

MOVE IT

1st grade

30 minute Classroom Program \$6 Per Child

60 minute Classroom Program \$7 Per Child

This program, which features the five food groups, keeps muscles moving, hearts pumping, and lungs breathing as kids learn about the benefits of healthy eating, staying active, and getting enough sleep.

90 or 120 minute Field Trip Experience includes:

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

MOVE IT meets the following Mississippi State Health Competencies, ELA, 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 ways of preventing and controlling disease.
- Introduce healthy snacks.

Competency 2: Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. (M) NHES 2

Sub-Competencies:

- Introduce technologies that influence health.

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 sources of health products and services in the community.

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

Sub-Competencies:

- Identify guidelines for making wise food choices.
- Explore a variety of physical activities.
- Identify safe and unsafe behaviors.

(continued)

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

Sub-Competencies:

- Explain ways family members work together to obtain and maintain healthy behaviors.

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

Personal Health and Consumer Health (PH) (CH)

Nutrition and Fitness (N)

Mental Health (M)

Substance Abuse Prevention (SA)

Family/Social Health (F)

Community and Environmental Health (C)

Human Growth and Development (H)

Safety and First Aid (S)

Disease Prevention and Control (D)

National Health Education Standards (NHES)

Common Core Science Standards: Life Science Strand

Regulations and Behavior

3c. Communicate the importance of food, and explain how the body utilizes food. (DOK 2)

Depth of Knowledge (DOK)

ELA Common Core

Writing Standards

W.1.8 With guidance and support from adults, recall information from experiences or gather information from provided sources to answer a question.