

**Pennsylvania Academic Standards for Health, Safety & Physical Education**  
**Grade 3**  
***Family Fitness Youth Lessons***

<b>Lesson/Activity Title</b>	<b>Pennsylvania Standard</b>
<b>Lesson 1: Balance for Fitness</b>	
Definitions	<p>10.4.3.B Know the positive and negative effects of regular participation in moderate to vigorous physical activities</p> <p>10.1.3.C Know and recognize changes in body responses during moderate to vigorous physical activity</p>
Energy Balancing Act	<p>10.4.3.A Identify and engage in physical activities that promote physical fitness and health</p> <p>10.4.3.B Know the positive and negative effects of regular participation in moderate to vigorous physical activities</p> <p>10.4.3.C Know and recognize changes in body responses during moderate to vigorous physical activity.</p> <p>10.5.3. D Identify and use principles of exercise to improve movement and fitness activities.</p>
Burn Those Calories	<p>10.4.3.A Identify and engage in physical activities that promote physical fitness and health</p> <p>10.4.3.B Know the positive and negative effects of regular participation in moderate to vigorous physical activities</p> <p>10.4.3.C Know and recognize changes in body responses during moderate to vigorous physical activity.</p>
Body Image Discussion	<p>10.1.3.E. Identify types and causes of common health problems of children.</p>
Healthy Snack Activity	<p>10.1.3.C Explain the role of the food guide pyramid in helping people eat a healthy diet.</p> <p>10.2.3.A Identify personal hygiene practices and community helpers that promote health and prevent the spread of disease.</p>

<p>1-1 Calories for Action</p>	<p>10.2.3. B Identify health-related information.</p> <p>10.4.3.A Identify and engage in physical activities that promote physical fitness and health.</p> <p>10.4.3.B Know the positive and negative effects of regular participation in moderate to vigorous physical activities</p> <p>10.4.3.C Know and recognize changes in body responses during moderate to vigorous physical activity.</p>
<p><b>Lesson 2: Physical Activity</b></p>	
<p>Obstacle Activity</p>	<p>10.4.3.A. Identify and engage in physical activities that promote physical fitness and health.</p> <p>10.5.3.A. Recognize and use basic movement skills and concepts.</p> <p>10.5.3.D. Identify and use principles of exercise to improve movement and fitness activities.</p>
<p>Fitness Quiz</p>	<p>10.4.3.B. Know the positive and negative effects of regular participation in moderate to vigorous physical activities.</p> <p>10.4.3.E. Identify reasons why regular participation in physical activities improves motor skills.</p> <p>10.5.3.B. Recognize and describe the concepts of motor skill development using appropriate vocabulary.</p>
<p>Checking Your Pulse</p>	<p>10.4.3.A. Identify and engage in physical activities that promote physical fitness and health.</p>
<p>Fruit-Testing Activity</p> <p>Calorie Burning Activity</p>	<p>10.1.3.C. Explain the role of the food guide pyramid in helping people eat a healthy diet.</p> <p>10.4.3.D. Identify likes and dislikes related to participation in physical activities.</p>
<p>My Goal for Healthy Eating Activity</p>	<p>10.1.3.C. Explain the role of the food guide pyramid in helping people eat a healthy diet.</p> <p>10.4.3.A. Identify and engage in physical activities that promote physical fitness and health.</p>

<b>Lesson 3: Using the Food Pyramid</b>	
Using the Food Pyramid for selecting Healthy Food choices	10.1.3.C. Explain the role of the food guide pyramid in helping people eat a healthy diet.  2.1.3. D. Use drawings, diagrams or models to show the concept of fraction as part of a whole.
<b>Lesson 4: Breakfast for All</b>	
Breakfast for All	10.1.3.C.Explain the role of the food guide pyramid in helping people eat a healthy diet.
<b>Lesson 5: Healthy Snacking</b>	
Healthy Snacking  Physical Activity-Dragon Tail	10.1.3.C. Explain the role of the food guide pyramid in helping people eat a healthy diet.  10.4.3.A. Identify and engage in physical activities that promote physical fitness and health.
<b>Lesson 6: Eating Out</b>	
Eating Out and Fast Foods  Physical activity: Obstacle Course II  <ul style="list-style-type: none"> <li>• Eating out Survey</li> <li>• Healthy food choices</li> <li>• Measure the Fat</li> <li>• Snack Activity: Make Tortilla wraps</li> </ul>	10.4.3.A. Identify and engage in physical activities that promote physical fitness and health.  10.1.3.C. Explain the role of the food guide pyramid in helping people eat a healthy diet.
<b>Lesson 7: Physical Activity</b>	
Physical Activity a. Nose and Toes Tag b. Musical jump and look  Think Your Drink Charting Beverage Activity Taste-Testing and Goal setting	10.4.3.A. Identify and engage in physical activities that promote physical fitness and health.  10.1.3.C. Explain the role of the food guide pyramid in helping people eat a healthy diet.

<b>Lesson 8: Sweets and Fats</b>	
Physical activity-Bandana Ball	10.4.3.A. Identify and engage in physical activities that promote physical fitness and health.
Setting Limits on Sweets and Healthy Fats <ul style="list-style-type: none"> <li>• Find the Hidden fats</li> <li>• Make a Snack-Black eyed Peanut Butter Dip</li> </ul>	10.1.3.C. Explain the role of the food guide pyramid in helping people eat a healthy diet.
<b>Lesson 9: Maintaining Physical Activity</b>	
<ul style="list-style-type: none"> <li>• Snack activity. Pyramid kabobs and soup preparation</li> <li>• Physical activity. Obstacle course III</li> </ul>	<p>10.1.3.C. Explain the role of the food guide pyramid in helping people eat a healthy diet.</p> <p>10.4.3.A. Identify and engage in physical activities that promote physical fitness and health.</p>