

Health Curriculum Guide Grades 3-4

2020-2021

Approved by the Burch Charter School of Excellence Board of Trustees

August 2020

MISSION STATEMENT OF BURCH CHARTER SCHOOL OF EXCELLENCE:

Burch Charter School of Excellence (BCSE) was founded in September, 2008. Our primal mission is to enable students to reach their intellectual and personal potential. We strive to instill integrity and respect in our students' in partnership with families and the community. We maintain a blended learning environment that enhances positive character traits that ensures our students become productive 21st century world citizens. The Burch Charter School of Excellence, a public school, is committed to providing best practices for educating our students in an environment that enables them to develop into critical thinkers that evolve into digital, life-long learners. Our curriculum emphasizes literacy and mathematics infused with technology.

We believe:

- Our students will be effective communicators, quality producers, self-directed lifelong learners, community contributors, collaborative workers and complex thinkers;
- All students are entitled to opportunities to maximize their talents and abilities;
- Our ethnic and cultural diversity is our strength and prepares students for success in a global society;
- Setting high expectations for students, teachers and administrators ensures that our students successfully meet or exceed the New Jersey Student Learning Standards at all grade levels;
- Parents are essential partners in the education of their children;
- Maintaining a strong partnership with the Irvingtong community is integral to student success;
- Understanding, implementing and responding to current trends in technology is intrinsic to success in a 21st century world; In ensuring that the district has a well-trained, highly qualified and competent staff; In maintaining a safe and secure learning environment.

The underlying values and principles that drive our mission and vision are our personal responsibility, a strong work ethic, cooperation, respect for others, honesty, integrity and the firm belief that every child can learn.

Health Domains:

Wellness

Personal Growth and Development

Nutrition

Disease and Conditions

Safety

Social and Emotional Health

Integrated Skills

Interpersonal Communication

Decision Making and Goal Setting

Character Development

Advocacy and Service

Health Services and Information

Drugs and Medicine

Medicine

Alcohol, Tobacco, and Other Drugs

Dependency/Addiction and Treatment

Human Relationships and Sexuality

Relationships

Sexuality

Pregnancy and Parenting

Practices:

- · Maintains physical, social, and emotional health by practicing healthy behaviors and goal setting.
- Engages in a physically active lifestyle.
- Is knowledgeable about health and wellness and how to access health resources.
- Recognizes the influence of media, technology, and culture in making informed health-related decisions as a consumer of health products and services.
- Practices effective cross-cultural communication, problem solving, negotiation, and conflict resolution skills.
- Is accepting and respectful of individual and cultural differences.
- · Advocates for personal, family, community, and global wellness and is knowledgeable about national and international public health and safety issues.

PACING CHART

Unit	Theme	Time Frame
1	Safety	10 days
2	Character Development	15 days
3	Social and Emotional Health	10 days
4	Personal Growth and Development	15 days
5	Nutrition	20 days
6	Diseases and Conditions	20 days
7	Advocacy and Service	15 days
8	Decision Making and Goal Setting	15 days
9	Interpersonal Communication	5 days
10	Relationships	15 days
11	Sexuality, Parenting and Pregnancy	10 days
12	Medicines	5 days
13	Alcohol Tobacco and Drugs, Dependency Addiction	10 days
14	Health Services and Information	5 days
	Total	170 days

Educational Technology

Indicators: 8.1.5.A.1, 8.1.5.D.3, 8.1.5.D.4, 8.1.5.E.1

- Select and use the appropriate digital tools and resources to accomplish a variety of tasks including solving problems. (Unit 3, Unit 8, Unit 14)
- Demonstrate an understanding of the need to practice cyber safety, cyber security, and cyber ethics when using technologies and social media. (Unit 1, Unit 7, Unit 10)
- Understand digital citizenship and demonstrate an understanding of the personal consequences of inappropriate use of technology and social media. (Unit 2, Unit 4, Unit 9)
- Use digital tools to research and evaluate the accuracy of, relevance to, and appropriateness of using print and non-print electronic information sources to complete a variety of tasks. (Unit 5, Unit 6, Unit 11, Unit 12, Unit 13)

21st Century Life and Careers Skills

Indicators: 9.2.4.A.1, 9.2.4.A.2, 9.2.4.A.3, 9.2.4.A.4, 9.1.4.B.2

- Identify reasons why people work, different types of work, and how work can help a person achieve personal and professional goals. (Unit 3, Unit 7, Unit 8)
- Identify various life roles and civic and work-related activities in the school, home, and community. (Unit 12, Unit 13, Unit 14)
- Investigate both traditional and nontraditional careers and relate information to personal likes and dislikes. (Unit 4, Unit 9, Unit 10) ☐ Identify age-appropriate financial goals. (Unit 1, Unit 2, Unit 8, Unit 11)
- Explain why knowledge and skills acquired in the elementary grades lay the foundation for future academic and career success. (Unit 5, Unit 6)

Career Ready Practices

Indicators: CRP3, CRP4, CRP8

- Attend to personal health and well-being. (Unit 3, Unit 4, Unit 5, Unit 11, Unit 12)
- Communicate clearly and effectively and with reason. (Units 1-12)
- Utilize critical thinking to make sense of problems and persevere in solving them. (Unit 4, Unit 8, Unit 9)

Grade: 3-4	Content: Health Education	
Domain: Safety		Time Frame: 2-3 Weeks

- 2.1 Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
- 2.1.4.D.1 Determine the characteristics of safe and unsafe situations and develop strategies to reduce the risk of injuries at home, school, and in the community (e.g., fire safety, poison safety, accident prevention).
- $2.1.4. D.2 \ Summarize the various forms of abuse and ways to get help.$
- 2.1.4.D.3 Examine the impact of unsafe behaviors when traveling in vehicles, as a pedestrian, and when using other modes of transportation.
- 2.1.4.D.4 Demonstrate simple first-aid procedures for choking, bleeding, burns, and poisoning.

Essential Questions	Enduring Understandings
What is the difference between healthy and unhealthy risks? Why do we sometimes take risks that can cause harm to yourself and others?	Being consistently aware of the environment and taking safety precautions can reduce the risk of injury to oneself and others.

Grade 3 Skills	Grade 4 Skills
Students will be able to:	Students will be able to:
 Sun safety, bicycle safety, water safety First aid, Accident Prevention Personal safety Stranger safety Fire Prevention 	BullyingOpen Circle

Vocabulary Resources Assessment/Project

Safety Prevention Stranger Bully Risk Harm Bystander Up-stander	PE Central www.pecentral.com AAHPERD http://www.aahperd.com/ SHAPE America http://www.shapeamerica.org/ Discovery Health http://www.Discoveryeducation.com	Formative Assessments: Teacher observations (Pair-Share, Q and A) Visual skills checklist Teacher rubric Open Ended Questions Lesson Check Classroom Discussion
		Summative Assessments: Unritten Test Performance Test Peer Assessment
		For Special Education students refer to accommodations and modifications indicated in IEP. For 504 students refer to accommodations indicated in 504 plan. ELL students should receive extended time, word to word dictionary, directions read aloud and/or clarified when needed.

	Differentiated Instruction	Interdisciplinary Connections
At Risk Students	Enrichment, Gifted and Talented	
 Reteach/peer teaching activities Repeat, clarify, or reword directions Short manageable tasks Small group instruction Fewer skills spread out over a longer period of time Structured groups Assign students a bilingual or English-speaking study buddy Modifications in group size Give students more wait time: at least 15-20 seconds Repeat and rephrase often Translated/modified materials 	 Enrichment Activities Advanced Learner Activities Independent student options Open-ended activities Cross-curricular activities Compare, contrast, and analyze health statistics Teach and demonstrate skills to other students Monitor subgroup of students Peer leadership 	□ SL.3.1.b Follow agreed-upon rules for discussions. (e.g., gaining the floor in respectful ways, listening to others with care, speaking one at a time about the topics and texts under discussion). SL.4.1.b Follow agreed-upon rules for discussions and carry out assigned roles. 6.1.4.D.13 Describe how culture is expressed through and influenced by the behavior of people.

	Differentiated Instruction				
	ELL				
Entering	Beginning	Developing			
Ask yes or no questions (i.e. Is this a question, Does this?) Use "point to", "circle", "find", "show me", "draw", "match". Teach basic survival English, such as "bathroom", "lunch", "home". Help the student to learn the classroom and school routines. Use visuals such as pictures, gestures, and pointing. Create "I need" cards for student to hold up when he or she needs something. Use a student buddy, if possible someone with the same language.	Ask students to categorize objects. Provide books and audiobooks with patterned sentence structure and pictures. Use bilingual picture dictionary and have students create personal illustrated dictionaries. Label objects around the room and around the school in English and other languages. Use a student buddy, if possible someone with the same language.	Ask literal questions-who, when, where, what. Ask questions with 1-3 word answers. Ask questions with an either/or option. Ask students to list, name, tell, which, categorize, draw, label, or create. Teach explicit phonemic awareness, phonic rules, and skills. Provide sentence and answer frames. Ask the student to write a sentence or so to describe a picture.			

