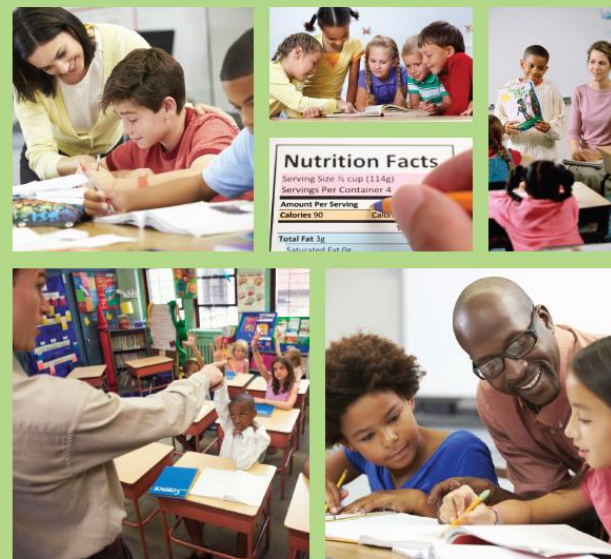


COLLABORATIVE CONFERENCE FOR STUDENT ACHIEVEMENT



Elementary Health Lesson Plans

ELEMENTARY HEALTH: *Integration is the Key*



 PUBLIC SCHOOLS OF NORTH CAROLINA State Board of Education | Department of Public Instruction

<http://hlnces.ncdpi.wikispaces.net/Materials+%26+Resources>





Lesson Plans

- Created by Health Education Experts and Classroom Teachers
- Integrates ELA and Mathematics into each lesson
- Free!
- <http://hlnces.ncdpi.wikispaces.net/Materials+%26+Resources>



Session Objectives

- Participants will understand the importance of teaching health in the elementary classroom.
- Participants will apply the integration of elementary health into math and ELA curriculum.
- Participants will evaluate the latest research on health and academics.

Why Health Education?

