

ALL ABOUT ME RECOMMENDED GRADES 3, 4

In this course, participants will learn facts about three body systems: digestive, respiratory and circulatory. Participants will learn the key organs of each system along with their function(s). They will also be taught healthy habits such as nutrition, physical activity, hand washing, and proper sleep.

TOPICS COVERED

- Building a body: from cells to systems
- Digestive System
- Respiratory System
- Circulatory System
- Healthy Habits (nutrition, physical activity, hand-washing, sleep)

OBJECTIVES

- Students will be able to list three of the body systems (digestive, respiratory and circulatory), identify an organ from each system and tell the purpose of each system.
- Students will be able to describe the path food takes through the digestive system.
- Students will be able to describe the path oxygen takes through the respiratory system.
- Students will be able to trace the path of blood through circulatory system.
- Students will recognize that healthy habits are important for systems to function well.

NATIONAL HEALTH EDUCATION STANDARDS

- Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health
- Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks

NATIONAL STANDARDS FOR PHYSICAL EDUCATION

- Standard 6: Values physical health for health, enjoyment, challenge, self-expression, and/or social interaction

ACTIVITIES AND ASSIGNMENTS

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| All About Me Digital Instruction | 30m |
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STUDENT ASSIGNMENTS

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| Check Your Pulse | 10m |
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| Culture and Diet | 30m |
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| Be Smart Don't Start | 30m |
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| Health Trivia Math | 15m |
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| All About Me "While Your Watch" worksheet | 15m |
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CLASSROOM ACTIVITIES

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| Exercise and Heart Rate | 15m |
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| The Heart's a Most Important Part | 15m |
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| Heart Smart | 30m |
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| Your Beating Heart | 30m |
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| Culture and Diet | 30m |
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| Be a Real Friend | 30m |
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| Be Smart Don't Start | 30m |
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| My Human Body Book | 45m |
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| The Human Body | 45m |
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Individual Courses are priced at \$75.