Expanding	Bridging		Reaching
 Ask how and why questions. Check for understanding by asking students to tell you what	 Ask how and why questions. Ask student to tell "what would happen if questions, Tell me as much as you can		Ask student to tell about, describe, or explain. Ask student to explain similarities and
something means. Students can paraphrase the assignment to you.	about" Check for understanding of academic vocabulary.	0	differences. As student to tell "Why do you think?" or "What would you
Ask student to tell about, describe, explain.	Give the student a list of target words for each unit of study.		recommend?" Make modifications to assignments and tests as necessary.
Encourage students to use full sentences.	Explicit instruction on function words (i.e.		Students should have a list of target words for each unit of study. Help with
Make modifications to assignments and tests, so the student will not be overwhelmed.	"however", "moreover", "in contrast", etc.)		writing skills as they will continue to need assistance with selfediting, especially syntax and word usage.
Provide sentence frames showing use of transition words.			

Differentiated Instruction		
Special Education	504	
 Extra time for assigned tasks Communication system between home and school Provide a warning for transitions Buddy students with peers Provide immediate feedback Visual and verbal reminders 	 Adjust length of assignment Communication system between home and school Repeat clarify or reword directions Small group instruction Brief concrete directions Provide immediate feedback Visual graphic organizers 	

Grade: 3-4	Content: Health Education	
Domain: Character Development		Time Frame: 2-3 Weeks

- 2.2 Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.
- 2.2.4.C.1 Determine how an individual's character develops over time and impacts personal health.
- 2.2.4.C.2 Explain why core ethical values (such as respect, empathy, civic mindedness, and good citizenship) are important in the local and world community.
- 2.2.4.C.3 Determine how attitudes and assumptions toward individuals with disabilities may negatively or positively impact them

Essential Questions	Enduring Understandings	
How are character and health related? What aspects of our character can be changed?	Character can be developed and supported through individual and group activities, the influence of positive role models and involvement in community	
To what extend do outside influences shape values? How are character and health related?	service. Character is who you are when no one is looking	
Grade 3 Skills	Grade 4 Skills	
 Character traits Core ethical values- trustworthiness, responsibility, respect, caring, justice, fairness, civic virtue, and citizenship. Character positively and individual and group 	• Bullying, smoking, healthy lifestyle • Refusal skills, bystander behavior, • Open Circle	

Vocabulary	Resources	Assessment/Project
Character Ethics Trustworthiness Responsibility Respect Caring Justice Fairness Civic virtue Citizenship Refusal Bully Bystander Up-stander	PE Central www.pecentral.com AAHPERD http://www.aahperd.com/ SHAPE America http://www.shapeamerica.org/ Discovery Health http://www.Discoveryeducation.com	Formative Assessments: Teacher observations (Pair-Share, Q and A) Visual skills checklist Teacher rubric Open Ended Questions Lesson Check Classroom Discussion Summative Assessments: Written Test Performance Test Peer Assessment Alternative Assessment: For Special Education students refer to accommodations and modifications indicated in IEP. For 504 students refer to accommodations indicated in 504 plan. ELL students should receive extended time, word to word dictionary, directions read aloud and/or clarified when needed.

Differen	Interdisciplinary Connections	
At Risk Students	Enrichment, Gifted and Talented	
 Reteach/peer teaching activities Repeat, clarify, or reword directions Short manageable tasks Small group instruction Fewer skills spread out over a longer period of time Structured groups Assign students a bilingual or Englishspeaking study buddy Modifications in group size Give students more wait time: at least 15-20 seconds Repeat and rephrase often Translated/modified materials 	 Enrichment activities Advanced learner activities Independent student options Open-ended activities Cross-curricular activities Compare, contrast, and analyze health statistics Teach and demonstrate skills to other students Monitor subgroup of students Peer leadership 	□ SL.3.1.B Follow agreed-upon rules for discussions. (e.g., gaining the floor in respectful ways, listening to others with care, speaking one at a time about the topics and texts under discussion). SL.4.1.b Follow agreed-upon rules for discussions and carry out assigned roles. 6.1.4.D.13 Describe how culture is expressed through and influenced by the behavior of people.

		Differentiated Instruction			
ELL					
Entering	g	Beginning	Developing		
Ask yes or no quest question, Does this Use "point to", "cir "show me", "draw' Teach basic surviva as "bathroom", "lu Use visuals such as gestures, and point Create "I need" car hold up when he o something. Use a student budd someone with the	s?) rcle", "find", ", "match". al English, such unch", "home". s pictures, iting. rds for student to or she needs dy, if possible	Provide books and audiobooks with patterned sentence structure and pictures. Use bilingual picture dictionary and have students create personal illustrated dictionaries. Label objects around the room and around the school in English and other languages.	Ask literal questions-who, when, where, what. Ask questions with 1-3 word answers. Ask questions with an either/or option. Ask students to list, name, tell, which, categorize, draw, label, or create. Teach explicit phonemic awareness, phonic rules, and skills. Provide sentence and answer frames. Ask the student to write a sentence or so to describe a picture.		

	Expanding	Bridging	Reaching
0	Ask how and why questions. Check for understanding by asking students to tell you what something means.	 Ask how and why questions. Ask student to tell "what would happen if questions, Tell me as much as you can about" Check for understanding of academic	 Ask student to tell about, describe, or explain. Ask student to explain similarities and differences.
	Students can paraphrase the assignment to you.	vocabulary.	As student to tell "Why do you think?" or "What would you
	Ask student to tell about, describe, explain.	Give the student a list of target words for each unit of study.	recommend?" Make modifications to assignments and tests as necessary.
	Encourage students to use full sentences.	Explicit instruction on function words (i.e. "however", "moreover", "in contrast",	Students should have a list of target words for each unit of study.
	Make modifications to assignments and tests, so the student will not be overwhelmed.	etc.)	Help with writing skills as they will continue to need assistance with selfediting, especially syntax and word
	Provide sentence frames showing use of transition words.		usage.

Differentiated Instruction				
Special Education	504			
Extra time for assigned tasks Communication system between home and school Provide a warning for transitions Buddy students with peers Provide immediate feedback Visual and verbal reminders	 Adjust length of assignment Communication system between home and school Repeat clarify or reword directions Small group instruction Brief concrete directions Provide immediate feedback Visual graphic organizers 			

Grade: 3-4	Content: Health Education	
Domain: Social and Emotional Health		Time Frame: 2-3 Weeks

- 2.1 Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
- 2.1.4.E.1 Compare and contrast how individuals and families attempt to address basic human needs.
- 2.1.4.E.2 Distinguish among violence, harassment, gang violence, discrimination, and bullying and demonstrate strategies to prevent and resolve these types of conflicts.
- 2.1.4.E.3 Determine ways to cope with rejection, loss, and separation.
- 2.1.4.E.4 Summarize the causes of stress and explain ways to deal with stressful situations.

Essential Questions	Enduring Understandings
☐ How can you learn to like yourself and others?	 Developing self-esteem, resiliency, tolerance, and coping skills support social and emotional health.
Grade 3 Skills	Grade 4 Skills
Students will be able to:	Students will be able to:
 Bullying Basic human needs Conflict resolution Violence Vandalism Harassment Emotions and culture Stereotypes Rejection, loss, and separation Suicide Prevention 	 Bullying Conflict resolution Violence Harassment Vandalism Stereotypes

	Vocabulary	Resources	Assessment/Project
Vanda Harass Emoti Sterec Reject Loss Separa	ct ice Prevention ilism sment ons otypes cion	 PE Central www.pecentral.com AAHPERD http://www.aahperd.com/ SHAPE America http://www.shapeamerica.org/ Discovery Health http://www.Discoveryeducation.com 	Formative Assessments: Teacher observations (Pair-Share, Q and A) Visual skills checklist Teacher rubric Open Ended Questions Lesson Check Classroom Discussion Summative Assessments: Writte n Test Performance Test Peer Assessment Alternative Assessment: For Special Education students refer to accommodations and modifications indicated in IEP. For 504 students refer to accommodations indicated in 504 plan. ELL students should receive extended time, word to word dictionary, directions read aloud and/or clarified when needed.

