

**Audubon Public Schools**

**Engaging Students ~ Fostering Achievement ~ Cultivating 21<sup>st</sup> Century Global Skills**

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**Approved 2011**

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**Course Title: Health**

**Unit Name: Personal Health**

**Grade Level: 3-6**

<p><b>Content Statements</b> Students will learn about their bodies and how to care for them so that their future years will be healthy and successful.</p>	<p><b>NJSLS:</b> 2.1.6.A,B,C,D,E All 2.2.6.A, B,C,D,E All 2.3.6.A,B,C All 2.4.6.A,B,C All</p> <p><b>Companion Standards:</b> RST6-8.5-9 WHST 6-8 All</p>
<p><b>Overarching Essential Questions</b> How do I grow? How does my body work? How do I take care of my body? How do I deal with body changes? How do I cope with my problems? How do I keep myself safe? How do I keep myself from getting sick?</p>	<p><b>Overarching Enduring Understandings</b> My body will change. My body will work better if I exercise, eat right and practice good hygiene. Anger can be controlled. I know how to keep my body safe by making good decisions.</p>
<p><b>Unit Essential Questions</b> What happens when I grow? Why is hygiene important to me? How do I keep my body clean and healthy? What kinds of foods are good for me? What exercises will keep me healthy? How can I understand my feelings? How can I say no to things that are not good for me? How can I control my anger? How can I control others around me when they are angry?</p>	<p><b>Unit Enduring Understandings</b> Change is a natural part of living. I should exercise, eat right and practice good hygiene my entire life. I can control my anger and deal with other people when they are angry. I know how to keep myself safe.</p>
<p><b>Unit Rationale</b> Introducing students to the way their body works and how to keep it healthy and safe and will enhance their social and emotional health and self esteem.</p>	<p><b>Unit Overview</b> Students will learn basic information about their health and wellness through their participation in D.A.R.E., role playing and collaborative investigations of age appropriate health issues.</p>
<p><b>Authentic Learning Experiences</b> Role playing, practicing the coping skills they learned with each other outside the classroom.</p>	
<p><b>21<sup>st</sup> Century Skills and Themes</b> Technology: Internet, SmartBoard Global: Students will become aware that all cultures are mindful of the curriculum as it is presented. Civic Literacy: The students will use their knowledge of hygiene, anger management and character education to interact with members of their family and community.</p>	

Critical Thinking and Problem Solving: Role playing real life experiences that students may encounter will enable them to deal with authentic problems in the future.
<b>Unit Learning Targets/Scaffolding to CPIs</b> Students will be building on health issues taught from K-2 and also to prepare for health in junior high school.
<b>Key Terms</b> Allow for individual opinions Be prepared for class Listen One person speaks at a time Participate Respect others Take care of surroundings Take your time on tests Work together
<b>Instructional Strategies</b> Lecture, class discussion, cooperative learning, questions and answer, role play, technology
<b>Customizing Learning/ Differentiation</b> Allow more time for students with disabilities Challenge gifted students Inter group according to ability level Intra group according to ability level
<b>Formative Assessments</b> Question and answer, tests, quizzes, projects
<b>Interdisciplinary Connections</b> Science Art Consumer education Literacy
<b>Resources</b> Web sites Videos Internet: <a href="http://www.uen.org/3-6interactives/health.shtml">http://www.uen.org/3-6interactives/health.shtml</a> <a href="http://www.fossweb.com/modules3-6/FoodandNutrition/index.html">http://www.fossweb.com/modules3-6/FoodandNutrition/index.html</a> <a href="http://yucky.discovery.com/teachercenter/pg000179.htm">http://yucky.discovery.com/teachercenter/pg000179.htm</a>
<b>Suggested Activities for Inclusion in Lesson Planning</b> D.A.R.E. program Character education/Role playing Work sheets Posters Internet Drawing Guest speakers
<b>Unit Timeline</b> 3 Weeks

## Differentiation & Real World Connections

504	<ul style="list-style-type: none"> <li>● preferential seating</li> <li>● extended time on tests and assignments</li> <li>● reduced homework or classwork</li> <li>● verbal, visual, or technology aids</li> </ul>	<ul style="list-style-type: none"> <li>● modified textbooks or audio-video materials</li> <li>● behavior management support</li> <li>● adjusted class schedules or grading</li> <li>● verbal testing</li> </ul>
Enrichment	<ul style="list-style-type: none"> <li>● Utilize collaborative media tools</li> <li>● Provide differentiated feedback</li> <li>● Opportunities for reflection</li> <li>● Opportunities for self-evaluation</li> </ul>	<ul style="list-style-type: none"> <li>● Encourage student voice and input</li> <li>● Model close reading</li> <li>● Distinguish long term and short term goals</li> </ul>
IEP	<ul style="list-style-type: none"> <li>● Utilize “skeleton notes” where some required information is already filled in for the student</li> <li>● Provide access to a variety of tools for responses</li> <li>● Provide opportunities to build familiarity and to practice with multiple media tools</li> <li>● Graphic organizers</li> </ul>	<ul style="list-style-type: none"> <li>● Leveled text and activities that adapt as students build skills</li> <li>● Provide multiple means of action and expression</li> <li>● Consider learning styles and interests</li> <li>● Provide differentiated mentors</li> </ul>
ELLs	<ul style="list-style-type: none"> <li>● Pre-teach new vocabulary and meaning of symbols</li> <li>● Embed glossaries or definitions</li> <li>● Provide translations</li> <li>● Connect new vocabulary to background knowledge</li> </ul>	<ul style="list-style-type: none"> <li>● Provide flash cards</li> <li>● Incorporate as many learning senses as possible</li> <li>● Portray structure, relationships, and associations through concept webs</li> <li>● Graphic organizers</li> </ul>
At-risk	<ul style="list-style-type: none"> <li>● Purposeful seating</li> <li>● Counselor involvement</li> <li>● Parent involvement</li> </ul>	<ul style="list-style-type: none"> <li>● Contracts</li> <li>● Alternate assessments</li> <li>● Hands-on learning</li> </ul>

**21st Century Skills**

<ul style="list-style-type: none"> <li>● Creativity</li> <li>● Innovation</li> <li>● Critical Thinking</li> </ul>	<ul style="list-style-type: none"> <li>● Problem Solving</li> <li>● Communication</li> <li>● Collaboration</li> </ul>
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**Integrating Technology**

<ul style="list-style-type: none"> <li>● Chromebooks</li> <li>● Internet research</li> <li>● Online programs</li> </ul>	<ul style="list-style-type: none"> <li>● Virtual collaboration and projects</li> <li>● Presentations using presentation hardware and software</li> </ul>
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**Career education**

- Weekly Discussions: The value of a healthy workforce.

- Equity Discussions: People who benefit from the practice?