**Pennsylvania Academic Standards for Mathematics**
***Grades 3 and 5***
***Family Fitness Youth Lessons***

| **Lesson/Activity Title** | **Pennsylvania Standard** |
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| **Lesson 1: Balance for Fitness** | |
| Introduction to Fitness<br><br>Burn those calories | 2.1.3.B (3rd Grade)<br>Use fractions and whole numbers to represent quantity.<br><br>2.1.5.D(5th Grade)<br>Use models to represent fractions and decimals<br><br>2.2.3.A (3rd Grade)<br>Apply addition and subtraction in everyday situations using concrete objects<br><br>2.1.5.D (5th Grade)<br>Use models to represent fractions and decimals<br><br>2.3.3.D (3rd Grade)<br>Tell time (analogue and digital) to the minute. |
| Healthy snack activity | 2.1.3.B (3rd Grade)<br>Use fractions and whole numbers to represent quantity. |
| 1-1 Calories for Action<br><br>1-2 Calories for Action | 2.1.5.D(5th Grade)<br>Use models to represent fractions and decimals<br><br>2.2.3.A (3rd Grade)<br>Apply addition and subtraction in everyday situations using concrete objects.<br><br>2.1.3.B. (3rd Grade)<br>Use whole numbers and fractions to represent quantities. |
| **Lesson 2: Physical Activity** | |
| Good Health Exercise- What's the Connection?<br>Checking your Pulse | 2.1.3. B (3rd Grade).<br>Use whole numbers and fractions to represent quantities. |

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| Water Experiment | 2.1.3.B (3rd Grade)<br>Use fractions and whole numbers to represent quantity.<br><br>2.2.3.A (3rd Grade)<br>Apply addition and subtraction in everyday situations using concrete objects. |
| **Lesson 3: Using the Food Pyramid** | |
| Using the Food Pyramid for selecting Healthy Food choices | 2.1.3.C (3rd Grade)<br>Represent equivalent forms of the same number through the use of concrete objects, drawings, word names and symbols. |
| **Lesson 6: Eating Out** | |
| Eating Out and Fast Foods<br>• Eating out Survey<br>• Healthy food choices<br>• Measure the Fat<br>• Snack Activity: Make Tortilla wraps | 2.1.3.G (3rd Grade)<br>Use concrete objects to count, order and group. |
| **Lesson 7: Physical Activity** | |
| Be cool with water<br><br>Water experiment | 2.1.3.B (3rd Grade)<br>Use fractions and whole numbers to represent quantity.<br><br>2.1.3.B(3rd Grade)<br>Use fractions and whole numbers to represent quantity. |