



North Carolina Department of Public Instruction

INSTRUCTIONAL SUPPORT TOOLS

FOR ACHIEVING NEW STANDARDS

This document is designed to assist North Carolina educators in effective instruction of the new Common Core State and/or North Carolina Essential Standards (Standard Course of Study) in order to increase student achievement. NCDPI staff are continually updating and improving instructional tools to better serve teachers.

Graphic Organizers for the *North Carolina Healthful Living Essential Standards*

What is the purpose of this tool?

These visual representations assist the student in organizing abstract “big picture” information that is new, overwhelming or misunderstood. Research supports the utilization of graphic organizers as a contributing factor in improving student performance. The examples are to model varied organizers and their use in provoking student engagement, organization, and understanding, thus equipping the teacher with the knowledge to develop and use such tools effectively with the new standards. By providing these examples, DPI is creating a foundation for teachers to shift the focus from merely classroom instruction to also include student learning.

What is in the tool?

The instructional tool uses straightforward (clear) models/examples that can be used in the classroom in alignment with the new standards. The tool speaks directly to teachers and holds high expectations for teachers’ ability to understand the use of the tool as a mechanism for differentiating instruction.

How do I send feedback?

We intend the explanations and examples in this document to be helpful and specific. That said, we believe that as this document is used, teachers and educators will find ways in which the tool can be improved and made even more useful. Please send feedback to us at feedback@dpi.nc.gov and we will use your input to refine our instructional tool. Thank You!

Where are the new Common Core State and North Carolina Essential Standards?

All standards are located at <http://www.ncpublicschools.org/acre/standards/>.

Where are the supporting documents and resources that accompany the standards?

The *North Carolina Healthful Living Essential Standards* wiki at <http://hlnces.ncdpi.wikispaces.net/> includes links to standards, tools, resources, and professional development materials specific to Healthful Living.

Physical Education Sample Graphic Organizer

Grade 4 – Health Related Fitness

Purpose: This graphic organizer is intended to provide an example which addresses one of the new Clarifying Objectives from the *North Carolina Essential Standards Healthful Living (Physical Education)*.

Description: Included with this graphic organizer is a sample student graphic organizer sheet, instructions for completing the graphic organizer, a sample rubric that may be used with the mini-lesson, sample station signs, and an additional idea that you can utilize to supplement this mini-lesson.

Connection to Standards: This example addresses the following Clarifying Objective from the 4th grade *North Carolina Essential Standards Healthful Living (Physical Education)*:

PE.4.HF.3.2: Evaluate oneself in terms of the five recommended behaviors for obesity prevention.

Resources: *North Carolina Essential Standards Healthful Living (Physical Education)*,
RubiStar (<http://rubistar.4teachers.org>), ChooseMyPlate.gov

Mini-Lesson: Prep Work: Set up stations around your work area for each of the five recommended behaviors for obesity prevention. Each station should have information about one of the recommended behaviors for obesity prevention, a copy of the self-evaluation rubric, and writing tools (pencils, pens, or crayons). Make enough copies of the student worksheet so each student will have their own.

Introduce the five recommended behaviors for obesity prevention:

1. Get at least 8 hours of sleep per night.
2. Eat meals providing good nutrition (including portion size and enough fruits and vegetables).
3. Get at least 60 minutes of physical activity daily.
4. Drink plenty of water, with limited sweetened beverages.
5. Limit the amount of time spent in front of electronic screens daily.

Give each student a graphic organizer to complete and give them directions. Divide the class into 5 groups and assign each group to a station. Have all the students skip to their assigned station. Once the students are all in place, they should select one of the writing tools from their station, fill in their name and the date, and which recommended behavior for obesity prevention they are on. Then each student should review the rubric and fill in their self-evaluation score for that recommended behavior for obesity prevention in the appropriate space. Next, students should take a few minutes to complete the rest of the graphic organizer for that recommended behavior for obesity prevention.

After a few minutes, all students should be ready to rotate to the next station. Instruct them to put their writing tool down when they are finished with their station. This will signal to you that they are ready to rotate, and it will insure that nobody gets injured with a pen/pencil while changing stations. You may choose to announce what locomotor action (hop, crab, jog, bear crawl, etc.) you want all the groups to use to get to their next station, or you might want to post a sign at each station with different locomotor actions for transition between the stations.

When the students have completed all five stations, bring them together for a short review of the lesson. You may want to do this lesson at the beginning of the year and revisit it again at the end of the year to see how your students' self-evaluation scores change.

This page contains the entire rubric for the self-evaluation on the five recommended behaviors for obesity prevention.

