

4th Grade
Fitness & Health Concepts
Nutrition

2nd Trimester

Description: Students will identify the food groups and how food affects the body.

Standards	Assessment/ Student Evidence	Resources	Academic Vocabulary
<p>PS 1.1.1: Applies locomotor, non-locomotor manipulative, balance, and rhythmic skills in traditional and non-traditional activities that contribute to movement proficiency.</p> <p>PS 1.1.5: Analyzes movement concepts.</p> <p>PS 1.2.1: Analyzes safety rules and procedures in a variety of physical activities necessary to maintain a safe-learning environment.</p> <p>PS 1.2.2: Applies social skills necessary for effective participation in physical activities.</p> <p>PS 1.2.3: Applies strategies</p>	<p>Students:</p> <ul style="list-style-type: none"> -identify and label foods in the food groups -understand the relationship between energy and food consumption -classify basic nutrients found in food groups -understand a balanced diet includes foods from all the groups <p style="text-align: center;">Activities that Support Assessment:</p> <ul style="list-style-type: none"> *4th Grade Nutrition Summative Assessment *Meal-Builder *Food Pond *Team Nutrition Warm-Up 	<ul style="list-style-type: none"> *PE Metrics Rubrics (link) *www.pecentral.com *“Project Adventure: Achieving Fitness: An Adventure Activity Guide” *“NASPE Physical Best Activity Guide- Elementary Level” *“Adventure Curriculum for Physical Education- Elementary Curriculum” *“PE Connections-Helping Kids Succeed Through Physical Activity” by 	<ul style="list-style-type: none"> • MyPyramid • Balanced Meal • Nutrients • Carbohydrates • Protein • Fat • Vitamins • Minerals • Fiber • Calories • Moderate/Vigorous Activity • Activity Pyramid <p>Click here for a comprehensive glossary of Fitness & Health vocabulary.</p>

Standards	Assessment/ Student Evidence	Resources	Academic Vocabulary
<p>necessary for effective participation in physical activities.</p> <p>PS 1.5.1: Understands how the body's function and composition are affected by food consumption.</p> <p>PS 2.1.1: Understands dimensions and indicators of health.</p> <p>PS 2.2.1: Understands the structure and function of body systems.</p>	<p>*Build-A-Meal</p>	<p>Fleming and Bunting</p> <p>*www.usda.gov</p> <p>*www.choosemyplate.gov</p>	

Curriculum Guide:

- The curriculum guide gives an overview of the entire year.
- The curriculum guide provides a look at the learning targets and resources for a larger audience, therefore learning targets and description of evidence may be summarized with less detail.
- The curriculum guide is a public document on the district website.
- The curriculum guide answers the question – *What does a student learn in this course/content over the course of a year?*