- Students like Health
- Captive Audience
- Healthy Children Learn Better

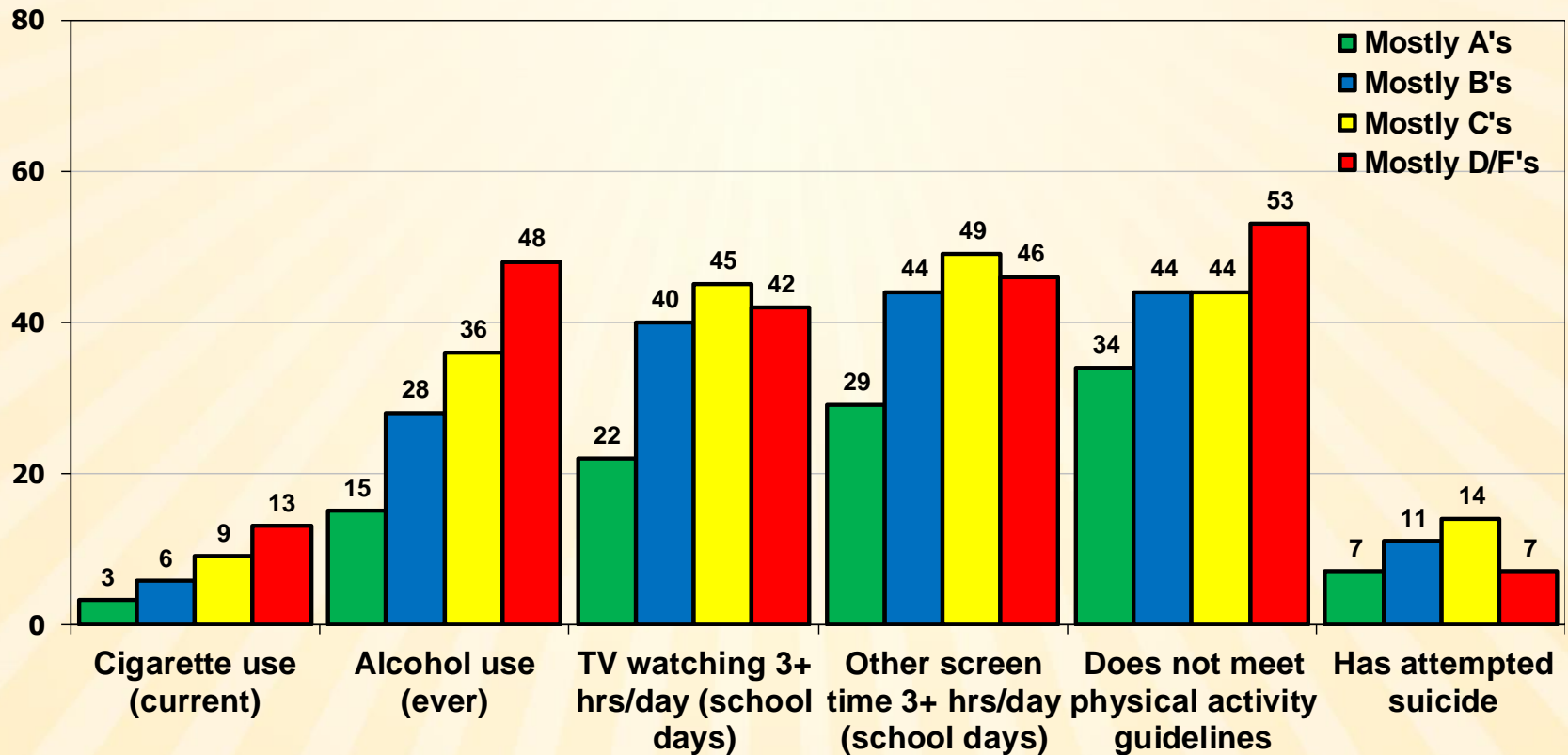


Why Health Education?

- 2013 YRBS Data



Health Risk Behaviors & Academic Grades NC Middle Schools 2013 YRBS





According to 2013 YRBS Data:

- What percentage of Middle School Students have ever had sex?
- What percentage of Middle School Students Have felt sad or hopeless?



According to 2013 YRBS Data:

- What percentage of Middle School Students have made a plan to kill them selves?
- What percentage of Middle School Students began to drink alcohol before 13?



According to 2013 YRBS Data:

- What percentage of Middle School Students have ridden in a car driven by someone who had been drinking alcohol?
- What percentage of Middle School Students have ever been bullied on school property?

According to 2013 YRBS Data:

- What percentage of Middle School Students have ever been the victim of teasing or name calling during the past 12 months because someone thought they were gay, lesbian, or bisexual?
- What percentage of Middle School Students were trying to lose weight?



According to 2013 YRBS Data:

- What percentage of Middle School Students played video or computer games or used a computer for something that is not school work three hours per day on an average school day.

