

**Fitness Education
Project Based Learning
Grades PK & K**

Name of project: Healthy Living

Educational purpose: Students will be able to identify, demonstrate and track with their parents or guardians healthy living behaviors.

Skill practice desired:

- Attending to behaviors
- Counting
- Recording--drawing
- Verbal discussion
- Photography

Resources needed:

- High Tech
 - Cameras, photo paper, color printer
 - Online tracking
- Low Tech
 - Drawing paper, pencils, Crayons/markers
 - Calendar tracking sheet

Assessment:

- See Attached Rubric

Healthy Living PK & K Project

Element	Ideas for this project
1. Create the need to know (anticipatory set)	Pictures of behaviors, choices
2. Possible driving questions a) Captures heart of project b) Sense of challenge c) Linked to purpose d) Answers for students what the point of all this is	How can our class be healthiest? What do these pictures have to do with health? What will help us be able to come and enjoy school every day?
3. Student voice & choice a) What can students choose? b) What is required?	How to record behaviors—stickers, writing, pictures Show with drawings, pictures, video
4. 21 st Century Skills a) Needed b) Explicitly taught	<ul style="list-style-type: none"> • Critical thinking • Goal setting • Visual & verbal communication • Self responsibility—strategies for increasing healthy behaviors
5. Inquiry & Innovation a) Possibilities for own research b) Ways to create culture of hypothesizing	Track own behavior Identify strategies for change--track
6. Feedback & Revision a) Formalized feedback process b) Rubrics needed c) Self/peer assessment opportunities (coach how to use rubrics) d) Teacher checks e) Feedback from others	Tracking sheet—rubric for parents to review with child Teacher checks tracking sheet- discuss class tallies Partners check pictures brought in Have pediatricians come listen to presentation of front hallway display Rubric—see attached
7. Publicly presented product	Presentation- Hallway in front of school presents healthy behaviors and measure of improvement from first to second tracking or video presentation

Healthy Living Project

PreK & K Block Plan

Week	Activity	Action
1	Introduce idea of healthy living Talk about friend behaviors	
2	Draw/take pictures of friend behaviors at school--	Post pictures
3	Talk about physical activity Draw picture of physical activity at recess	Post pictures
4	Draw picture of physical activity at home	Post pictures
5	Talk about eating fruits & vegetables Collect pictures of students eating fruits at lunch/have students draw fruit eaten at lunch	Post pictures
6	Talk about sleep Caregiver & child log sleep at home 2 days Thursday & Friday	Post class tally
7	Caregiver & child log of fruits & veggies 2 days—Thursday & Friday	Post class tally
8	Caregiver & child log of PA at home 2 days Friday & Saturday	Post class tally
9	Caregiver & child check off friend behaviors at home	Post class tally
10	Choose a target behavior Brainstorm ways to improve	
11	Track chosen behavior again	Post class tally
12	Celebrate stories of improvement—create a display in the school entrance that highlights healthy living	Create entrance collage


PreK & K Healthy Living Project

Parent: In physical education we are talking about aspects of healthy living. In particular we are talking about getting a good amount of sleep, being active every day, eating lots of fruits and vegetables, and showing good friend behaviors.

Please help your child see how much sleep they are getting by filling in the chart below. Write down what time they went to bed and what time they got up.

Then help them determine how many hours of sleep they got by putting a sticker in the box for each hour as you count from the time they went to bed to the time they woke up.

Example

Date	Times	Stickers
Thursday	Went to bed at <u> 8:00 </u> Woke up at <u> 6:00 </u> Parent says "8 to 9 = 1, so 9, 10, 11, 12, 1, 2, 3, 4, 5, 6" Child should have put 10 stickers in the box to the right.	

Date	Times	Stickers
Thursday	Went to bed at _____ Woke up at _____	

Date	Times	Stickers
Friday	Went to bed at _____ Woke up at _____	

Healthy Living PK & K Project

Parent: In the box below encourage your child to draw a picture of one of the four aspects of healthy living we have been studying. The four areas are sleep, exercise, fruits & veggies, friend behavior.

Please have them tell you about it and write their words as a caption below the picture.



Caption:

Healthy Living Project Rubric
PreK & K

Description	Excellent	Meets Expectations	Needs Improvement
• Track sleep	Log complete— show evidence of review	Log at least one day	Log does not have at least one day complete
• Track exercise	Log complete— show evidence of review	Log at least one day	Log does not have at least one day complete
• Track fruits & veggies	Log complete— show evidence of review	Log at least one day	Log does not have at least one day complete
• Track friend behaviors	Log complete— show evidence of review	Log at least one day	Log does not have at least one day complete
• Guideline match	3 or 4 behaviors match guidelines	2 behaviors match guidelines	>2 behaviors match guidelines
• Four Pictures	Identify all four behaviors	Identify 3 behaviors	Identify less than 3 behaviors
• Presentation	Speaks easily and appropriately about all 4 behaviors and guidelines	Speaks about 2-3 behaviors and guidelines	Speaks about >2 behaviors and guidelines