

RENTON SCHOOL DISTRICT NO. 403

DEPARTMENT OF CURRICULUM AND INSTRUCTION

ALTERNATIVE CURRICULUM

5TH GRADE

Revised June 1995



ALTERNATIVE CURRICULUM GUIDELINES

1. Students not participating in the unit on human reproduction will spend their class time in the library, another classroom, or other educational setting as approved by the principal.
 2. The alternative curriculum has five units:
 - [Unit I - The Heart](#)
 - [Unit II - Nutrition: Eating Healthy](#)
 - [Unit III - Health and Fitness: Exercise](#)
 - [Unit IV - Smoking and Your Health](#)
 - [Unit V - Smoking and the Media](#)
 3. The combined units are appropriately two weeks in duration. The materials on Exercise (Day 5 & 6 and Smoking (Day 7-10) are terrific. If your students working in the alternative curriculum do not finish, use those materials for the entire class. We particularly recommend the smoking unit on advertising (day 9-10).
 4. This curriculum may be ordered through the film library (204-2442). When ordering, specify the number of students who will be using it.
 5. These units will be collected and graded by teachers.
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ELEMENTARY ALTERNATIVE CURRICULUM

OVERVIEW

Days	Topics	Sheet No.	Activities
1	Heart	sheet 1	Audio tape interview & worksheet Poster & worksheet
2	Heart	sheet 2	Read "Fantastic Journey" Color blank heart diagram Make a Healthy Heart pamphlet
3 & 4	Eating Healthy	sheet 3	Read "Healthy Heart" Read "How to Read Labels" Complete the food label comparison charts Color and cut food groups Glue onto "My Family's Favorite" poster
5	Exercise	sheet 4	Read "Exercise For a Healthy Heart" Complete parts 1,2,3 on page 4 Begin "Track My Moves" worksheet, take home and bring back with "Personal Exercise Log." Complete Campaign Ballot, explain
6	Exercise	sheet 5	Look at the "Calorie Use Chart" Read chart and do the problems at the bottom of the page. Do "Track My Moves" worksheet, Day 2
7 & 8	Smoking	sheet 6	Take IQ smoking test Read "The Truth About Smoking" Read "The Case of the Sudden Sickness" & do worksheet Do activities 1 and 3
9	Smoking	sheet 7	Study "The Big Sell", look for hidden messages Do worksheet on Cigarette Brand Comparisons Retake the smoking IQ test
10	Smoking	sheet 8	Read "Developing an Ad" Do practice ad worksheet Make your own ad for a health or anti-smoking product, service, or idea. Use ideas from the first two sheets. Look at "Keep Our World Tobacco Free."

ALTERNATIVE CURRICULUM

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THE HEART

DAY 1 WORKSHEET

MATERIALS NEEDED:

Worksheet: "Interview With a Heart"
"How Blood Travels Through Your Body."

Information Sheet: "Interview With a Heart" Transcript, 4 pages

Tape (in Student Folder)
Tape Recorder (classroom supply)
Pencil (classroom supply)

THE HEART

DAY ACTIVITIES: Do these things in this order. Check each line as you complete the activity.

1. _____ Listen to the "Interview With A Heart" tape. Follow along with the script provided.
2. _____ Do the worksheet, "Interview With Your Heart." You may have to check the typed copy of the taped interview in this folder.
3. _____ Look at the big poster of the circulatory system. Study it.
4. _____ Look at the small poster of the circulatory system. Read the information.
5. _____ Do the worksheet, "How Blood Travels Through Your Body."
6. _____ Turn your completed worksheets in to your teacher.

BE SURE TO PUT THE CASSETTE TAPE AND 2 POSTERS ON DAY 1 SIDE IN THE HEART STUDENT FOLDER.

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THE HEART

DAY 2 WORKSHEET

IF YOU DID NOT FINISH DAY 1 PACKET, PLEASE COMPLETE BEFORE STARTING THIS

WORKSHEET.