The Five Recommended Behaviors for Obesity Prevention

CATEGORY	4	3	2	1	0
At least 8 hours of sleep	I get at least 8 hours of sleep every night.	I get at least 6 hours of sleep every night.	I get at least 4 hours of sleep every night.	I get at least 2 hours of sleep every night.	I stay up all night and do not go to sleep.
Good nutrition (including portion size and enough fruits and vegetables)	100% of my meals meet the recommendations from ChooseMyPlate.gov.	75% of my meals meet the recommendations from ChooseMyPlate.gov.	50% of my meals meet the recommendations from ChooseMyPlate.gov.	25% of my meals meet the recommendations from ChooseMyPlate.gov.	None of my meals meet the recommendations from ChooseMyPlate.gov.
At least 60 min of Physical Activity daily	I get at least 60 minutes of physical activity daily.	I get at least 45 minutes of physical activity daily.	I get at least 30 minutes of physical activity daily.	I get at least 15 minutes of physical activity daily.	I do not get any physical activity daily.
Plenty of water, with limited sweetened beverages	I drink at least 8 glasses of water daily, and I do not drink sweetened beverages.	75% of what I drink daily is water, with the other 25% being sweetened beverages.	Half of what I drink daily is water and the other half is sweetened beverages.	25% of what I drink daily is water and the other 75% is sweetened beverages.	I do not drink water. I only drink sweetened beverages.
Limited screen time	I do not spend any time in front of a screen on a daily basis.	I spend 2 hours a day in front of a screen.	I spend 4 hours a day in front of a screen.	I spend 6 hours a day in front of a screen.	I spend 8 hours a day in front of a screen.

Rubric Made Using: RubiStar
(<http://rubistar.4teachers.org>)

The next page contains the rubric broken into each of the five recommended behaviors for obesity prevention for use at the stations.

Station # 1**Recommended Behavior for Obesity Prevention:****Get at least 8 hours of sleep per night.**

CATEGORY	4	3	2	1	0
At least 8 hours of sleep	I get at least 8 hours of sleep every night.	I get at least 6 hours of sleep every night.	I get at least 4 hours of sleep every night.	I get at least 2 hours of sleep every night.	I stay up all night and do not go to sleep.

Station # 2**Recommended Behavior for Obesity Prevention:****Eat meals providing good nutrition (including portion size and enough fruits and vegetables).**

CATEGORY	4	3	2	1	0
Good nutrition (including portion size and enough fruits and vegetables)	100% of my meals meet the recommendations from ChooseMyPlate.gov.	75% of my meals meet the recommendations from ChooseMyPlate.gov.	50% of my meals meet the recommendations from ChooseMyPlate.gov.	25% of my meals meet the recommendations from ChooseMyPlate.gov.	None of my meals meet the recommendations from ChooseMyPlate.gov.

Station # 3**Recommended Behavior for Obesity Prevention:****Get at least 60 minutes of physical activity daily.**

CATEGORY	4	3	2	1	0
At least 60 min of physical activity daily	I get at least 60 minutes of physical activity daily.	I get at least 45 minutes of physical activity daily.	I get at least 30 minutes of physical activity daily.	I get at least 15 minutes of physical activity daily.	I do not get any physical activity daily.