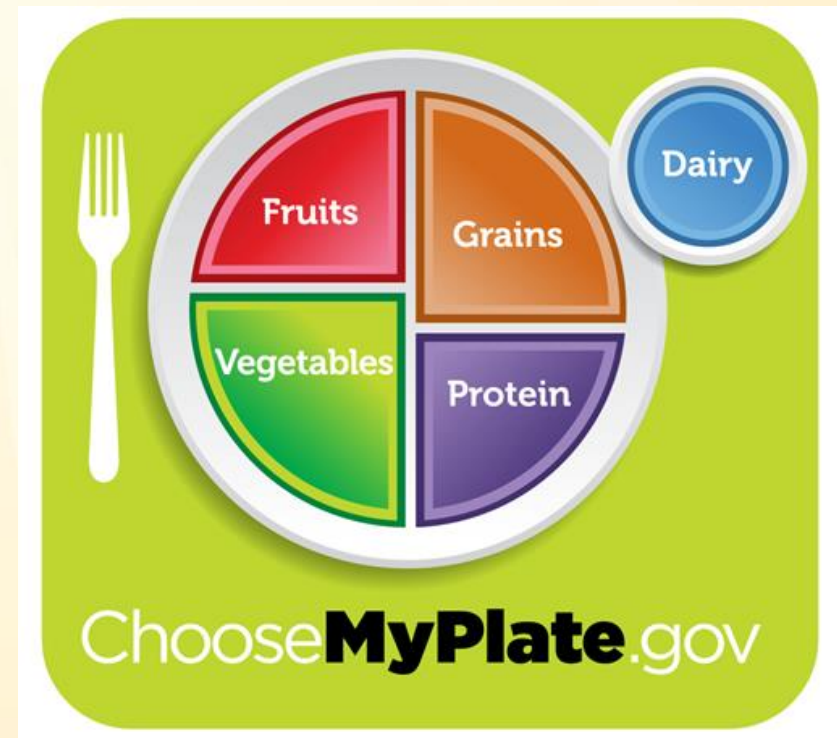
Elementary Healthy Lesson Plans

2.NPA.1.1

Recognize the interrelationship of parts of MyPlate

CCSS.Math.Content.2.G.3

Partition circles and rectangles into two, three, or four equal shares using the words halves, thirds, half of, a third of etc... and describe the whole as two halves, three thirds, four fourths. Recognize that equal shares of identical wholes need not have the same edge.



Paper Fold

1

2

$$\frac{4}{4} = 1$$

whole

3

4



$\frac{3}{4}$



Elementary Healthy Lesson Plans



[Alive with Five](#)

Elementary Healthy Lesson Plans

2.NPA.1.1

Recognize the interrelationship of parts of MyPlate

CCSS.Math.Content.2.MD.10

Draw a picture graph and a bar graph (with single-unit scale) to represent a data set with up to 4 categories. Solve simple put together, take apart, and compare problem using information presented in a bar graph.





Elementary Healthy Lesson Plans

Appendix C

What food groups did you enjoy at your last meal?

Fruit	Vegetable	Grain	Protein	Dairy
Total:	Total:	Total:	Total:	Total:



Elementary Healthy Lesson Plans

Appendix D

What food groups did you enjoy at your last meal?

20					
19					
18					
17					
16					
15					
14					
13					
12					
11					
10					
9					
8					
7					
6					
5					
4					
3					
2					
1					
	Fruit	Vegetable	Grain	Protein	Dairy

Elementary Healthy Lesson Plans

CCSS.ELA-Literacy.W.8.2.8

Recall information from experiences or gather information from provided sources to answer a question.

CCSS.Math.Content.2.0A.3

Determine whether a group of objects (up to 20) has an odd or even number of members e.g. by pairing objects or counting by 2's; write an equation to express an even number as a sum of two equal addends..





Elementary Healthy Lesson Plans

Appendix E

1. How many students ate from the fruit group at their last meal? _____
 - a. This is an odd / even number _____
2. How many students ate from the vegetable group at their last meal? _____
 - a. This is an odd / even number _____
3. How many students ate from the grains group at their last meal? _____
 - a. This is an odd / even number _____
4. How many students ate from the protein group at the last meal? _____
 - a. This is an odd / even number _____
5. How many students ate from the dairy group at their last meal? _____
 - a. This is an odd / even number _____
6. What group did students eat from the most?

7. What group did students eat from the least?

8. At your last meal, did you have a food from every group on your plate?

 - a. If no, what food group was missing? _____

Elementary Healthy Lesson Plans

3.PCH.3.1

Use methods for prevention of common unintentional injuries

CCSS.ELA-Literacy.RF.3.4b

Read grade-level prose and poetry orally with accuracy, appropriate rate, and expression on successive readings.