MATERIALS NEEDED:

Worksheet: blank heart diagram

Information Sheet: "Take a Fantastic Journey", 3 pages

tennis ball (provided)

tri-fold 8-1/2 x 11 in. sheet of paper (provided)

red and blue crayons (classroom supplies)

felt pens, crayons (classroom supplies)

pencil (classroom supply)

THE HEART

DAY ACTIVITIES: Do these things in this order. Check each line as you complete the activity.

1. _____ Read the three sheets "Take a Fantastic Journey."
2. _____ Hold a tennis ball in your hand and squeeze. This is how your heart operates. See page 1, the last paragraph.
3. _____ Complete the blank heart diagram. Follow the directions and use the crayons to show the flow of the blood.
4. _____ Make a healthy heart pamphlet. Use the folded paper. Use all six sections of this paper (three per side) and use lots of color.
5. _____ Turn all your work in to your teacher.

BE SURE TO RETURN THE TENNIS BALL WITH THE HEART STUDENT FOLDER.

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EATING HEALTHY

DAY 3 AND 4 WORKSHEET

IF YOU DID NOT FINISH DAY 2 PACKET, PLEASE COMPLETE BEFORE STARTING THIS WORKSHEET.

MATERIALS NEEDED:

Information sheets:

"How to Eat for a Healthy Heart", 3 pages

"How to Read Labels"

Worksheets:

"Are You Label-Able"

"Food Label Comparison Charts" 1-5

"My Family's Favorites"

Classroom supplies:

large piece of butcher paper or art paper,
scissors, crayons or felt pens, glue, pencil

EATING HEALTHY:

DAY ACTIVITIES: Do these things in this order. Check each line as you complete the activity.

1. _____ Read pages 1, 2, and 3 of "How to Eat for a Healthy Heart."
2. _____ Read "How to Read Labels" sheets.
3. _____ Complete "Are You Label-Able" worksheet and the rest of the Food Label Comparison Charts 1-5.
4. _____ Glue "My Family's Favorites!" sheet in the center of a large art or butcher paper sheet. Draw the black lines dividing each of the groups out to the edge of the large paper.
5. _____ Color the food group pictures and cut them out on the dark black lines.
6. _____ Glue the pictures to the correct part of the poster.
7. _____ Turn all your work in and return this folder to your teacher.

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EXERCISE

DAY 5 WORKSHEET

IF YOU DID NOT FINISH DAY 3-4 PACKET, PLEASE COMPLETE BEFORE STARTING THIS WORKSHEET.

MATERIALS NEEDED:

Worksheet:

"Exercise for a Stronger Heart", 4 pages

"Campaign Ballot"

pencil (classroom supply)

EXERCISE

DAY ACTIVITIES: Do these things in this order. Check each line as you complete the activity.

1. _____ Read pages 1 through 4, "Exercise for a Stronger Heart."
2. _____ Complete parts 1, 2, and 3 of page 4.
3. _____ Use the pages 1 through 4 to complete the "Personal Exercise Log." Pick exercises from Page 3 that you like to do and list them on your "Personal Exercise Log."
4. _____ Begin "Track My Moves" worksheet. Today is Day 1. Write in each time slot the activity you are doing during that time. Take it home to track your movements at home. Keep track how many minutes you exercise on your Personal Exercise Log . **Bring both worksheets back tomorrow.**
5. _____ Study the Campaign Ballot. Which student has the best food, fun and fitness platform? Mark your vote. There is only one right answer.
6. _____ On the back of the Campaign Ballot, explain why you think your candidate has the best food, fun and fitness platform and where the others could improve.
7. _____ Keep all your materials for tomorrow.

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EXERCISE

DAY 6 WORKSHEET

IF YOU DID NOT FINISH DAY 5 PACKET, PLEASE COMPLETE BEFORE STARTING THIS WORKSHEET.