	Differ	Interdisciplinary Connections	
	At Risk Students	Enrichment, Gifted and Talented	
000	Reteach/peer teaching activities Repeat, clarify, or reword directions Short manageable tasks	 Enrichment Activities Advanced Learner Activities Independent student options 	☐ SL.3.1.b Follow agreed-upon rules for discussions. (e.g., gaining the floor in respectful ways, listening to others with
	Small group instruction Fewer skills spread out over a longer period of time Structured groups Assign students a bilingual or Englishspeaking study buddy Modifications in group size Give students more wait time: at least 15-20 seconds Repeat and rephrase often Translated/modified materials	Open-ended activities Cross-curricular activities Compare, contrast, and analyze health statistics Teach and demonstrate skills to other students Monitor subgroup of students Peer leadership	care, speaking one at a time about the topics and texts under discussion). SL.4.1.b Follow agreed-upon rules for discussions and carry out assigned roles. 6.1.4.D.13 Describe how culture is expressed through and influenced by the behavior of people.

Differentiated Instruction					
ELL					
Entering	Beginning	Developing			
Ask yes or no questions (i.e. Is this a question, Does this?) Use "point to", "circle", "find", "show me", "draw", "match". Teach basic survival English, such as "bathroom", "lunch", "home". Use visuals such as pictures, gestures, and pointing. Create "I need" cards for student to hold up when he or she needs something. Use a student buddy, if possible someone with the same language.	Ask students to categorize objects. Provide books and audiobooks with patterned sentence structure and pictures. Use bilingual picture dictionary and have students create personal illustrated dictionaries. Label objects around the room and around the school in English and other languages. Use a student buddy, if possible someone with the same language.	Ask literal questions-who, when, where, what. Ask questions with 1-3 word answers. Ask questions with an either/or option. Ask students to list, name, tell, which, categorize, draw, label, or create. Teach explicit phonemic awareness, phonic rules, and skills. Provide sentence and answer frames. Ask the student to write a sentence or so to describe a picture.			
Expanding	Bridging	Reaching			
Ask how and why questions. Check for understanding by asking students to tell you what something	 Ask how and why questions. Ask student to tell "what would happen if questions, Tell me as much as you can about" 	☐ Ask student to tell about, describe, or explain. ☐ Ask student to explain similarities			

means. Students can paraphrase the assignment	 Check for understanding of academic vocabulary. 	and differences. As student to tell "Why do you
to you. Ask student to tell about, describe,	Give the student a list of target words for each unit of study.	think?" or "What would you recommend?"
explain.	☐ Explicit instruction on function words (i.e.	Make modifications to assignments
Encourage students to use full sentences. Make modifications to assignments and	"however", "moreover", "in contrast", etc.)	and tests as necessary. Students should have a list of
tests, so the student will not be overwhelmed. Provide sentence frames showing use of transition words.		target words for each unit of study. Help with writing skills as they will continue to need assistance with self-editing,
		especially syntax and word usage.

Differentiated Instruction			
Special Education	504		
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Grade: 3-4	Content: Health Education	
Domain: Personal Growth and Development	Time Frame: 3-4 Weeks	
New Jersey Student Learning Standards:		
 2.1 Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle. 2.1.4.A.1 Explain the physical, social, emotional, and mental dimensions of personal wellness and how they interact. 2.1.4.A.2 Determine the relationship of personal health practices and behaviors on an individual's body systems. 		

Essential Questions		Enduring Understandings
What are the consequences (especially un in terms of wellness?	foreseen) of our choices	 Current and future personal Wellness is dependent upon applying health related concepts and skills in everyday lifestyle behaviors.

Grade 3 Skills	Grade 4 Skills
Students will be able to:	Students will be able to:
 Bullying, comfortable and uncomfortable touching, wellness triangle, peer pressure, open circle 	 Respiratory and circulatory systems regarding smoking and alcohol, eating healthy and exercising.
Universal precautions	
• Smoking	

Vocabulary	Resources	Assessment/Project
Wellness Smoking Circulatory system Respiratory system Peer pressure Bullying Alcohol Tobacco Exercise Hygiene Lifestyle	PE Central www.pecentral.com AAHPERD http://www.aahperd.com/ SHAPE America http://www.shapeamerica.org/ Discovery Health http://www.Discoveryeducation.com	Formative Assessments: Teacher observations (Pair-Share, Q and A) Visual skills checklist Teacher rubric Open Ended Questions Lesson Check Classroom Discussion Summative Assessments: Written Test Performance Test Peer Assessment Alternative Assessment: For Special Education students refer to accommodations and modifications indicated in IEP. For 504 students refer to accommodations indicated in 504 plan. ELL students should receive extended time, word to word dictionary, directions read aloud and/or clarified when needed.

Differ	Interdisciplinary Connections	
At Risk Students	Enrichment, Gifted and Talented	
Reteach/peer teaching activities Repeat, clarify, or reword directions Short manageable tasks Small group instruction Fewer skills spread out over a longer period of time Structured groups Assign students a bilingual or Englishspeaking study buddy Modifications in group size Give students more wait time: at least 15-20 seconds Repeat and rephrase often Translated/modified materials	 Enrichment Activities Advanced Learner Activities Independent student options Open-ended activities Cross-curricular activities Compare, contrast, and analyze health statistics Teach and demonstrate skills to other students Monitor subgroup of students Peer leadership 	SL.3.1.b Follow agreed-upon rules for discussions. (e.g., gaining the floor in respectful ways, listening to others with care, speaking one at a time about the topics and texts under discussion). SL.4.1.b Follow agreed-upon rules for discussions and carry out assigned roles. 6.1.4.D.13 Describe how culture is expressed through and influenced by the behavior of people.

Differentiated Instruction			
ELL			
Entering	Beginning	Developing	
Ask yes or no questions (i.e. Is this a question, Does this?) Use "point to", "circle", "find", "show me", "draw", "match". Teach basic survival English, such as "bathroom", "lunch", "home". Use visuals such as pictures, gestures, and pointing. Create "I need" cards for student to hold up when he or she needs something. Use a student buddy, if possible someone with the same language.	Ask students to categorize objects. Provide books and audiobooks with patterned sentence structure and pictures. Use bilingual picture dictionary and have students create personal illustrated dictionaries. Label objects around the room and around the school in English and other languages. Use a student buddy, if possible someone with the same language.	Ask literal questions-who, when, where, what. Ask questions with 1-3 word answers. Ask questions with an either/or option. Ask students to list, name, tell, which, categorize, draw, label, or create. Teach explicit phonemic awareness, phonic rules, and skills. Provide sentence and answer frames. Ask the student to write a sentence or so to describe a picture.	

Ask how and why questions. Ask how and why questions.	☐ Ask student to tell about,
Check for understanding by asking students to tell you what something means. Students can paraphrase the assignment to you. Ask student to tell about, describe, explain. Encourage students to use full sentences. Make modifications to assignments and tests, so the student will not be overwhelmed. Provide sentence frames showing use of transition words. Ask student to tell "what would happen if questions, Tell me as much as you can about" Check for understanding of academic vocabulary. Give the student a list of target words for each unit of study. Explicit instruction on function words (i.e. "however", "moreover", "in contrast", etc.)	describe, or explain. Ask student to explain similarities and differences. As student to tell "Why do you think?" or "What would you recommend?" Make modifications to assignments and tests as necessary. Students should have a list of target words for each unit of study. Help with writing skills as they will continue to need assistance with self-editing, especially syntax and word

Differentiated Instruction		
Special Education	504	
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Grade: 3-4	Content: Health Education	
Domain: Nutrition		Time Frame: 3-4 Weeks

- 2.1 Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
- 2.1.4.B.1 Explain how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems functioning effectively.
- 2.1.4.B.2 Differentiate between healthy and unhealthy eating practices.
- 2.1.4.B.3 Create a healthy meal based on nutritional content, value, calories, and cost.
- 2.1.4.B.4 Interpret food product labels based on nutritional content.

Essential Questions	Enduring Understandings
☐ What makes a food healthy? ☐ How does one determine appropriate portion sizes?	There are many short and long term health benefits and risks associated with nutritional choices.

Grade 3 Skills	Grade 4 Skills
	 Healthy and Unhealthy eating patterns Short Term and Long term health Benefits Risks associated with nutritional choices Food Groups Food Sources Nutritional Content Food Labels Diet Planning Food Used as Energy

Vocabulary	Resources	Assessment/Project
Food Group Nutrient Food Label Calorie Diet Carbohydrates Fats Nutrient Dense Serving Size Essential Nutrients	PE Central www.pecentral.com AAHPERD http://www.aahperd.com/ SHAPE America http://www.shapeamerica.org/ Discovery Health http://www.Discoveryeducation.com	Formative Assessments: Teacher observations (Pair-Share, Q and A) Visual skills checklist Teacher rubric Open Ended Questions Lesson Check Classroom Discussion Summative Assessments: Written Test Performance Test Peer Assessment Alternative Assessment: For Special Education students refer to accommodations and modifications indicated in IEP. For 504 students refer to accommodations indicated in 504 plan. ELL students should receive extended time, word to word dictionary, directions read aloud and/or clarified when needed.