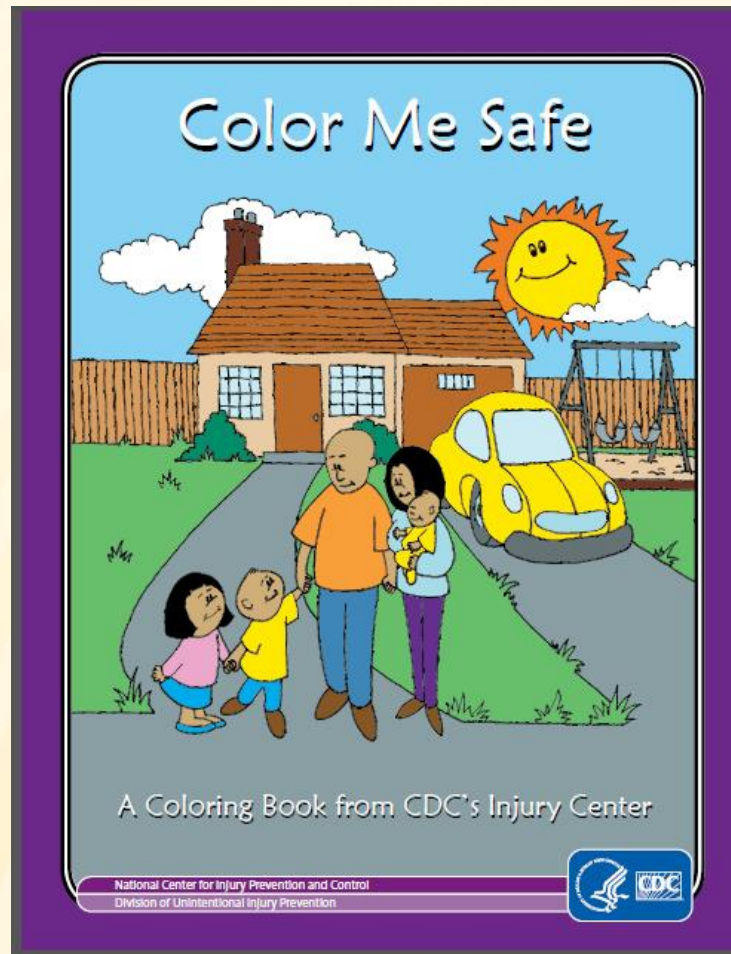
Elementary Healthy Lesson Plans

What is this a picture of?



