups to jumping and running exercises.

- 3. Exhibits knowledge and ability to participate in physically active lifestyle.**

Benchmarks: K-4: A,B; 5-8: A,B

Project Area Skill: The youth will learn the importance of participating in a physically active lifestyle for its health benefits. They will also identify ways to incorporate physical activities into their every day lifestyles such as documenting their weekly activities in a chart. Furthermore they will identify the benefits of their physical activities as they apply to having healthier bodies and share the information they have learned to have a healthier family and community.

5. **Demonstrates responsible personal and social behavior in physical activity settings.**

Benchmarks: K-4: B,D; 5-8: B,C

Project Area Skill: The youth will work together in many physical activity settings that incorporate both spatial awareness and cooperating with one another to achieve the goals set out by the game.

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Objectives:

Science-

Strand I: Scientific Thinking and practice

Standard I: Understand the processes of scientific investigations and use inquiry and scientific ways of observing, experimenting, predicting, and validating to think critically.

K-4 Benchmarks: I,II, III

5-8 Benchmarks: I, III

Project Area Skill: The youth will use charts to collect data for a variety of activities in the Jump into Foods and Fitness project. They will determine the outcomes of such data by participating in discussion with their group, and family members about choosing a healthier lifestyle. They will also notice a change in their own bodies if they apply what they have learned on a regular basis.

Strand III: Social Science

Standard I: Understand how scientific discoveries, inventions, practices, and knowledge influence, and are influenced by, individuals and societies.

K-4 Benchmarks: I

Project Area Skill: The youth will participate in activities that emphasize strategies to reduce the spread of germs. They will learn to wash their hands for at least 20 seconds before preparing food, or before touching food they will eat. They will also learn how to prevent spreading their germs onto others such as not drinking milk straight from the carton. Furthermore they will learn about which types of foods may make them sick from bacteria such as eating products that contain raw eggs.