Differen	Interdisciplinary Connections	
At Risk Students	Enrichment, Gifted and Talented	
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Differentiated Instruction ELL				
Entering	Beginning	Developing		
Ask yes or no questions (i.e. Is this a question, Does this?) Use "point to", "circle", "find", "show me", "draw", "match". Teach basic survival English, such as "bathroom", "lunch", "home". Use visuals such as pictures, gestures, and pointing. Create "I need" cards for student to hold up when he or she needs something. Use a student buddy, if possible someone with the same language.	Ask students to categorize objects. Provide books and audiobooks with patterned sentence structure and pictures. Use bilingual picture dictionary and have students create personal illustrated dictionaries. Label objects around the room and around the school in English and other languages. Use a student buddy, if possible someone with the same language.	Ask literal questions-who, when, where, what. Ask questions with 1-3 word answers. Ask questions with an either/or option. Ask students to list, name, tell, which, categorize, draw, label, or create. Teach explicit phonemic awareness, phonic rules, and skills. Provide sentence and answer frames. Ask the student to write a sentence or so to describe a picture.		

	Expanding	Bridging		Reaching
• 🗆	Ask how and why questions. Check for understanding by asking students to tell you	 Ask how and why questions. Ask student to tell "what would happen if questions, Tell me as much as you can 	П	Ask student to tell about, describe, or explain. Ask student to explain similarities
	what something means. Students can paraphrase the	about" Check for understanding of academic vocabulary.		and differences. As student to tell "Why do you
	assignment to you. Ask student to tell about, describe,	Give the student a list of target words for each unit of study.		think?" or "What would you recommend?"
• 🛮	explain. Encourage students to use full sentences. Make modifications to	☐ Explicit instruction on function words (i.e. "however", "moreover", "in contrast", etc.)	_	Make modifications to assignments and tests as necessary.
	assignments and			Students should have a list of
	tests, so the student will not be overwhelmed. Provide sentence frames showing use of transition words.			target words for each unit of study. Help with writing skills as they will continue to need assistance with self-editing, especially syntax and word
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Differentiated	Differentiated Instruction		
Special Education	504		
Extra time for assigned tasks Communication system between home and school Provide a warning for transitions Buddy students with peers Provide immediate feedback Visual and verbal reminders	 Adjust length of assignment Communication system between home and school Repeat clarify or reword directions Small group instruction Brief concrete directions Provide immediate feedback Visual graphic organizers 		

Grade: 3-4	Content: Health Education	
Domain: Diseases and Conditions		Time Frame: 3-4 Weeks

- 2.1 Wellness: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
- 2.1.4.C.1 Explain how most diseases and health conditions are preventable.
- 2.1.4.C.2 Justify how the use of universal precautions, sanitation and waste disposal, proper food handling and storage, and environmental controls prevent diseases and health conditions.
- 2.1.4.C.3 Explain how mental health impacts one's wellness.

Essential Questions	Enduring Understandings
☐ To what extent can we keep ourselves disease free?	☐ Current and emerging diagnostic, prevention and treatment strategies can help people live healthier and longer than ever before.

Grade 3 Skills	Grade 4 Skills
Early detection of childhood diseases Preventable diseases Communicable and non-communicable diseases Cancer	Early detection of childhood diseases Preventable diseases Communicable and non-communicable diseases Cancer Prevention Viral vs. Bacterial diseases
 Viral vs. Bacterial diseases Vaccines Immunizations Lyme Disease 	 Lyme Disease Prevention Vaccines Immunizations Circulatory and Respiratory Diseases Prevention of Disease transmission

Vocabulary	Resources	Assessment/Project
Communicable Disease Non-Communicable Disease Virus Bacteria Preventable Disease Risk Factor Symptoms Early Detection Common Cold Flu Health Screening Vaccine/Immunization Cancer Lyme Disease	PE Central www.pecentral.com AAHPERD http://www.aahperd.com/ SHAPE America http://www.shapeamerica.org/ Discovery Health http://www.Discoveryeducation.com	Formative Assessments: Teacher observations (Pair-Share, Q and A) Visual skills checklist Teacher rubric Open Ended Questions Lesson Check Classroom Discussion Summative Assessments: Written Test Performance Test Peer Assessment Alternative Assessment: For Special Education students refer to accommodations and modifications indicated in IEP. For 504 students refer to accommodations indicated in 504 plan. ELL students should receive extended time, word to word dictionary, directions read aloud and/or clarified when needed.

Differ	Interdisciplinary Connections	
At Risk Students	Enrichment, Gifted and Talented	
 Reteach/peer teaching activities Repeat, clarify, or reword directions Short manageable tasks Small group instruction Fewer skills spread out over a longer period of time Structured groups Assign students a bilingual or Englishspeaking study buddy Modifications in group size Give students more wait time: at least 15-20 seconds Repeat and rephrase often Translated/modified materials 	 Enrichment Activities Advanced Learner Activities Independent student options Open-ended activities Cross-curricular activities Compare, contrast, and analyze health statistics Teach and demonstrate skills to other students Monitor subgroup of students Peer leadership 	□ SL.3.1.b Follow agreed-upon rules for □ discussions. (e.g., gaining the floor in respectful ways, listening to others with care, speaking one at a time about the topics and texts under discussion). SL.4.1.b Follow agreed-upon rules for discussions and carry out assigned roles. 6.1.4.D.13 Describe how culture is expressed through and influenced by the behavior of people.

	Differentiated Instruction			
ELL				
Entering	Beginning	Developing		
Ask yes or no questions (i.e. Is this a question, Does this?) Use "point to", "circle", "find", "show me", "draw", "match". Teach basic survival English, such as "bathroom", "lunch", "home". Use visuals such as pictures, gestures, and pointing. Create "I need" cards for student to hold up when he or she needs something. Use a student buddy, if possible someone with the same language.	Ask students to categorize objects. Provide books and audiobooks with patterned sentence structure and pictures. Use bilingual picture dictionary and have students create personal illustrated dictionaries. Label objects around the room and around the school in English and other languages. Use a student buddy, if possible someone with the same language.	Ask literal questions-who, when, where, what. Ask questions with 1-3 word answers. Ask questions with an either/or option. Ask students to list, name, tell, which, categorize, draw, label, or create. Teach explicit phonemic awareness, phonic rules, and skills. Provide sentence and answer frames. Ask the student to write a sentence or so to describe a picture.		

	Expanding	Bridging		Reaching
• •	Ask how and why questions. Check for understanding by asking students to tell you what something means.	 Ask how and why questions. Ask student to tell "what would happen if questions, Tell me as much as you can about" Check for understanding of 	<u> </u>	Ask student to tell about, describe, or explain. Ask student to explain similarities and differences.
	Students can paraphrase the assignment to you. Ask student to tell about, describe, explain.	academic vocabulary. Give the student a list of target words for each unit of study.		As student to tell "Why do you think?" or "What would you recommend?" Make modifications to
• •	Encourage students to use full sentences. Make modifications to assignments and	☐ Explicit instruction on function words (i.e. "however", "moreover", "in contrast", etc.)		assignments and tests as necessary. Students should have a list of
	tests, so the student will not be overwhelmed. Provide sentence frames showing use of transition words.			target words for each unit of study. Help with writing skills as they will continue to need assistance with self-editing, especially syntax and word usage.

Differentiated Instruction		
Special Education	504	
Extra time for assigned tasks Communication system between home and school Provide a warning for transitions Buddy students with peers Provide immediate feedback Visual and verbal reminders	 Adjust length of assignment Communication system between home and school Repeat clarify or reword directions Small group instruction Brief concrete directions Provide immediate feedback Visual graphic organizers 	

Grade: 3-4	Content: Health Education
Domain: Advocacy and Service	Time Frame: 1-2 Weeks
Navy Javany Chydawt Laguring Chandauda.	

- 2.2 Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.
- 2.2.4.D.1 Explain the impact of participation in different kinds of service projects on community wellness.

Essential Questions	Enduring Understandings
How can you inspire others to address health issues?	Leadership and advocacy to promote personal and community Wellness can impact the immediate community and society as a whole.

 Wellness can impact the immediate community and society as a whole Refusal skills Standing up for a friend Conversations about why tobacco and alcohol are legal 	Grade 3 Skills	Grade 4 Skills
SHIOKING laws, SHIOKING, WHIKKING laws	 Wellness can impact the immediate community and society as a whole Promotion of personal community and wellness Group Communication 	 Refusal skills Standing up for a friend Conversations about why tobacco and alcohol are legal Smoking laws, smoking, drinking laws Community service project, by building, e.g., collection of money

Vocabulary	Resources	Assessment/Project
Community Advocacy Leadership Respect Wellness Refusal Skills Peer Mediation Community Events	PE Central www.pecentral.com AAHPERD http://www.aahperd.com/ SHAPE America http://www.shapeamerica.org/ Discovery Health http://www.Discoveryeducation.com	Formative Assessments: Teacher observations (Pair-Share, Q and A) Visual skills checklist Teacher rubric Open Ended Questions Lesson Check Classroom Discussion Summative Assessments: Written Test Performance Test Peer Assessment Alternative Assessment: For Special Education students refer to accommodations and modifications indicated in IEP. For 504 students refer to accommodations indicated in 504 plan. ELL students should receive extended time, word to word dictionary, directions read aloud and/or clarified when needed.