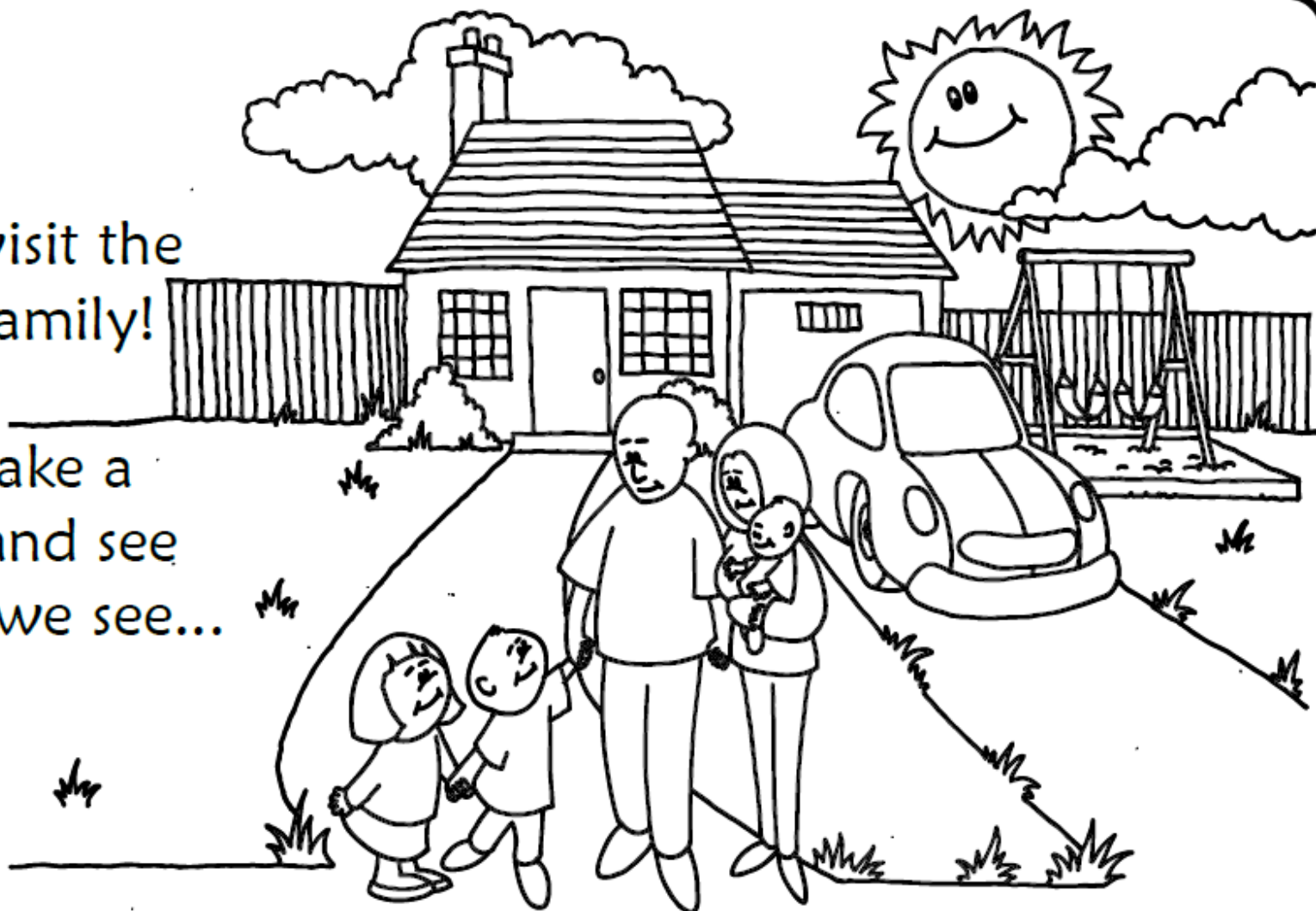
Should we have rules for this place?

