

DOUBLE DARE

5th 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:

- Describe how participation in physical activity affects the body.
- Identify ways the body's defense system can be improved.

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

Sub-Competencies:

- Identify and discuss the use and impact of health products (e.g., sunscreen, toothpaste).

(continued)

State Health Competencies (continued)

HealthWorks!
219 S. Industrial Road, Tupelo, MS 8801
(662) 377-KIDS

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

Sub-Competencies:

- Explore the characteristics of habits and how habits affect personal health.

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

Sub-Competencies:

- Examine health and fitness assessments and their role in developing a plan for life long fitness.

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

Sub-Competencies:

- Develop strategies to encourage and influence others in making healthy choices (e.g., healthy food choices, abstaining from alcohol, tobacco, and illegal drug use).

Common Core Science Standards: Life Science Strand

Regulations and Behaviors:

- 3b. Research and classify the organization of living things. (DOK 2)

Sub-Regulations and Behaviors:

- Function of the major parts of body systems (nervous, circulatory, respiratory, digestive, skeletal, and muscular) and the ways they support one another.

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>