Differentiated Instruction		Interdisciplinary Connections
At Risk Students	Enrichment, Gifted and Talented	
 Reteach/peer teaching activities Repeat, clarify, or reword directions Short manageable tasks Small group instruction Fewer skills spread out over a longer period of time Structured groups Assign students a bilingual or Englishspeaking study buddy Modifications in group size Give students more wait time: at least 15-20 seconds Repeat and rephrase often Translated/modified materials 	 Enrichment Activities Advanced Learner Activities Independent student options Open-ended activities Cross-curricular activities Compare, contrast, and analyze health statistics Teach and demonstrate skills to other students Monitor subgroup of students Peer leadership 	□ SL.3.1.b Follow agreed-upon rules for discussions. (e.g., gaining the floor in respectful ways, listening to others with care, speaking one at a time about the topics and texts under discussion). SL.4.1.b Follow agreed-upon rules for discussions and carry out assigned roles. 6.1.4.D.13 Describe how culture is expressed through and influenced by the behavior of people.

Grade: 3-4	Content: Health Education
Domain: Decision Making and Goal Setting	Time Frame: 2-3 Weeks

- 2.2 Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.
- 2.2.4.B.1 Use the decision-making process when addressing health-related issues.
- 2.2.4.B.2 Differentiate between situations when a health-related decision should be made independently or with the help of others.
- 2.2.4.B.3 Determine how family, peers, technology, culture, and the media influence thoughts, feelings, health decisions, and behaviors.
- 2.2.4.B.4 Develop a personal health goal and track progress.

Essential Questions	Enduring Understandings
 Why might educated people make poor health decisions? How do I overcome negative influences when making decisions about my personal health? In order to achieve lifetime Wellness, what should I plan for and what should I just let happen? 	 Decision-making can be affected by a variety of influences that may not be in a person's best interest. Developing and implementing a plan to reach realistic Wellness goals increases the likelihood of reaching those goals.

Grade 3 Skills	Grade 4 Skills
Students will be able to:	Students will be able to:
Peer Pressure Fire Safety Stronger Cofety	Making Effective Decisions Alcohol Use
Stranger SafetyWellness GoalsHealthy Eating Patterns	 Drinking, Driving, Smoking Driving, Wellness Goals Peer Pressure

Vocabulary	Resources	Assessment/Project	
Peer Pressure Alcohol Tobacco Diet Plan Wellness Fitness Plan 911	 PE Central www.pecentral.com AAHPERD http://www.aahperd.com/ SHAPE America http://www.shapeamerica.org/ Discovery Health http://www.Discoveryeducation.com 	Ongoing teacher observations (i.e. exit cards, Q &A, think- pair- share) Do Now's/Instant Activities Participation Safety Teamwork Rubric-teacher and peer Skills check list Writing/ project assessments	
Differentiated Instruction		Interdisciplinary Connections	
RTI/ELL Reteach/peer teaching activities Repeat, clarify, or reword directions Short manageable tasks Small group instruction Fewer skills spread out over a longer period of time Structured groups Assign students a bilingual or Englishspeaking study buddy Modifications in group size Give students more wait time: at least 15-20 seconds Repeat and rephrase often Translated/modified materials	Enrichment Activities Advanced Learner Activities Independent student options Open-ended activities Cross-curricular activities Compare, contrast, and analyze health statistics Teach and demonstrate skills to other students Monitor subgroup of students Peer leadership	□ SL.3.1.b Follow agreed-upon rules for discussions. (e.g., gaining the floor in respectful ways, listening to others with care, speaking one at a time about the topics and texts under discussion). L.4.1.b Follow agreed-upon rules for discussions and carry out assigned roles. 6.1.4.D.13 Describe how culture is expressed through and influenced by the behavior of people.	

Grade: 3-4	Content: Health Education
Domain: Interpersonal Communication	Time Frame: 1 Week
New Jersey Student Learning Standards:	

- 2.2 Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.
- 2.2.4.A.1 Demonstrate effective interpersonal communication in health- and safety-related situations.
- 2.2.4.A.2 Demonstrate effective interpersonal communication when responding to disagreements or conflicts with others.

Essential Questions	Enduring Understandings
☐ How do you know whether or not health information is accurate? How do I learn to stand for and communicate my beliefs to others without alienating them?	 Making good health decisions requires the ability to access and evaluate reliable sources. Effective communication skills enhance a person's ability to express and defend their beliefs.

Grade 3 Skills	Grade 4 Skills
Students will be able to: Bullying Safe Touch Stranger Awareness Peer Pressure Refusal Skills	Students will be able to: Uncomfortable touch Bullying Communication skills Refusal skills Negotiation and assertiveness
 Validity and reliability of a health source Improve listening skills Negotiation and assertiveness 	 Peer Pressure Validity and reliability of a health source □ Listening skills

Vocabulary	Resources	Assessment/Project
Negotiation Assertive Peer Pressure Bully Refusal Inappropriate Touching Validity Reliability	PE Central www.pecentral.com AAHPERD http://www.aahperd.com/ SHAPE America http://www.shapeamerica.org/ Discovery Health http://www.Discoveryeducation.com	Formative Assessments: Teacher observations (Pair-Share, Q and A) Visual skills checklist Teacher rubric Open Ended Questions Lesson Check Classroom Discussion Summative Assessments: Written Test Performance Test Peer Assessment Alternative Assessment: For Special Education students refer to accommodations and modifications indicated in IEP. For 504 students refer to accommodations indicated in 504 plan. ELL students should receive extended time, word to word dictionary, directions read aloud and/or clarified when needed.

Differentiated Instruction		Interdisciplinary Connections
RTI/ELL	Enrichment	
 Reteach/peer teaching activities Repeat, clarify, or reword directions Short manageable tasks Small group instruction Fewer skills spread out over a longer period of time Structured groups Assign students a bilingual or Englishspeaking study buddy Modifications in group size Give students more wait time: at least 15-20 seconds Repeat and rephrase often Translated/modified materials 	 Enrichment Activities Advanced Learner Activities Independent student options Open-ended activities Cross-curricular activities Compare, contrast, and analyze health statistics Teach and demonstrate skills to other students Monitor subgroup of students Peer leadership 	SL.3.1.b Follow agreed-upon rules for discussions. (e.g., gaining the floor in respectful ways, listening to others with care, speaking one at a time about the topics and texts under discussion). SL.4.1.b Follow agreed-upon rules for discussions and carry out assigned roles. 6.1.4.D.13 Describe how culture is expressed through and influenced by the behavior of people.

Differentiated Instruction		
ELL		
Entering	Beginning	Developing
Ask yes or no questions (i.e. Is this a question, Does this?) Use "point to", "circle", "find", "show me", "draw", "match". Teach basic survival English, such as "bathroom", "lunch", "home". Use visuals such as pictures, gestures, and pointing. Create "I need" cards for student to hold up when he or she needs something. Use a student buddy, if possible someone with the same language.	 Ask students to categorize objects. Provide books and audiobooks with patterned sentence structure and pictures. Use bilingual picture dictionary and have students create personal illustrated dictionaries. Label objects around the room and around the school in English and other languages. Use a student buddy, if possible someone with the same language. 	Ask literal questions-who, when, where, what. Ask questions with 1-3 word answers. Ask questions with an either/or option. Ask students to list, name, tell, which, categorize, draw, label, or create. Teach explicit phonemic awareness, phonic rules, and skills. Provide sentence and answer frames. Ask the student to write a sentence or so to describe a picture.

Expanding	Bridging	Reaching
 □ Ask how and why questions. □ Check for understanding by asking students to tell you what something means. □ Students can paraphrase the assignment to you. □ Ask student to tell about, describe, explain. □ Encourage students to use full sentences. □ Make modifications to assignments and tests, so the student will not be overwhelmed. □ Provide sentence frames showing use of transition words. 	 Ask how and why questions. Ask student to tell "what would happen if questions, Tell me as much as you can about" Check for understanding of academic vocabulary. Give the student a list of target words for each unit of study. Explicit instruction on function words (i.e. "however", "moreover", "in contrast", etc.) 	☐ Ask student to tell about, describe, or explain. ☐ Ask student to explain similarities and differences. ☐ As student to tell "Why do you think?" or "What would you ☐ recommend?" Make modifications to assignments and tests as necessary. ☐ Students should have a list of target words for each unit of study. ☐ Help with writing skills as they will continue to need assistance with selfediting, especially syntax and word usage.

