MCM Group Tours: Health & Wellness Add-On

**Grade Pre-K** Curriculum Connections

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| **Subject** | **Strand** | **Standard** | **Number** |
| Physical Development | Health and Wellness | Demonstrates self-control, interpersonal, and social skills in relation to mental health | I.A.6. |
| Actively takes part in basic health and safety routines | I.A.8. |
| Participates in physical fitness activities | I.A.9. |
| Self-Help | Helps carry out classroom routines | I.B.2. |
| Gross Motor Development | Demonstrates the ability to combine movements for gross motor skills | I.C.2. |
| Fine Motor Development | Uses eye-hand coordination to perform fine motor tasks | I.D.2. |

This add-on also may also cover standards in other subject areas.

MCM Group Tours: Health & Wellness Add-On

**Grade K** Curriculum Connections

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| **Subject** | **Strand** | **Cluster** | **Standard** | **Number** |
| Health Education | Health Literacy Concepts | Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health. | Recognize healthy behaviors. | HE.K.C.1.1 |
| Recognize there are body parts inside and outside of the body. | HE.K.C.1.5 |
| Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. | Name healthy behaviors that family members should practice. | HE.K.C.2.1 |
| Explain the importance of rules to maintain health. | HE.K.C.2.4 |
| Health Literacy Promotion | Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health. | Help others to make positive health choices. | HE.K.P.8.1 |
| Physical Education | Cognitive Abilities | Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities. | Recognize locomotor skills. | PE.K.C.2.1 |
| Recognize physical activities have safety rules and procedures. | PE.K.C.2.2 |
| Recognize technology can be utilized during physical activity. | PE.K.C.2.3 |
| Identify personal and general space. | PE.K.C.2.7 |
| Lifetime Fitness | Participate regularly in physical activity. | Identify a moderate physical activity. | PE.K.L.3.1 |
| Identify a vigorous physical activity. | PE.K.L.3.2 |
| Identify opportunities for involvement in physical activities during the school day. | PE.K.L.3.3 |
| Identify the benefits of participating in physical activity. | PE.K.L.3.6 |
| Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness. | Identify that the heart beats faster during more intense physical activity. | PE.K.L.4.2 |
| Identify activities that increase breathing and heart rate. | PE.K.L.4.3 |
| Identify a benefit of flexibility. | PE.K.L.4.5 |
| Movement Competency | Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories. | Use a variety of locomotor skills to travel in personal and general space. | PE.K.M.1.1 |
| Balance on a variety of body parts. | PE.K.M.1.11 |
| Responsible Behaviors and Values | Exhibit responsible personal and social behavior that respects self and others in physical-activity settings. | Identify ways to cooperate with a partner during physical activity. | PE.K.R.5.1 |
| Identify ways to treat others with respect during physical activity. | PE.K.R.5.3 |
| Value physical activity for health, enjoyment, challenge, self-expression and/or social interaction. | Identify physical activities that are enjoyable. | PE.K.R.6.1 |
| Identify a benefit of willingly trying new movements and motor skills. | PE.K.R.6.2 |

This add-on also may also cover standards in other subject areas.

