**Topic/Big Idea**

**What can we do to help our body stay healthy?**

**5th Grade**

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**Thematic Unit Planning Matrix**

| **Content or**  **Subject Area** | **Essential Questions** | **Centers**  **(Activities)** | **Technology Integration**  **(Must include at least 2 Web 2.0 tools)** | | **Assessment and/or Rubric Scale** | **Student Products or Portfolio** | **Standards:**   * **The ISTE NETS and Performance Indicators for Teachers and Students** * **TEKS** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Physical Education and Health Education | What can we do to maintain healthy eating? | The students will have previous knowledge that some foods are bad for them, but they may not know why. The day before the activity I will ask the student to bring their favorite healthy and unhealthy snack, to bring to class. The student will then come to class with the two snack. The student will research on the back of the label the fats, oil, calories, amount per serving for the snacks and understand that even a healthy snack can be bad. The student will use the smartboard to help them create their own plate on the “choosemyplate.gov” | The students will watch a video on what a healthy diet consist of https://youtu.be/YimuIdEZSNY. The students will also use the smartboard to create their own plate of what they usually eat and see how much fat, calories, cholesterol. | The students will complete the assessment containing questions as to which fats or good and bad, and what food may seem healthy but are not. | | Student will determine on their own snack if it is a health snack or unhealthy snack. | ISTE NETS- Students  6. Students communicate clearly and express themselves creatively for a variety of purposes using the platforms, tools, styles, formats and digital media appropriate to their goals.  ISTE NETS-Teachers  1. Facilitate and inspire student learning and creativity  a. Promote, support, and model creative and innovative thinking and inventiveness.  TEKS:116.7 Physical Education4. Physical activity and health. The student knows the benefits from involvement in daily physical activity and factors that affect physical performance. The student is expected to: (F)identify the relationship between optimal body function and a healthy eating plan such as eating a variety of foods in moderation according to U. S. dietary guidelines;  115.7(1) health Education  Health information. The student knows ways to enhance and maintain personal health throughout the life span. The student is expected to: (A) examine and analyze food labels and menus for nutritional content; (B) apply information from the food guide pyramid to making healthy food choices; |
| Mathematics | How many calories do we need to burn to maintain a health body? | The students will then create a chart of the new information from each snack and compare the data on Excel. Using the equations from the calorie burner calculator. They will also use the smart board to play a game deciding what they believe is healthy eating and know how many calories they will need to burn. | The students will need help calculating how many calories are burned to maintain a healthy weight, the equation online https://www.hss.edu/conditions\_burning-calories-with-exercise-calculating-estimated-energy-expenditure.asp. The students will also use the smartboard to determine if the snack is worth eating for a certain amount of minutes of a certain work out such as running for 15 minutes, cycling for 30 minutes. | | The students will complete an assessment containing questions as how many calories for certain popular chocolates, chips, granola bars and how long they will need to exercise for. | The students will compare each other’s graphs and see how different they are from each snack and what is a common factor that most unhealthy foods have. | ISTE-NETS-students  5. Students develop and employ strategies for understanding and solving problems in ways that leverage the power of technological methods to develop and test solutions.  ISTE-NETS-Teachers  2. Design and develop digital age learning assessments and experiments  a. Design or adapt relevant learning experiences that incorporate digital tools and resources to promote student learning and creativity.  TEKS 111.7.Mathematics  (1) Mathematical process standards. The student uses mathematical processes to acquire and demonstrate mathematical understanding. The student is expected to: (A) apply mathematics to problems arising in everyday life, society, and the workplace; (B) use a problem-solving model that incorporates analyzing given information, formulating a plan or strategy, determining a solution, justifying the solution, and evaluating the problem-solving process and the reasonableness of the solution; (D) communicate mathematical ideas, reasoning, and their implications using multiple representations, including symbols, diagrams, graphs, and language as appropriate; |
| Reading | How can we help others maintain a healthy diet? | The students will watch a video of how having a healthy diet lead to longer healthier lives. This will help promote them to start thinking of if they were in a situation how they would tell their close friend to have a healthier lifestyle. | The students will watch the video https://youtu.be/mMHVEFWNLMc . The student can then create a story on the digital story book and allow them the freedom to make friends who may need help making healthy chooses. | | The students will be provided a rubric describing the healthy chooses that should be stated as well as certain exercise they should complete at least 3 times a week. | The students will compose a short, creative story that describe them meeting someone who is unhealthy and encouraging them too make the correct chooses in their diets as well as exercise that they can become healthier and happier. | ISTE NETS- Students  6. Students communicate clearly and express themselves creatively for a variety of purposes using the platforms, tools, styles, formats and digital media appropriate to their goals.  ISTE NETS - Teachers  2. Design and develop digital age learning assessments and experiments  a. Design or adapt relevant learning experiences that incorporate digital tools and resources to promote student learning and creativity.  **TEKS 110.16 English Language Arts and Reading**  **.**(16) Writing/Literary Texts. Students write literary texts to express their ideas and feelings about real or imagined people, events, and ideas. Students are expected to: (A) write imaginative stories that include: revised August 2016 6 (i) a clearly defined focus, plot, and point of view; (ii) a specific, believable setting created through the use of sensory details; and (iii) dialogue that develops the story; and |