Differentiated Instruction		
Special Education	504	
Extra time for assigned tasks Communication system between home and school Provide a warning for transitions Buddy students with peers Provide immediate feedback Visual and verbal reminders	 Adjust length of assignment Communication system between home and school Repeat clarify or reword directions Small group instruction Brief concrete directions Provide immediate feedback Visual graphic organizers 	

Grade: 3-4	Content: Health Education
Domain: Relationships	Time Frame: 3-4 Weeks

- 2.4 Human Relationships and Sexuality: All students will acquire knowledge about the physical, emotional, and social aspects of human relationships and sexuality and apply these concepts to support a healthy, active lifestyle
- 2.4.4.A.1 Explain how families typically share common values, provide love and emotional support, and set boundaries and limits.
- 2.4.4.A.2 Explain why healthy relationships are fostered in some families and not in others.

Essential Questions	Enduring Understandings		
☐ How do we learn to understand and respect diversity in relationships?	 Tolerance, appreciation, and understanding of individual differences are necessary in order to establish healthy relationships. Reliable personal and professional resources are available to assist with relationship problems. Technological advances continue to provide increased opportunities to develop relationships any time and any place with a worldwide audience. 		

Grade 3 Skills	Grade 4 Skills
Students will be able to:	Students will be able to:
 Bullying and relationships Unsafe safe touch Family violence, dating violence, child abuse, sexual assault 	 Bullying and relationships Unsafe safe touch and types of touch

Vocabulary	Resources	Assessment/Project
Bullying Relationships Safe Touch Culture Affection Technology Roles Tradition Values Support	 PE Central www.pecentral.com AAHPERD http://www.aahperd.com/ SHAPE America http://www.shapeamerica.org/ Discovery Health http://www.Discoveryeducation.com 	Ongoing teacher observations (i.e. exit cards, Q &A, think- pair- share) Do Now's/Instant Activities Participation Safety Teamwork Rubric-teacher and peer Skills check list Writing/ project assessments
_	entiated Instruction	Interdisciplinary Connections
At Risk Students	Enrichment, Gifted and Talented	
 Reteach/peer teaching activities Repeat, clarify, or reword directions Short manageable tasks Small group instruction Fewer skills spread out over a longer period of time Structured groups Assign students a bilingual or Englishspeaking study buddy Modifications in group size Give students more wait time: at least 15-20 seconds Repeat and rephrase often 	 Enrichment Activities Advanced Learner Activities Independent student options Open-ended activities Cross-curricular activities Compare, contrast, and analyze health statistics Teach and demonstrate skills to other students Monitor subgroup of students Peer leadership 	□ SL.3.1.b Follow agreed-upon rules for □ discussions. (e.g., gaining the floor in respectful ways, listening to others □ with care, speaking one at a time about the topics and texts under discussion). SL.4.1.b Follow agreed-upon rules for discussions and carry out assigned roles. 6.1.4.D.13 Describe how culture is expressed through and influenced by the behavior of people.

Differentiated Instruction				
	ELL			
Entering	Beginning	Developing		
Ask yes or no questions (i.e. Is this a question, Does this?) Use "point to", "circle", "find", "show me", "draw", "match". Teach basic survival English, such as "bathroom", "lunch", "home". Use visuals such as pictures, gestures, and pointing. Create "I need" cards for student to hold up when he or she needs something. Use a student buddy, if possible someone with the same language.	 Ask students to categorize objects. Provide books and audiobooks with patterned sentence structure and pictures. Use bilingual picture dictionary and have students create personal illustrated dictionaries. Label objects around the room and around the school in English and other languages. Use a student buddy, if possible someone with the same language. 	Ask literal questions-who, when, where, what. Ask questions with 1-3 word answers. Ask questions with an either/or option. Ask students to list, name, tell, which, categorize, draw, label, or create. Teach explicit phonemic awareness, phonic rules, and skills. Provide sentence and answer frames. Ask the student to write a sentence or so to describe a picture.		
Expanding	Bridging	Reaching		

Ask how and why questions. Check for understanding by	Ask how and why questions.Ask student to tell "what would happen if	Ask student to tell about, describe, or explain.
asking students to tell you what something means.	questions, Tell me as much as you can about"	Ask student to explain similarities and differences.
Students can paraphrase the assignment to you.	 Check for understanding of academic vocabulary. 	As student to tell "Why do you think?" or "What would you
Ask student to tell about, describe, explain.	 Give the student a list of target words for each unit of study. 	recommend?" Make modifications to assignments and tests as necessary.
Encourage students to use full sentences.	 Explicit instruction on function words (i.e. "however", "moreover", "in contrast", etc.) 	Students should have a list of target words for each unit of study.
Make modifications to assignments and tests, so the student will not be overwhelmed.		Help with writing skills as they will continue to need assistance with selfediting, especially syntax and word
Provide sentence frames showing use of transition words.		usage.

Differentiated Instruction		
Special Education	504	
 Extra time for assigned tasks Communication system between home and school Provide a warning for transitions Buddy students with peers Provide immediate feedback Visual and verbal reminders 	 Adjust length of assignment Communication system between home and school Repeat clarify or reword directions Small group instruction Brief concrete directions Provide immediate feedback Visual graphic organizers 	

Grade: 3-4	Content: Health Education
Unit: Sexuality, Parenting and Pregnancy	Time Frame: 2-3 Weeks

- 2.4 Human Relationships and Sexuality: All students will acquire knowledge about the physical, emotional, and social aspects of human relationships and sexuality and apply these concepts to support a healthy, active lifestyle
- 2.4.4.B.1 Differentiate the physical, social, and emotional changes occurring at puberty and explain why puberty begins and ends at different ages
- 2.4.4.C.1 Explain the process of fertilization and how cells divide to create an embryo/fetus that grows and develops during pregnancy.
- 2.4.4.C.2 Relate the health of the birth mother to the development of a healthy fetus.

Essential Questions	Enduring Understandings
☐ How do you know when you are ready to have a child?	 Raising a child requires physical economical social and intellectual commitment. Prenatal care has a direct impact on delivery and long-term health of a child.
Grade 3 Skills	Grade 4 Skills
Students will be able to:	Students will be able to:
Reproductive Terminology	Fertilization and growth of embryo

• F	Reproductive Terminology	•	Fertilization and growth of embryo
• (Jterus	•	Reproductive Terminology
• F	Placenta	•	Uterus
• (Jmbilical cord	•	Placenta
• F	Pregnancy	•	Umbilical cord
• E	Baby	•	Pregnancy
• (Ovum	•	Baby
• 9	Sperm	•	Ovum
		•	Sperm
	l		

Vocabulary	Resources	Assessment/Project
Bullying Unsafe safe touch Ovum Sperm Fertilization Uterus Placenta Umbilical cord Pregnancy Baby	PE Central www.pecentral.com AAHPERD http://www.aahperd.com/ SHAPE America http://www.shapeamerica.org/ Discovery Health http://www.Discoveryeducation.com	Formative Assessments: Teacher observations (Pair-Share, Q and A) Visual skills checklist Teacher rubric Open Ended Questions Lesson Check Classroom Discussion Summative Assessments: Written Test Performance Test Peer Assessment Alternative Assessment: For Special Education students refer to accommodations and modifications indicated in IEP. For 504 students refer to accommodations indicated in 504 plan. ELL students should receive extended time, word to word dictionary, directions read aloud and/or clarified when needed.

Differentiated Instruction		Interdisciplinary Connections
At Risk Students	Enrichment, Gifted and Talented	SL.3.1.b Follow agreed-upon rules for
 Reteach/peer teaching activities Repeat, clarify, or reword directions Short manageable tasks Small group instruction Fewer skills spread out over a longer period of time Structured groups Assign students a bilingual or Englishspeaking study buddy Modifications in group size Give students more wait time: at least 15-20 seconds Repeat and rephrase often Translated/modified materials 	 Enrichment Activities Advanced Learner Activities Independent student options Open-ended activities Cross-curricular activities Compare, contrast, and analyze health statistics Teach and demonstrate skills to other students Monitor subgroup of students Peer leadership 	discussions. (e.g., gaining the floor in respectful ways, listening to others with care, speaking one at a time about the topics and texts under discussion). SL.4.1.b Follow agreed-upon rules for discussions and carry out assigned roles. 6.1.4.D.13 Describe how culture is expressed through and influenced by the behavior of people.

Differentiated Instruction		
ELL		
Entering	Beginning	Developing
Ask yes or no questions (i.e. Is this a question, Does this?) Use "point to", "circle", "find", "show me", "draw", "match". Teach basic survival English, such as "bathroom", "lunch", "home". Use visuals such as pictures, gestures, and pointing. Create "I need" cards for student to hold up when he or she needs something. Use a student buddy, if possible someone with the same language.	 Ask students to categorize objects. Provide books and audiobooks with patterned sentence structure and pictures. Use bilingual picture dictionary and have students create personal illustrated dictionaries. Label objects around the room and around the school in English and other languages. Use a student buddy, if possible someone with the same language. 	Ask literal questions-who, when, where, what. Ask questions with 1-3 word answers. Ask questions with an either/or option. Ask students to list, name, tell, which, categorize, draw, label, or create. Provide sentence and answer frames. Ask the student to write a sentence or so to describe a picture.