MCM Group Tours: Health & Wellness Add-On

**Grade 1** Curriculum Connections

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| **Subject** | **Strand** | **Cluster** | **Standard** | **Number** |
| Health Education | Health Literacy Concepts | Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health. | Identify healthy behaviors. | HE.1.C.1.1 |
| Identify the correct names of human body parts. | HE.1.C.1.5 |
| Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. | Identify how children learn health behaviors from family and friends. | HE.1.C.2.1 |
| Recognize health consequences for not following rules. | HE.1.C.2.4 |
| Health Literacy Promotion | Standard 8: Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health. | Encourage others to make positive health choices. | HE.1.P.8.1 |
| Physical Education | Cognitive Abilitties | Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities. | Identify the critical elements of locomotor skills. | PE.1.C.2.1 |
| Identify safety rules and procedures for teacher-selected physical activities. | PE.1.C.2.2 |
| Identify technology that can be utilized to enhance physical activity. | PE.1.C.2.3 |
| Lifetime Fitness | Participate regularly in physical activity. | Identify a moderate physical activity. | PE.1.L.3.1 |
| Identify a vigorous physical activity. | PE.1.L.3.2 |
| Identify opportunities for involvement in physical activities during the school day. | PE.1.L.3.3 |
| Identify the health benefits of physical activity. | PE.1.L.3.6 |
| Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness. | Identify that the heart beats faster during more intense physical activity. | PE.1.L.4.2 |
| Identify activities that increase breathing and heart rate. | PE.1.L.4.3 |
| Identify a benefit of flexibility. | PE.1.L.4.5 |
| Movement Competency | Standard 1: Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories. | Travel using various locomotor skills while changing directions, pathways and speeds. | PE.1.M.1.1 |
| Responsible Behaviors and Values | Exhibit responsible personal and social behavior that respects self and others in physical-activity settings. | Use physical-activity space safely and properly. | PE.1.R.5.2 |
| Demonstrate consideration of others while participating in physical activity. | PE.1.R.5.3 |
| Value physical activity for health, enjoyment, challenge, self-expression and/or social interaction. | Identify feelings resulting from participation in physical activity. | PE.1.R.6.2 |
| Identify the benefits of learning new movement skills. | PE.1.R.6.3 |

This add-on also may also cover standards in other subject areas.

MCM Group Tours: Health & Wellness Add-On

**Grade 2** Curriculum Connections

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| **Subject** | **Strand** | **Cluster** | **Standard** | **Number** |
| Health Education | Health Literacy Concepts | Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health. | Identify that healthy behaviors affect personal health. | HE.2.C.1.1 |
| Recognize the locations and functions of major human organs. | HE.2.C.1.5 |
| Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. | Describe how family rules and practices influence health behaviors. | HE.2.C.2.1 |
| Explain the ways that rules make the classroom, school, and community safer. | HE.2.C.2.4 |
| Health Literacy Promotion | Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health. | Support peers when making positive health choices. | HE.2.P.8.1 |
| Physical Education | Cognitive Abilities | Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities. | Describe the critical elements of locomotor skills. | PE.2.C.2.1 |
| Explain how appropriate practice improves the performance of movement skills. | PE.2.C.2.5 |
| Apply teacher feedback to effect change in performance. | PE.2.C.2.6 |
| Explain the importance of warm-up and cool-down activities. | PE.2.C.2.8 |
| Lifetime Fitness | Participate regularly in physical activity. | Identify a moderate physical activity. | PE.2.L.3.1 |
| Identify a vigorous physical activity. | PE.2.L.3.2 |
| Identify opportunities for involvement in physical activities during the school day. | PE.2.L.3.3 |
| Identify opportunities for involvement in physical activities after the school day. | PE.2.L.3.4 |
| Identify healthful benefits that result from regular participation in physical activity. | PE.2.L.3.7 |
| Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness. | Identify how muscular strength and endurance enhances performance in physical activities. | PE.2.L.4.1 |
| Discuss the components of health-related physical fitness. | PE.2.L.4.2 |
| Identify that a stronger heart muscle can pump more blood with each beat. | PE.2.L.4.3 |
| Identify why sustained physical activity causes an increased heart rate and heavy breathing. | PE.2.L.4.4 |
| Identify the physiological signs of moderate to vigorous physical activity. | PE.2.L.4.5 |
| Identify benefits of participation in informal physical fitness assessment. | PE.2.L.4.6 |
| Identify appropriate stretching exercises. | PE.2.L.4.7 |
| Movement Competency | Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories. | Perform locomotor skills with proficiency in a variety of activity settings to include rhythms/dance. | PE.2.M.1.1 |
| Responsible Behaviors and Values | Exhibit responsible personal and social behavior that respects self and others in physical-activity settings. | Identify ways to cooperate with others regardless of personal differences during physical activity. | PE.2.R.5.1 |
| Describe the personal feelings resulting from challenges, successes and failures in physical activity. | PE.2.R.5.3 |

This add-on also may also cover standards in other subject areas.