MATERIALS NEEDED:

Worksheets: "Calorie Use Chart"
"Track My Moves" from Day 5
"Personal Exercise Log" from Day 5
pencil (classroom supply)

EXERCISE

DAY ACTIVITIES: Do these things in this order. Check each line as you complete the activity.

1. _____ Look at the "Calorie Use Chart." Read the table and do the problems at the bottom of the page using your activities from the "Personal Exercise Log" worksheet.
2. _____ Do the "Track My Moves" worksheet for Day 2. Did you add or change your exercise to include exercises on your Personal Log?
3. _____ Turn all in your work in and return this folder to your teacher.

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SMOKING

DAY 7 AND 8 WORKSHEET

IF YOU DID NOT FINISH DAY 6 PACKET, PLEASE COMPLETE BEFORE STARTING THIS WORKSHEET.

MATERIALS NEEDED:

Comic Book "The Case of the Sudden Sickness" Worksheets:

"Test Your Smoking IQ"

"The Truth About Smoking", two pages

"The Case of the Sudden Sickness Code Sheet"

"Things to Do"

pencil (classroom supplies)

SMOKING

DAY ACTIVITIES: Do these things in this order. Check each box as you complete the activity.

1. _____ Look at "Test Your Smoking IQ." Take the test.
2. _____ Read the "The Truth about Smoking", (two pages).
3. _____ Read the comic book, "The Case of the Sudden Sickness"
4. _____ Do the worksheet on "The Case of the Sudden Sickness".
5. _____ Do questions 1 and 3 from "Things to Do" worksheet. (Taking your pulse, and the word puzzle.)
6. _____ When completed, turn in your worksheets for Day 7 and 8 to your teacher. Keep this folder for Day 9.



BE SURE TO PUT ALL REMAINING MATERIALS IN THE SMOKING FOLDER.



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SMOKING

DAY 9 WORKSHEET



IF YOU DID NOT FINISH DAY 7 AND 8 PACKET, PLEASE COMPLETE BEFORE STARTING THIS WORKSHEET.

MATERIALS NEEDED:

Information sheet: "The Big Sell", 1 page

Worksheet:

Cigarette Brand Comparison Sheet

Magazine advertisements for smoking

Copy of "Test Your Smoking IQ"

pencil

SMOKING

DAY ACTIVITIES: Do these things in this order. Check each box as you complete the activity.

1. _____ Study "The Big Sell" for hidden messages given in ads.
2. _____ Pick 5 cigarette ads from those provided and list them at the top of the Cigarette Brand Comparison Worksheet. Fill in the theme and hidden messages you think each ad is using. Complete the rest of the page.
3. _____ Retake the "Test Your Smoking IQ" test.
4. _____ Turn in your worksheets for Day 9 to your teacher. Keep this folder for Day 10.

BE SURE TO PUT ALL REMAINING MATERIALS IN THE SMOKING FOLDER.

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SMOKING

DAY 10 WORKSHEET

IF YOU DID NOT FINISH DAY 9 PACKET, PLEASE COMPLETE BEFORE STARTING THIS WORKSHEET.

MATERIALS NEEDED:

Information Sheet: "Developing an Ad"

Worksheet: "Advertising Worksheet Godzidra"

"My Ad"

Book: "Keep Our World Tobacco Free"

Classroom supplies:

glue and pieces of colored paper (may or may not be used)

Felt pens, crayons, or ball point pen

pencil

SMOKING

DAY ACTIVITIES: Do these things in this order. Check each line as you complete the activity.

1. _____ Read "Developing an Ad".
2. _____ Develop your own ad using the "Advertising Worksheet - Godzidra".
3. _____ Make your own ad for a health or anti-smoking product, service, or idea using the blank worksheet "My Ad". Use the information you have learned over the last 9 days. Make it colorful and exciting to see. Look at the book "Keep Our World Tobacco Free". This book's art work was created by Washington State students.
4. _____ Turn your work in to your teacher, along with this folder.

BE SURE TO PUT "KEEP OUR WORLD TOBACCO FREE" BOOK BACK INTO THE SMOKING FOLDER