Expanding	Bridging	Reaching
□ Ask how and why questions. □ Check for understanding by asking students to tell you what something means. □ Students can paraphrase the assignment to you. □ Ask student to tell about, describe, explain. □ Encourage students to use full sentences. □ Make modifications to assignments and tests, so the student will not be overwhelmed. □ Provide sentence frames showing use of transition words.	 Ask how and why questions. Ask student to tell "what would happen if questions, Tell me as much as you can about" Check for understanding of academic vocabulary. Give the student a list of target words for each unit of study. Explicit instruction on function words (i.e. "however", "moreover", "in contrast", etc.) 	Ask student to tell about, describe, or explain. Ask student to explain similarities and differences. As student to tell "Why do you think?" or "What would you recommend?" Make modifications to assignments and tests as necessary. Students should have a list of target words for each unit of study. Help with writing skills as they will continue to need assistance with selfediting, especially syntax and word usage.

Differentiated Instruction		
Special Education	504	
Extra time for assigned tasks Communication system between home and school Provide a warning for transitions Buddy students with peers Provide immediate feedback Visual and verbal reminders	 Adjust length of assignment Communication system between home and school Repeat clarify or reword directions Small group instruction Brief concrete directions Provide immediate feedback Visual graphic organizers 	

Grade: 3-4	Content: Health Education
Unit: Medicines	Time Frame: 1 Week

- 2.3 Drugs and Medicines: All students will acquire knowledge about alcohol, tobacco, other drugs, and medicines and apply these concepts to support a healthy, active lifestyle
- 2.3.4.A.1 Distinguish between over-the-counter and prescription medicines.
- 2.3.4.A.2 Determine possible side effects of common types of medicines.

Essential Questions	Enduring Understandings
☐ How do I determine whether or not a medication will be effective?	☐ Medications must be used correctly in order to be safe and have the maximum benefit.

Grade 3 Skills	Grade 4 Skills
Students will be able to:	Students will be able to:
 Over the counter drugs Prescription drugs 	 Classification of drugs by how they are purchased Label reading over-the -counter medicines Medicines can be poisons if directions are not followed

Vocabulary	Resources	Assessment/Project
Prescription drugs Medicine Drug Illness Side Effect Safety Over the counter drugs-OTC	PE Central www.pecentral.com AAHPERD http://www.aahperd.com/ SHAPE America http://www.shapeamerica.org/ Discovery Health http://www.Discoveryeducation.com	Formative Assessments: Teacher observations (Pair-Share, Q and A) Visual skills checklist Teacher rubric Open Ended Questions Lesson Check Classroom Discussion Summative Assessments: Written Test Performance Test Peer Assessment Alternative Assessment: For Special Education students refer to accommodations and modifications indicated in IEP. For 504 students refer to accommodations indicated in 504 plan. ELL students should receive extended time, word to word dictionary, directions read aloud and/or clarified when needed.

Differentiated Instruction		Interdisciplinary Connections
At Risk Students	Enrichment, Gifted and Talented	
 Reteach/peer teaching activities Repeat, clarify, or reword directions Short manageable tasks Small group instruction Fewer skills spread out over a longer period of time Structured groups Assign students a bilingual or Englishspeaking study buddy Modifications in group size Give students more wait time: at least 15-20 seconds Repeat and rephrase often Translated/modified materials 	 Enrichment Activities Advanced Learner Activities Independent student options Open-ended activities Cross-curricular activities Compare, contrast, and analyze health statistics Teach and demonstrate skills to other students Monitor subgroup of students Peer leadership 	SL.3.1.b Follow agreed-upon rules for discussions. (e.g., gaining the floor in respectful ways, listening to others with care, speaking one at a time about the topics and texts under discussion). SL.4.1.b Follow agreed-upon rules for discussions and carry out assigned roles. 6.1.4.D.13 Describe how culture is expressed through and influenced by the behavior of people.

Differentiated Instruction		
ELL		
Entering	Beginning	Developing
Ask yes or no questions (i.e. Is this a question, Does this?) Use "point to", "circle", "find", "show me", "draw", "match". Teach basic survival English, such as "bathroom", "lunch", "home". Use visuals such as pictures, gestures, and pointing. Create "I need" cards for student to hold up when he or she needs something. Use a student buddy, if possible someone with the same language.	Ask students to categorize objects. Provide books and audiobooks with patterned sentence structure and pictures. Use bilingual picture dictionary and have students create personal illustrated dictionaries. Label objects around the room and around the school in English and other languages. Use a student buddy, if possible someone with the same language.	Ask literal questions-who, when, where, what. Ask questions with 1-3 word answers. Ask questions with an either/or option. Ask students to list, name, tell, which, categorize, draw, label, or create. Teach explicit phonemic awareness, phonic rules, and skills. Provide sentence and answer frames. Ask the student to write a sentence or so to describe a picture.

	Expanding		Bridging	Reaching
П	Ask how and why questions. Check for understanding by		Ask how and why questions. Ask student to tell "what would happen if	Ask student to tell about, describe, or explain.
	asking students to tell you what something means.	_	questions, Tell me as much as you can about"	Ask student to explain similarities and differences.
	Students can paraphrase the assignment to you.		Check for understanding of academic vocabulary.	As student to tell "Why do you think?" or "What would you
	Ask student to tell about, describe, explain.		Give the student a list of target words for each unit of study.	recommend?" Make modifications to assignments and tests as necessary.
	Encourage students to use full sentences.		Explicit instruction on function words (i.e. "however", "moreover", "in contrast",	Students should have a list of target words for each unit of
	Make modifications to assignments and tests, so the student will not be overwhelmed.		etc.)	study. Help with writing skills as they will continue to need assistance with selfediting,
	Provide sentence frames showing use of transition words.			especially syntax and word usage.

Differentiated Instruction			
Special Education	504		
 Extra time for assigned tasks Communication system between home and school Provide a warning for transitions Buddy students with peers Provide immediate feedback Visual and verbal reminders 	 Adjust length of assignment Communication system between home and school Repeat clarify or reword directions Small group instruction Brief concrete directions Provide immediate feedback Visual graphic organizers 		

Grade: 3-4	Content: Health Education
Unit: Alcohol Tobacco and Drugs, Dependency Addiction	Time Frame: 2-3 Weeks

- 2.3 Drugs and Medicines: All students will acquire knowledge about alcohol, tobacco, other drugs, and medicines and apply these concepts to support a healthy, active lifestyle
- 2.3.4.B.1 Explain why it is illegal to use or possess certain drugs/substances and the possible consequences.
- 2.3.4.B.2 Compare the short- and long-term physical effects of all types of tobacco use.
- 2.3.4.B.3 Identify specific environments where second-hand/passive smoke may impact the wellness of nonsmokers.
- 2.3.4.B.4 Summarize the short- and long-term physical and behavioral effects of alcohol use and abuse.
- $2.3.4.B.5\ Identify\ the\ short-\ and\ long-\ term\ physical\ effects\ of\ inhaling\ certain\ substances\ 2.3.4.C.1$

Identify signs that a person might have an alcohol, tobacco, and/or drug use problem.

- 2.3.4.C.2 Differentiate between drug use, abuse, and misuse.
- 2.3.4.C.3 Determine how advertising, peer pressure, and home environment influence children and teenagers to experiment with alcohol, tobacco, and other drugs.

Essential Questions	Enduring Understandings
 Why do people choose to use alcohol, tobacco, and other drugs when they are aware of the detrimental effects? How do I make the "right" decisions in the face of peer, media, and other pressures? 	 Research has clearly established that alcohol, tobacco, and other drugs have a variety of harmful effects on the human body.

Grade 3 Skills	Grade 4 Skills
Students will be able to:	Students will be able to:
 Diseases associated with alcohol and tobacco Impact on the environment Harmful effects on the body systems 	 Legal aspects of drug use Tobacco and the respiratory and circulatory systems Second hand smoke/laws regarding smoking Alcohol/nervous system and driving Nervous system/fumes destroy nerve cells

Vocabulary	Resources	Assessment/Project
Tobacco Alcohol Drug side effect Addiction Treatment Respiratory system Digestive system Dependency	PE Central www.pecentral.com AAHPERD http://www.aahperd.com/ SHAPE America http://www.shapeamerica.org/ Discovery Health http://www.Discoveryeducation.com	Formative Assessments: Teacher observations (Pair-Share, Q and A) Visual skills checklist Teacher rubric Open Ended Questions Lesson Check Classroom Discussion Summative Assessments: Written Test Peer Assessment For Special Education students refer to accommodations and modifications indicated in IEP. For 504 students refer to accommodations indicated in 504 plan. ELL students should receive extended time, word to word dictionary, directions read aloud and/or clarified when needed.

