

Appendix B

Cross Content Integration

COMPREHENSIVE HEALTH AND PHYSICAL EDUCATION: Appendix B

CROSS-CURRICULAR INTEGRATION WITH PHYSICAL EDUCATION			
Standard 2			
Suggested Activities			
Lang. Arts Standard 3	Math Standard 4	Science Standard 5	Social Studies Standard 6
Grades K/1 <i>Alphabet Gymnastics</i> Use his/her body to make the shapes of letters on mats.	Grades K/1 <i>Number Designs</i> Use his/her body to make the shapes of numbers on mats.	Grade K <i>Body ID</i> Tap a balloon in the air with different body parts.	Grade K <i>Wheels on the Bus</i> Discuss various forms of transportation and act out the song.
Grades 2/3 <i>Character Movements</i> Read a story that has a character with animated movements and act out along with story.	Grades 2/3 <i>Number Operation</i> On a floor-sized number grid, ask students to hop onto odd and even numbers or answers to simple equations.	Grades 1/2 <i>I Got the Beat</i> Perform various movements and take heart rate. Determine what increases heart rate the most.	Grade 1 <i>Meet My Family</i> Act out a movement sequence to show favorite activities of family members.
Grade 4 <i>Gymnastic Sentences</i> Write a gymnastic sequence of motion and demonstrate.	Grades 4/5 <i>Geometric Shapes</i> Challenge students to work together to create various shapes and lines with their bodies.	Grade 3 <i>Spaced-Out</i> Create a movement sequence based on a space mission.	Grade 2/3 <i>Play by the Rules</i> Discuss the need for rules in and out of school. Enforce rules when playing games.
Grade 5 Sports News Clip movement phrases from sports news articles and demo.	Grades 6/7/8 <i>Percentages</i> Shoot foul shots and calculate percentage made individually and by team.	Grades 4/5 <i>Newton's Laws</i> Using balls, skates, etc. experiment with inertia and momentum.	Grades 4/5 <i>Underground Railroad</i> Work cooperatively to move students through a demo of moving slaves to freedom.
Grade 6/7/8 <i>Warm-Ups</i> Write a list of warm-up exercises that can be used prior to a game or sport.		Grades 6/7/8 <i>Systems</i> Experience and discuss the impact of exercise on the circulatory, respiratory and excretory systems.	Grades 6/7/8 <i>Marathons</i> Discuss famous marathons and walk-a-thons. Map out your own course for a given distance and city.
Music and Art Standard 1	World Language Standard 7	Technology Literacy Standard 8	Career Education Standard 9
Grades K-3 <i>Movement and Song</i> Rope out freestyle lines on the floor and have students move to music along the lines.	Grades K-3 <i>Spanish</i> Practice keeping score or counting in Spanish during various activities.	Grades K-3 <i>Stopwatch</i> Practice keeping time for various activities using a stopwatch.	Grades K-3 <i>Professional Athletes</i> Discuss famous athletes and the challenges of achieving that status.
Grades 4-8 <i>Team Spirit</i> Have students design team logos and create cheers for their teams.	Grades 4-8 <i>Olympics</i> Investigate languages and cultures of countries that are hosting the Olympics.	Grades 4-8 <i>Excel</i> Graph results of Fitness tests and other competitions.	Grades 4-8 <i>Athletic Careers</i> Explore lesser known careers associated with Physical Education.