

**Pennsylvania Academic Standards for Reading Writing Speaking and Listening
Grades 3 and 5
Family Fitness Youth Lessons**

Lesson/Activity Title	Pennsylvania Standard
Lesson 1: Balance for Fitness	
Definitions	<p>1.1.3.F (3rd grade) Understand the meaning of and use correctly new vocabulary learned in various subject areas.</p> <p>1.1.5.F (5th grade) Identify, understand the meaning of and use correctly key vocabulary from various subject areas.</p>
Body image discussion	<p>1.6.3.A. (3rd grade) Listen to others</p> <p>1.6.5.A (5th grade) Listen to others</p> <p>1. 6.3.D (3rd grade) Contribute to discussion</p> <p>1. 6.5.D (5th grade) Contribute to discussion</p> <p>1.1.3.E (3rd grade) Acquire reading vocabulary by identifying and correctly using words (e.g., antonyms, synonyms, categories of words). Use a dictionary when appropriate.</p> <p>1.1.5.E (5th grade) Acquire reading vocabulary by correctly identifying and using words (e.g., synonyms, homophones, homographs, words with roots, suffixes, prefixes). Use a dictionary when appropriate.</p>
Family Fitness My activity pattern	<p>1.1.3A (3rd grade) Identify the purposes and types of text (e.g., literature, information) before reading.</p> <p>1.1.5.A (5th grade) Establish the purpose for reading a type of text (literature, information) before reading.</p>

Lesson 2: Physical Activity	
Fruit-Testing activity	1.6.3.A. (3 rd grade) Listen to others 1.6.5.A (5 th grade) Listen to others
Calorie Burning Activity	1.6.3.D. (3 rd grade) Contribute to discussions. 1.6.5.D. (5 th grade) Contribute to discussions.
Lesson 7: Physical Activity	
Healthy Beverages: Think Your Drink	1.6.3.A. (3 rd grade) Listen to others 1.6.5.A (5 th grade) Listen to others
Charting Beverages	1.1.3A (3 rd grade) Identify the purposes and types of text (e.g., literature, information) before reading. 1.6.3.D. (3 rd grade) Contribute to discussions. 1.6.5.D. (5 th grade) Contribute to discussions.
Taste-Testing and Goal setting	1.1.3A (3 rd grade) Identify the purposes and types of text (e.g., literature, information) before reading.
Lesson 8: Sweets and Fats	
Setting Limits on Sweets and Fats	1.6.3.A. (3 rd grade) Listen to others
Setting Limits on Sweets and Healthy Fats	1.6.5.A (5 th grade) Listen to others
<ul style="list-style-type: none"> • Find the Hidden fats • Make a Snack-Black eyed Peanut Butter Dip • Goal Setting 	1.1.3A (3 rd grade) Identify the purposes and types of text (e.g., literature, information) before reading.

	<p>1.6.3.D. (3rd grade) Contribute to discussions.</p> <p>1.6.5.D. (5th grade) Contribute to discussions.</p> <p>1.1.3A (3rd grade) Identify the purposes and types of text (e.g., literature, information) before reading.</p>
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