

Kindergarten – Second Grade Wellness Unit

Wellness Area	Name of Lesson:	Iowa/Common Core Concept or Skill	Where to Find It @TeachersGoingGreen.com :
Nutrition	Composting with Worms	<ul style="list-style-type: none"> • P.E. Standard 4 Exhibits responsible personal and social behavior that respects self and others • K-LS1-1 Use observations to describe patterns of what plants and animals (including humans) need to survive. 	Kindergarten Science
	Edible Aquifer	<ul style="list-style-type: none"> • P.E. Standard 4 Exhibits responsible personal and social behavior that respects self and others • 1.OA.A.1 Use addition and subtraction within 20 to solve word problems involving situations of adding to, taking from, putting together, taking apart, and comparing, with unknowns in all positions, e.g., by using objects, drawings, and equations with a symbol for the unknown number to represent the problem. 	First Grade Mathematics
	People to People	<ul style="list-style-type: none"> • P.E. Standard 6 Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. • SS.K-2.BS.2 Understand all people have individual traits. <ul style="list-style-type: none"> ○ Understand that people are alike and different in many ways. • SS.K-2.BS.3 Understand interactions between self and the peer group. <ul style="list-style-type: none"> ○ Understand that people often choose to do certain things their own way. 	Kindergarten Social Studies
	We Need the Earth Game	<ul style="list-style-type: none"> • P.E. Standard 5 Exhibits responsible personal and social behavior that respects self and others in physical activity settings. • SS.K-2.G.2 Understand how geographic and human characteristics create culture and define regions. <ul style="list-style-type: none"> ○ Understand ways in which people depend on the physical environment. • SS.K-2.G.3 Understand how human factors and the distribution of resources affect the development of communities and the movement of populations. <ul style="list-style-type: none"> ○ Understand the role that resources play in human's daily lives. 	Second Grade Social Studies

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Exercise	Thinker's Scavenger Hunt	<ul style="list-style-type: none"> • P.E. Standard 1 Demonstrates competency in a variety of motor skills and movement patterns • L.K.5 With guidance and support from adults, explore word relationships and nuances in word meanings. 	Kindergarten English Language Arts
	Collaboration with Nature	<ul style="list-style-type: none"> • P.E. Standard 1 Demonstrates competency in a variety of motor skills and movement patterns • K.CC.B.4 Understand the relationship between numbers and quantities; connect counting to cardinality. 	Kindergarten Mathematics
	Hide a Penny	<ul style="list-style-type: none"> • P.E. Standard 1 Demonstrates competency in a variety of motor skills and movement patterns • 21.K-2.ES.1 Communicate and work appropriately with others to complete tasks. <ul style="list-style-type: none"> ○ Work appropriately and productively with others. 	Second Grade 21st Century Skills
	Unbelievably Fantabulous, Long 10 Yard Hike	<p>P.E. Standard 3 Participates regularly in physical activity</p> <p>21.K-2.ES.1 Communicate and work appropriately with others to complete tasks.</p> <ul style="list-style-type: none"> ○ Work appropriately and productively with others. ○ Use different perspectives to increase innovation and the quality of work. 	First Grade 21st Century Skills

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Outdoor	Making Connections	<ul style="list-style-type: none"> • P.E. Standard 1 Demonstrates competency in a variety of motor skills and movement patterns • S.K-2-LS.3 Understand and apply knowledge of the basic needs of plants and animals and how they interact with each other and their physical environment. <ul style="list-style-type: none"> ○ Organisms interact with each other and their physical environment. ○ Organisms can survive only in environments in which their needs can be met. 	First Grade Science
	Sound Map	<ul style="list-style-type: none"> • P.E. Standard 1 Demonstrates competency in a variety of motor skills and movement patterns • 21.K-2.ES.1 Communicate and work productively with others, incorporating different perspectives and cross cultural understanding, to increase innovation and the quality of work <ul style="list-style-type: none"> ○ Use different perspectives to increase innovation and the quality of work. 	Second Grade 21st Century Skills
	Beginning Playground Pickup	<ul style="list-style-type: none"> • P.E. Standard 5 Exhibits responsible personal and social behavior that respects self and others in physical activity settings. • 2.MD.D.10 Draw a picture graph and a bar graph (with single-unit scale) to represent a data set with up to four categories. Solve simple put-together, take-apart, and compare problems using information presented in a bar graph. 	Second Grade Mathematics
	Field Trip to Your Square	<ul style="list-style-type: none"> • P.E. Standard 1 Demonstrates competency in a variety of motor skills and movement patterns • S.K-2.SI.1 Ask questions about objects, organisms, and events in the environment. <ul style="list-style-type: none"> ○ Students should answer their questions by seeking information from their own observations, investigations and from reliable sources of scientific information. 	Second Grade Science

	Hunting for Treasure	<ul style="list-style-type: none">• P.E. Standard 1 Demonstrates competency in a variety of motor skills and movement patterns• SS.K-2.G.1 Understand the use of geographic tools to locate and analyze information about people, places, and environments.<ul style="list-style-type: none">○ Understand representations of the earth such as maps, globes and photographs.○ Understand representations of locales and regions on maps and globes.	Second Grade Social Studies
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