Differentiated Instruction		Interdisciplinary Connections	
At Risk S	tudents	Enrichment, Gifted and Talented	
Repeat, clarify, Short managea Small group ins Fewer skills spr period of time Structured grout Assign students Englishspeaking Modifications i students more least 15-20 sec	truction ead out over a longer ups s a bilingual or g study buddy n group size Give wait time: at onds	 Enrichment Activities Advanced Learner Activities Independent student options Open-ended activities Cross-curricular activities Compare, contrast, and analyze health statistics Teach and demonstrate skills to other students Monitor subgroup of students Peer leadership 	SL.3.1.b Follow agreed-upon rules for discussions. (e.g., gaining the floor in respectful ways, listening to others with care, speaking one at a time about the topics and texts under discussion). SL.4.1.b Follow agreed-upon rules for discussions and carry out assigned roles. 6.1.4.D.13 Describe how culture is expressed through and influenced by the behavior of people.

Differentiated Instruction

Does this?)	ELL				
Does this?)	Entering	Developing			
Use "point to", "circle", "find", "show sent necestructure and pictures. ☐ Ask questions with me", "draw", "match". ☐ Use bilingual picture dictionary and have ☐ Ask questions with an either/or opt ☐ Dictionaries. ☐ Use bilingual picture dictionary and have ☐ Dictionaries. ☐ Dictionar	Ask yes or no questions (i.e. Is this a	cts. Ask literal questions-who, when, where, question,			
 Ask how and why questions. Check for understanding by asking students to tell you what something means. Students can paraphrase the assignment to you. Ask student to tell about, describe, Provide sentence frames showing use of transition words. Ask how and why questions. Ask how and why questions. Ask how and why questions. Ask student to tell "what would happen if questions, Tell me as much as you can about" Ask student to tell about, describe, Check for understanding of academic Students should have a list of targetic frames showing use of transition words. Ask student to explain similarities differences. Ask student to tell "Why do you the or "What would you recommend tests as necessary. Students should have a list of targetic frames showing use of transition words. 	Use "point to", "circle", "find", "show senter me", "draw", "match". Teach basic survival English, such as studer "bathroom", "lunch", "home". Use visuals such as pictures, Label pointing. the school in English and other lace the composition of the cards for student to consider the same language.	Ask questions with 1-3 word answers. Ask questions with an either/or option. Ask students to list, name, tell, which, categorize, draw, label, or create. Teach explicit phonemic awareness, phonic gestures, and someone Provide sentence and answer frames. hold up when he			
 Check for understanding by asking students to tell you what something means. Students can paraphrase the assignment to you. Ask student to tell "what would happen if questions, Tell me as much as you can about" Ask student to tell "what would happen if questions, Tell me as much as you can about" Ask student to tell about, describe, Check for understanding of academic differences. As student to tell "Why do you the or "What would you recommend Make modifications to assignment tests as necessary. Students should have a list of targetic for understanding of academic 	Expanding	Reaching			
sentences. unit of study. continue to need assistance with	 Check for understanding by asking students to tell you what something means. Students can paraphrase the assignment to you. Ask student to tell about, describe, explain. Encourage students to use full sentences. Make modifications to assignments and tests, so the student will not be 	differences. As student to tell "Why do you think?" or "What would you recommend?" Make modifications to assignments and tests as necessary. Students should have a list of target words for each unit of study. Help with writing skills as they will continue to need assistance with selfediting, especially syntax and word usage.			

Differentiated Instruction		
Special Education	504	
Extra time for assigned tasks Communication system between home and school Provide a warning for transitions Buddy students with peers Provide immediate feedback Visual and verbal reminders	 Adjust length of assignment Communication system between home and school Repeat clarify or reword directions Small group instruction Brief concrete directions Provide immediate feedback Visual graphic organizers 	

Grade: 3-4	Content: Health Education
Unit: Health Services and Information	Time Frame: 1-2 Weeks

Standards:

2.2 Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle. 2.2.4.E.1 Identify health services and resources provided in the school and community and determine how each assists in addressing health needs and emergencies.

2.2.4.E.2 Explain when and how to seek help when experiencing a health problem.

Essential Questions	Enduring Understandings
☐ How do you know whether or not health information is accurate? ☐ How do I learn to stand for and communicate my beliefs to others without alienating them?	 Making good health decisions requires the ability to access and evaluate reliable sources. Effective communication skills enhance a person's ability to express and defend their beliefs.

Skills	Skills		
Students will be able to:	Students will be able to:		
 Health resource. Where to find health information Communication skills, including refusal, negotiation, and assertiveness. Listening skills. 	 Validity and reliability of a health resource Present health information, orally and in writing, to peers. Listening skills. Peer teaching Uncomfortable touch Bullying 		

Vocabulary	Resources	Assessment/Project
Communication Refusal, Negotiation Assertiveness. Listening Touch Bullying	PE Central www.pecentral.com AAHPERD http://www.aahperd.com/ SHAPE America http://www.shapeamerica.org/ Discovery Health http://www.Discoveryeducation.com	Formative Assessments: Teacher observations (Pair-Share, Q and A) Visual skills checklist Teacher rubric Open Ended Questions Lesson Check Classroom Discussion Summative Assessments: Written Test Performance Test Peer Assessment Alternative Assessment: For Special Education students refer to accommodations and modifications indicated in IEP. For 504 students refer to accommodations indicated in 504 plan. ELL students should receive extended time, word to word dictionary, directions read aloud and/or clarified when needed.

Differentiated Instruction		Interdisciplinary Connections
At Risk Students	Enrichment, Gifted and Talented	
Reteach/peer teaching activities Repeat, clarify, or reword directions Short manageable tasks Small group instruction Fewer skills spread out over a longer period of time Structured groups Assign students a bilingual or Englishspeaking study buddy Modifications in group size Give students more wait time: at least 15-20 seconds Repeat and rephrase often Translated/modified materials	 Enrichment Activities Advanced Learner Activities Independent student options Open-ended activities Cross-curricular activities Compare, contrast, and analyze health statistics Teach and demonstrate skills to other students Monitor subgroup of students Peer leadership 	SL.3.1.b Follow agreed-upon rules for discussions. (e.g., gaining the floor in respectful ways, listening to others with care, speaking one at a time about the topics and texts under discussion). SL.4.1.b Follow agreed-upon rules for discussions and carry out assigned roles. 6.1.4.D.13 Describe how culture is expressed through and influenced by the behavior of people.

Differentiated Instruction					
ELL					
Entering		Beginning		Developing	
Ask yes or no questions (i.e. Is this a question, Does this?) Use "point to", "circle", "find", "show me", "draw", "match". Teach basic survival English, such as "bathroom", "lunch", "home". Use visuals such as pictures, gestures, and pointing. Create "I need" cards for student to hold up when he or she needs something. Use a student buddy, if possible someone with the same language.		Ask students to categorize objects. Provide books and audiobooks with patterned sentence structure and pictures. Use bilingual picture dictionary and have students create personal illustrated dictionaries. Label objects around the room and around the school in English and other languages. Use a student buddy, if possible someone with the same language.	•	Ask literal questions-who, when, where, what. Ask questions with 1-3 word answers. Ask questions with an either/or option. Ask students to list, name, tell, which, categorize, draw, label, or create. Teach explicit phonemic awareness, phonic rules, and skills. Provide sentence and answer frames. Ask the student to write a sentence or so to describe a picture.	
Expanding		Bridging		Reaching	
Ask how and why questions. Check for understanding by asking students to tell you what something means. Students can paraphrase the assignment to you. Ask student to tell about, describe, explain. Encourage students to use full		Ask how and why questions. Ask student to tell "what would happen if questions, Tell me as much as you can about" Check for understanding of academic vocabulary. Give the student a list of target words for each unit of study. Explicit instruction on function words (i.e.		Ask student to tell about, describe, or explain. Ask student to explain similarities and differences. As student to tell "Why do you think?" or "What would you recommend?" Make modifications to assignments and tests as necessary.	
 sentences. Make modifications to assignments and tests, so the student will not be overwhelmed. Provide sentence frames showing use of transition words.		"however", "moreover", "in contrast", etc.)		Students should have a list of target words for each unit of study. Help with writing skills as they will continue to need assistance with selfediting, especially syntax and word usage.	

Differentiated Instruction				
Special Education	504			
Extra time for assigned tasks Communication system between home and school Provide a warning for transitions Buddy students with peers Provide immediate feedback Visual and verbal reminders	 Adjust length of assignment Communication system between home and school Repeat clarify or reword directions Small group instruction Brief concrete directions Provide immediate feedback Visual graphic organizers 			