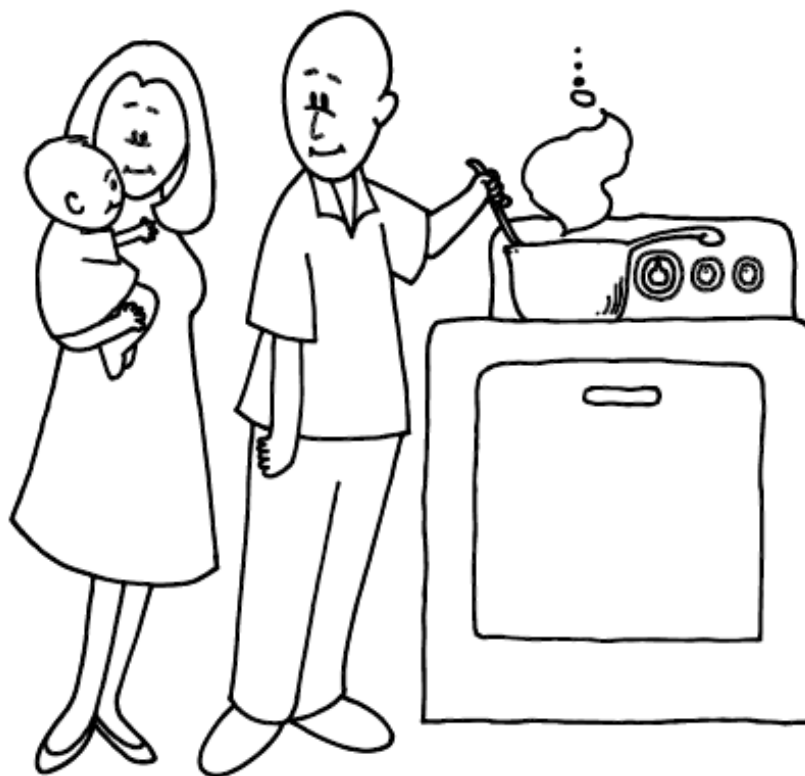
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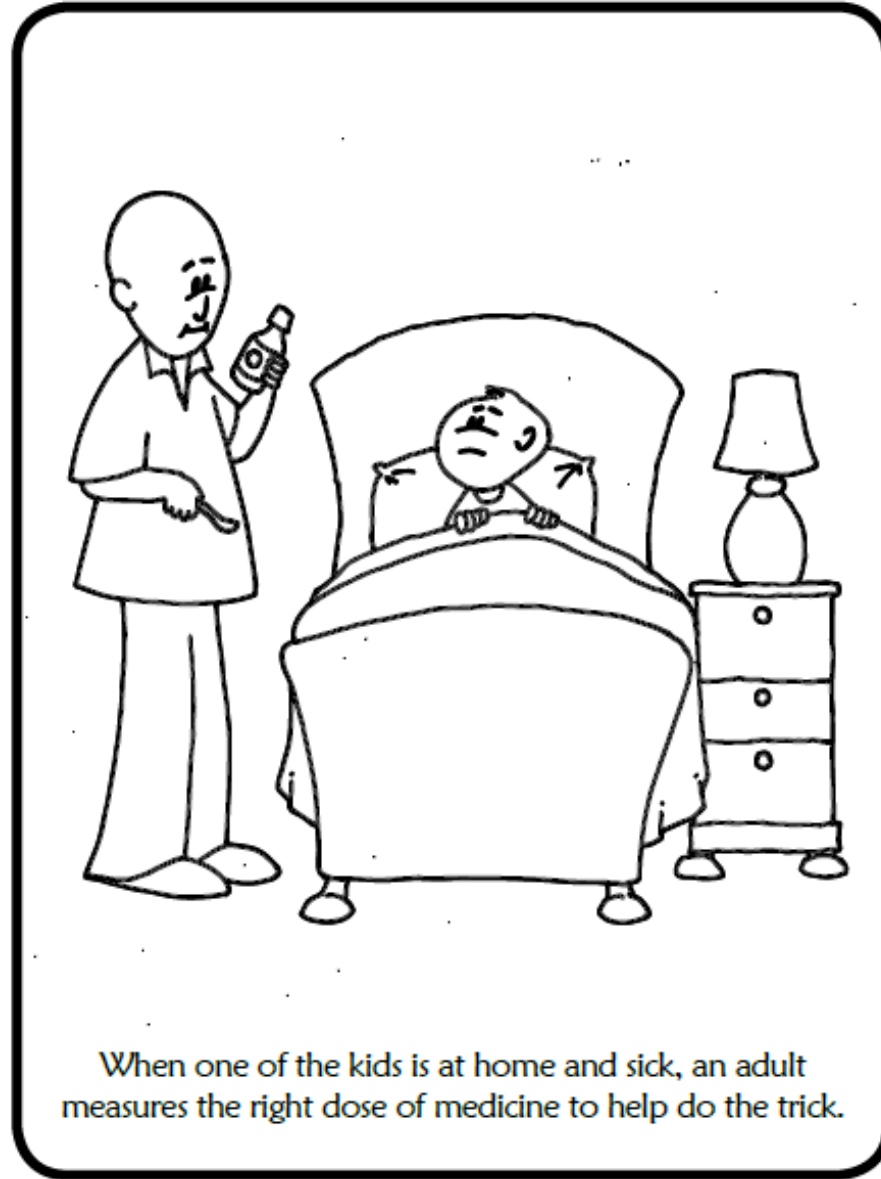
Let's visit the
Safe Family!

