

5th Healthy Bodies PBL- first trimester

Create a Scratch coded story to teach grade 4 about health and safety.	Skills/standards: Health	Identify healthy requirements for keeping teeth clean and healthy.
		Explain routines for keeping bodies clean and healthy.
		Give ways to have a Healthy mind: sleep, discussing feelings, mindfulness, stress relief
		List ways to limit over exposure to the sun.
	Content area of ELA	Research and find facts from two or more sources, citing sources
		Determine reliable sources
		Create a script that lists facts and shares supporting details
	Content Area: Coding	Include loops, speech, movement blocks to code the “story”
	21st century skill Communication	Speak clearly using appropriate tone, speed, and volume.
		Use vocabulary and descriptors that can be understood by the audience.
Give and receive constructive criticism.		

Standards:

Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself. read more

Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health. read more

Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks. read more

CCSS.ELA-LITERACY.RI.5.7

Draw on information from multiple print or digital sources, demonstrating the ability to locate an answer to a question quickly or to solve a problem efficiently.

Directions: You will choose 2 topics of interest. Watch the videos and read the articles about the topics.

Create a "one-pager" about each topic. See the photo album below for examples of one-pagers.

Copy the links for where you got the information in a citations area on your one-pager.

The "one-pager"s will be used to create your coded story for 4th graders and will be part of your grade.

One Pager Directions:

- 1. A one-pager is a single-page response to your reading. It is a way to be creative and experimental. It is a way to be brief and compressed.**

- 2. The purpose of a one-pager is to own what you are reading. We learn best when we can create our own patterns.**

- 3. A one-pager connects the verbal and the visual; it connects the ideas in what you read to your thoughts. It connects words and images.**

- 4. When you do a one-pager, do all of these:**
 - a. Pull out a quotation or two, using them to explore one of your own ideas, and write them on the page (perhaps using a different colored pen).**
 - b. Use visual images, to create a visual focus.**
 - c. Cluster around a dominant impression, feeling or thought you have while reading.**
 - d. Ask a question or two and answer it (them).**
 - e. Create the one-pager so that you will understand and remember what you read.**
 - f. Feel free to use colored pens or pencils.**

- 5. What not to do:**
 - a. Don't merely summarize.**
 - b. Don't be restricted by the lines on the paper. Use unlined paper.**
 - c. Don't think a half a page will do—make it clear with quotes and images.**

Sleep

<https://kidshealth.org/en/kids/not-tired.html>

Newsela: Sleep improves our memories and helps prevent brain diseases

Stress

Newsela: Schools across Georgia begin deep breathing program to reduce stress

<https://www.brennerchildrens.org/KidsHealth/Kids/Cancer-Center/Dealing-With-Feelings/The-Story-on-Stress.htm>

Flocabulary: mindfulness/stress

Sun Protection

Brainpop

<https://www.miamiherald.com/news/business/biz-monday/article231214688.html>

<https://kidshealth.org/en/parents/sun-safety.html>

Healthy Eating

https://youtu.be/Gmh_xMMJ2Pw

<https://www.choosemyplate.gov/kids>

Hygiene

Brainpop Hygiene

<https://www.freddyfit.co.uk/kids/articles/good-hygiene-habits.php>

<https://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=307&id=2146>

Flocabulary Hygiene

Teeth

Brainpop teeth

<https://www.dentalcare.com/en-us/patient-education/patient-materials/dental-care-for-children>

<https://kidshealth.org/en/kids/teeth-care.html>

Directions: Select 3 areas of interest from the topic list. Watch the videos/read the articles on Classpages about the topics. Take notes during or after your study. Copy and paste the links for where you got the information in your citations column. This notetaking sheet will be used to create your coded story for 4th graders.

Topic	Notes	Citations (copy and paste the link where you got your information)
Basic Hygiene		
Teeth		
Sun protection		
Stress/Mental Health		
Sleep		
Healthy eating		