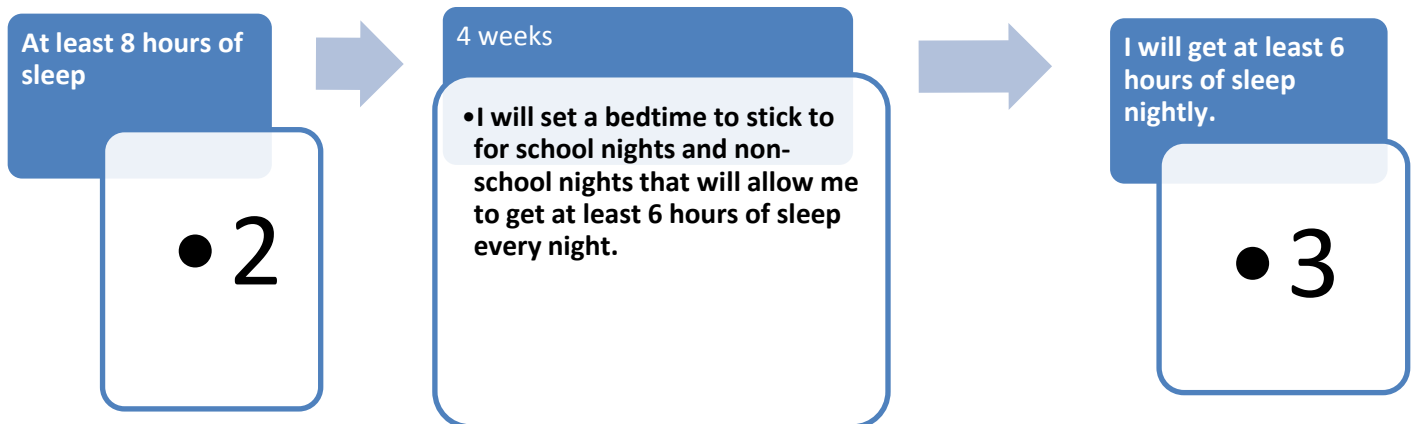
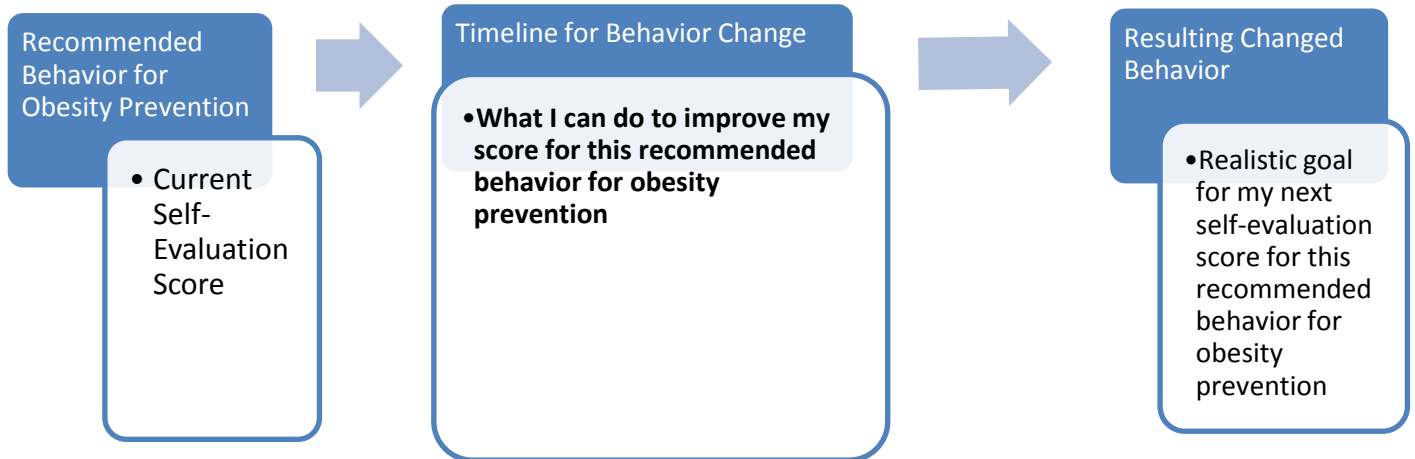
Station # 4**Recommended Behavior for Obesity Prevention:****Drink plenty of water, with limited sweetened beverages.**

CATEGORY	4	3	2	1	0
Plenty of water, with limited sweetened beverages	I drink at least 8 glasses of water daily, and I do not drink sweetened beverages.	75% of what I drink daily is water, with the other 25% being sweetened beverages.	Half of what I drink daily is water and the other half is sweetened beverages.	25% of what I drink daily is water and the other 75% is sweetened beverages.	I do not drink water. I only drink sweetened beverages.

Station # 5**Recommended Behavior for Obesity Prevention:****Limit the amount of time spent in front of electronic screens daily.**

CATEGORY	4	3	2	1	0
Limited screen time	I do not spend any time in front of a screen on a daily basis.	I spend 2 hours a day in front of a screen.	I spend 4 hours a day in front of a screen.	I spend 6 hours a day in front of a screen.	I spend 8 hours a day in front of a screen.

This page provides an example of how to complete the graphic organizer. The first illustration represents the instructions for what students need to put in each of the empty boxes. The second illustration is an example of how someone might complete the graphic organizer for the recommended behavior for obesity prevention of getting at least 8 hours of sleep per night.



The next page contains five blank graphic organizers for students to complete with the five recommended behaviors for obesity prevention in the fashion of the above examples.

Name: _____

Date: _____



This page contains an example of another item that you could use with your class for this lesson. You could place poster-board size paper at each of the five stations with the heading of the recommended behavior for obesity prevention at the top, and have each group add a tip for how to make improvements below that heading. At the end of the lesson, collect all five poster-boards and go over the tips together.

At least 8 hours of sleep	Good nutrition (including portion size and enough fruits and vegetables)	At least 60 min of PA daily	Plenty of water, with limited sweetened beverages	Limited screen time
<ul style="list-style-type: none">•Go to bed at the same time every night	<ul style="list-style-type: none">•Use tools from ChooseMyPlate.gov to plan a healthy diet	<ul style="list-style-type: none">•Schedule physical activity into my day	<ul style="list-style-type: none">•Drink water at every meal	<ul style="list-style-type: none">•Keep track of how much time I spend in front of electronic screens