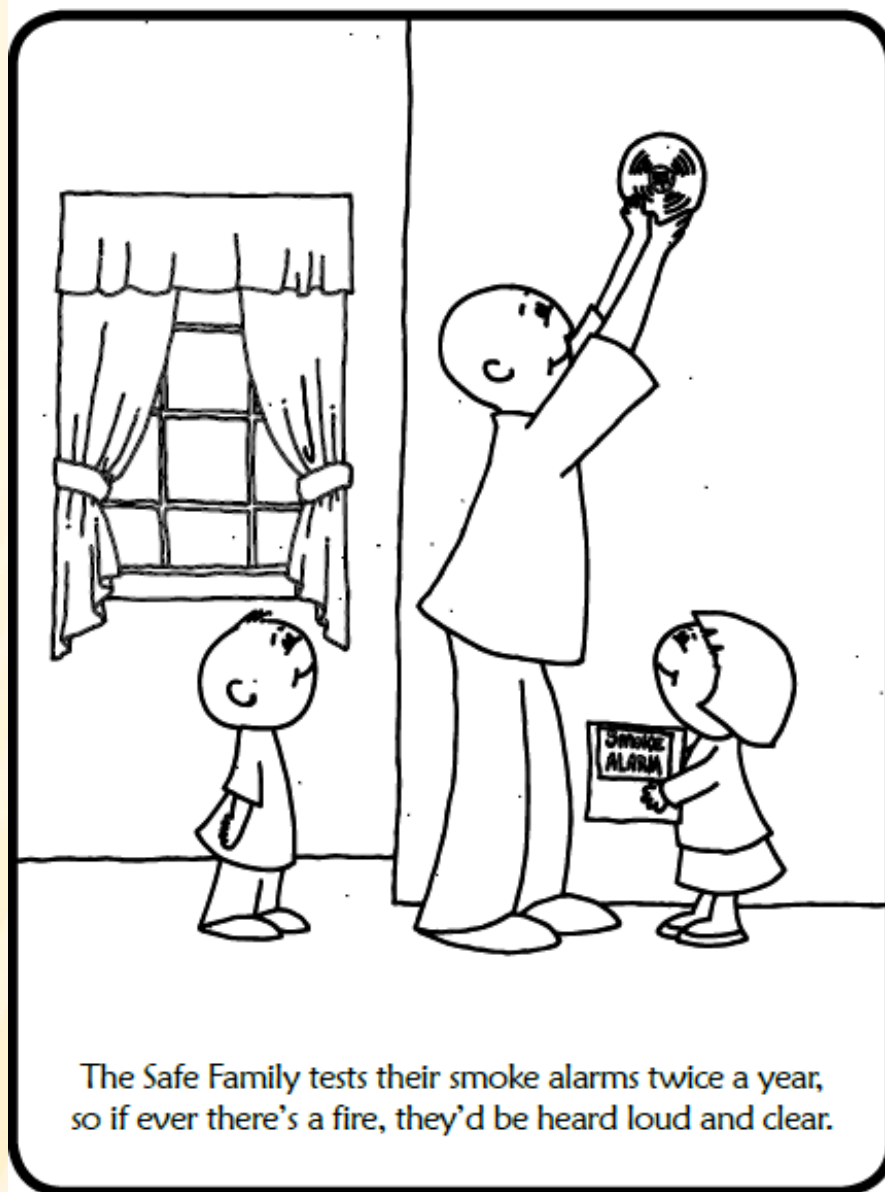
Let's take a
look and see
what we see...

