

DOUBLE DARE

4th grade

60 minute Classroom Program \$7 Per Child

Spin the wheel to discover incredible facts about the anatomy and physiology of the lungs, kidneys, bones, stomach and muscles as HealthWorks! takes your students on an amazing tour through the human body. Students love the friendly competition and stay completely engaged, as wild props and crazy challenges are used to give insight into the workings of the human body. By the end of this program, participants will be on their feet or doubled over with laughter as learning comes to life!

Two hour Field Trip Experience includes:

Classroom Program, Fun-tastic Exhibit Floor, and Interactive Brain Theater

DOUBLE DARE meets the following Mississippi State Health Competencies and Science Common Core Standards:

Mississippi State Health Competencies

- Competency 1:** Comprehend concepts related to health promotion and disease prevention to enhance health. (D, PH, N, H) NHES 1
- Sub-Competencies:**
- Identify the relationship between health behaviors and individual well-being.
- Competency 2:** Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. (M) NHES 2
- Competency 3:** Demonstrate the ability to access valid health information and products and services to enhance health. (C, S, CH) NHES 3

(continued)

HealthWorks!
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State Health Competencies (continued)

Competency 5: Demonstrate the ability to use decision-making skills to enhance health. (N, PH, H, S, SA) NHES 5

Sub-Competencies:

- Explain how exercise enhances health.
- Explain the impact of substance abuse on the individual, family, and community.

Competency 7: Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. (PH, S, SA) NHES 7

Sub-Competencies:

- Compare various factors influencing health.
- Illustrate safety and injury prevention techniques

Competency 8: Understand the importance of demonstrating the ability to advocate for personal, family, and community health. (C, PH, F) NHES 8

Sub-Competencies:

- Demonstrate healthy choices outside the school environment.

Common Core Science Standards: Life Science Strand

Regulations and Behaviors:

- 3b. Classify the organs and functions of the nervous, circulatory, and respiratory systems of the body. (DOK 1)

Depth of Knowledge (DOK)

Mississippi Department of Education Contemporary Health (K-8) Content Strands/Topics:

<i>Personal Health and Consumer Health (PH) (CH)</i>	<i>Nutrition and Fitness (N)</i>
<i>Mental Health (M)</i>	<i>Substance Abuse Prevention (SA)</i>
<i>Family/Social Health (F)</i>	<i>Community and Environmental Health (C)</i>
<i>Human Growth and Development (H)</i>	<i>Safety and First Aid (S)</i>
<i>Disease Prevention and Control (D)</i>	<i>National Health Education Standards (NHES)</i>