MCM Group Tours: Health & Wellness Add-On

**Grade 3** Curriculum Connections

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| **Subject** | **Strand** | **Cluster** | **Standard** | **Number** |
| Health Education | Health Literacy Concepts | Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health. | Describe healthy behaviors that affect personal health. | HE.3.C.1.1 |
| Recognize that body parts and organs work together to form human body systems. | HE.3.C.1.5 |
| Describe why it is important to seek health care. | HE.3.C.1.6 |
| Health Literacy Responsible Behavior | Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself. | Practice responsible personal health behaviors. | HE.3.P.7.1 |
| Investigate a variety of behaviors that avoid or reduce health risks. | HE.3.P.7.2 |
| Promote positive behaviors to others. | HE.3.P.8.1 |
| Physical Education | Cognitive Abilities | Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities. | Identify the importance of purposeful movement and its impact on quality of performance. | PE.3.C.2.1 |
| Understand the importance of safety rules and procedures in all physical activities. | PE.3.C.2.2 |
| Identify the reasons for warm-up and cool-down activities. | PE.3.C.2.7 |
| Lifetime Fitness | Participate regularly in physical activity. | Identify a moderate physical activity. | PE.3.L.3.1 |
| Identify a vigorous physical activity. | PE.3.L.3.2 |
| Identify opportunities for involvement in physical activities during the school day. | PE.3.L.3.3 |
| Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness. Identify the principles of physical fitness. | Describe the relationship between the heart and lungs during physical activity. | PE.3.L.4.2 |
| Identify the principles of physical fitness. | PE.3.L.4.8 |
| Movement Competency | Apply locomotor skills in a variety of movement settings. | PE.3.M.1.1 |
| Responsible Behaviors and Values | List ways to work cooperatively with peers of differing skill levels. | PE.3.R.5.1 |

This add-on also may also cover standards in other subject areas.

MCM Group Tours: Health & Wellness Add-On

**Grade 4** Curriculum Connections

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| **Subject** | **Strand** | **Cluster** | **Standard** | **Number** |
| Health Education | Health Literacy Concepts | Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health. | Identify the relationship between healthy behaviors and personal health. | HE.4.C.1.1 |
| Describe ways a safe, healthy school environment can promote personal health. | HE.4.C.1.3 |
| Identify the human body parts and organs that work together to form healthy body systems. | HE.4.C.1.5 |
| Health Literacy Promotion | Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself. | Discuss a variety of healthy practices and behaviors to maintain or improve personal health and reduce health risks. | HE.4.P.7.2 |
| Physical Education | Cognitive Abilities | Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities. | Understand the importance of purposeful movement in a variety of movement settings. | PE.4.C.2.1 |
| Understand the importance of safety rules and procedures in all physical activities, especially those that are high risk. | PE.4.C.2.2 |
| Identify proper warm-up and cool-down techniques and the reasons for using them. | PE.4.C.2.7 |
| Lifetime Fitness | Participate regularly in physical activity. | Identify a moderate physical activity. | PE.4.L.3.1 |
| Identify a vigorous physical activity. | PE.4.L.3.2 |
| Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness. | Maintain heart rate within the target heart rate zone for a specified length of time during an aerobic activity. | PE.4.L.4.3 |
| Identify how specific stretches increase flexibility and reduce the chance of injury. | PE.4.L.4.6 |

This add-on also may also cover standards in other subject areas.

MCM Group Tours: Health & Wellness Add-On

**Grade 5** Curriculum Connections

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| **Subject** | **Strand** | **Cluster** | **Standard** | **Number** |
| Health Education | Health Literacy Concepts | Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health. | Describe the relationship between healthy behaviors and personal health. | HE.5.C.1.1 |
| Compare ways to prevent common childhood injuries and health problems. | HE.5.C.1.4 |
| Physical Education | Lifetime Fitness | Participate regularly in physical activity. | Identify a moderate physical activity. | PE.5.L.3.1 |
| Identify a vigorous physical activity. | PE.5.L.3.2 |
| Discuss lifestyle behaviors that can be made to increase physical activity. | PE.5.L.3.6 |
| Identify that an increase in heart rate intensity is necessary to enhance cardiorespiratory endurance. | PE.5.L.4.3 |
| Responsible Behaviors and Values | Value physical activity for health, enjoyment, challenge, self-expression and/or social interaction. | Describe how participation in physical activity is a source of self-expression and meaning. | PE.5.R.6.1 |
| Explain the benefits of physical activity. | PE.5.R.6.2 |

This add-on also may also cover standards in other subject areas.