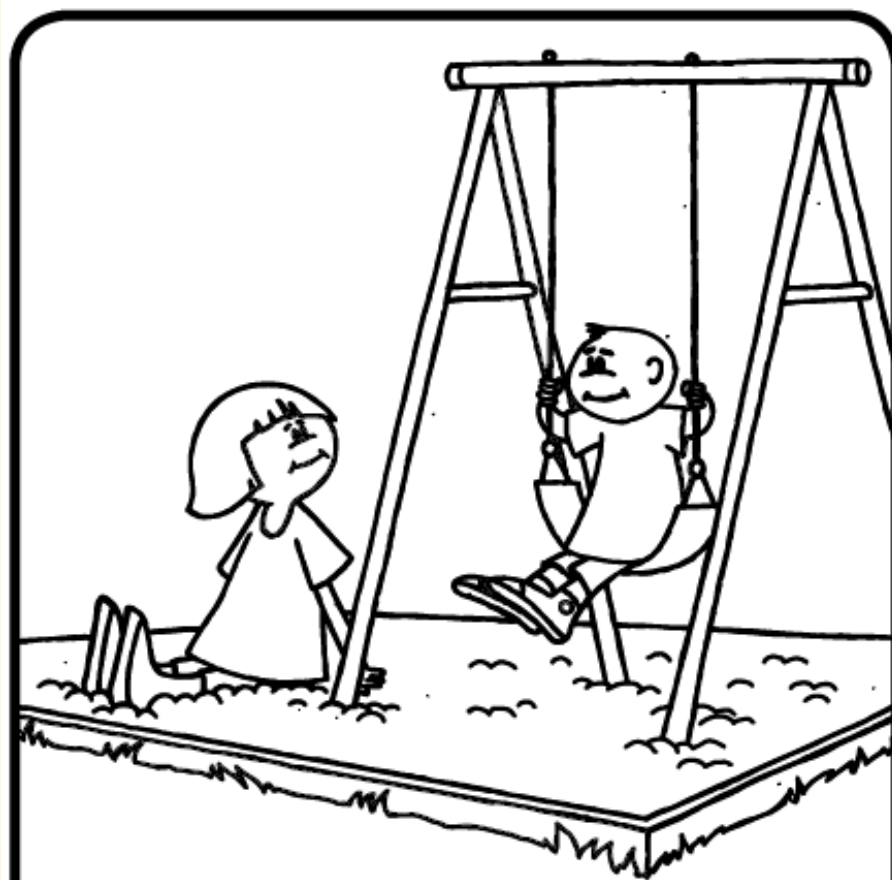




When food's on the stove and it's time for a meal,
cooking with care is part of the deal.







Under the swing set, there's something soft like sand or wood chips, you see? To keep the kids from getting hurt, like scraping a knee.



My Safe Family

Draw a picture of your own safe family!

Draw a picture of your Safe Family. Using words and pictures, use at least three of the safety methods from the booklet and two not listed in the booklet.

Elementary Healthy Lesson Plans

4.PCH.1.1

Use methods for prevention of common unintentional injuries.





CCSS.ELA-Literacy.SL.4.4

Report on a topic or text, tell a story, or recount an experience in an organized manner, using appropriate facts and relevant, descriptive details to support main ideas or themes; speak clearly at an understandable pace.



Elementary Healthy Lesson Plans

- www.kidshealth.org
- Asthma at the National Heart, Lung and Blood Institute
<http://www.nhlbi.nih.gov>
- Diabetes:
<http://www.nlm.nih.gov/medlineplus/diabetes.html>
- Epilepsy:
<http://www.nlm.nih.gov/medlineplus/epilepsy>
- Allergies:
<http://www.nlm.nih.gov/medlineplus/allergy.html>

Health Condition or Disease: _____	
<p>What is _____?</p> 	<p>Causes?</p> 
<p>Symptoms?</p> 	<p>Treatment?</p> 

Questions



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