

## Wellness Wonders Unit Plan Overview

### Day 1

#### Diagnostic Assessments

KWL Diagnostic

Language Arts Diagnostic Assessment

### Day 2

#### Lesson Plan

Health

Health Hounds - This is the first health lesson for Day 2 of the unit, *Wellness Wonders*. A problem scenario is read to students. Students are asked to become health experts to solve the problem. Unit Sunshine State Standards and vocabulary are introduced.

Language Arts

Listen and Learn - This lesson is for Day 2 of the unit, *Wellness Wonders*. Students participate in a listening game and brainstorm ways to communicate health information and ideas.

### Day 3

#### Lesson Plan

Health - Note: Do this lesson prior to the Please Explain lesson.

Pyramid Power - This lesson plan is for Day 3 of the unit, *Wellness Wonders*. Students brainstorm facets of well-being and investigate health behaviors related to nutrition.

Language Arts

Please Explain - This lesson is for Day 3 of the unit, *Wellness Wonders*. Students interact with various examples of expository writing identifying any irrelevant and/or repeated information.

Math

Diagnostic Assessment

## **Day 4**

### **Lesson Plan**

#### Health

Nutrition with a Smile - This lesson is for Day 4 of the unit, *Wellness Wonders*. Students will listen to a literature selection and then play a game about personal health behaviors related to nutrition.

#### Language Arts

Making Connections - This lesson is for Day 4 of the unit, *Wellness Wonders*. Students learn how to connect ideas in expository writing with effective transitions.

#### Math

Survey Savvy - This is a math lesson for Days 7 and 8 of the unit, *Wellness Wonders*. Students design appropriate questions for a survey, survey classmates, create a pictograph to represent the results, and explain the survey results.

## **Day 5**

### **Lesson Plan**

#### Language Arts

Note – Do this lesson prior to the Health Hunt lesson.

That's a Fact - This language arts lesson is for Day 5 of the unit, *Wellness Wonders*. Students use various media (newspapers, magazines, brochures, catalogs, etc.) to distinguish fact from opinion.

#### Health

Health Hunt - This lesson is for Days 5-7 of the unit, *Wellness Wonders*. Students listen to speakers to learn about personal health behaviors that influence individual well-being.

#### Math

Survey Savvy (Continued from Day 4)

## **Day 6**

### **Lesson Plan**

#### Health

Health Hunt (Continued from Day 5)

## Language Arts

Food for Thought - This language arts lesson is for Day 6 of the unit, *Wellness Wonders*. Students play a fact and opinion game concerning foods.

## Math

Scores of Surveys - This lesson is for Days 6-8 of the unit, *Wellness Wonders*. Students create appropriate survey questions, administer a survey, create pictographs to display the survey results, and explain the results from the data.

## **Day 7**

### **Lesson Plan**

#### Health

Health Hunt (cont.)

## Language Arts

Media Moves - This lesson is for Day 7 of the unit, *Wellness Wonders*. Students examine various media to identify ways the media influence thoughts and feelings about health behaviors.

## Math

Scores of Surveys (cont.)

## **Day 8**

### **Lesson Plan**

#### Health

Summative Assessment 1

## Language Arts

Guest Performance - This lesson is for Day 8 of the unit, *Wellness Wonders*. Students use pretend television performances to practice how the media influence thoughts and feelings about health behaviors and distinguishing fact from opinion.

## Math

Scores of Surveys (cont.)

## **Day 9**

Health  
Summative Assessment 2

Language Arts  
Language Arts Summative Assessment

## **Days 10-13**

Health - Summative Assessment 2 (cont.)

Math (Day 12)  
Math Summative Assessment

## **Day 14**

KWL Posttest

### Notes:

1. This unit only addresses one type of graph.
2. Lesson times are suggested, however, they can be adjusted based on your students and your schedule.
3. When searching for speakers, adjust the lesson plan accordingly, since speakers will come at their convenience and may not be able to come at the right place in the unit.