

**Pennsylvania Academic Standards for Science and Technology**  
**Grade 4**  
***Family Fitness Youth Lessons***

<b>Lesson/Activity Title</b>	<b>Pennsylvania Standard</b>
<b>Lesson 1: Balance for Fitness</b>	
Introduction to Fitness	3.1.4.D Know that scale is an important attribute of natural and human made objects, events and phenomena  3.3.4B Know that living things are made up of parts that have specific function
Energy Balancing Act	3.1.4.D Know that scale is an important attribute of natural and human made objects, events and phenomena. • Identify the use of scale as it relates
Definitions	3.3.4B Know that living things are made up of parts that have specific function  3.4.4.B Know basic energy types, sources and conversions.
Burn Those Calories	3.4.4.B Know basic energy types, sources and conversions.
<b>Lesson 2: Physical Activity</b>	
Good Health Exercise- What's the Connection?  Fitness Quiz	3.3.4.B Know that living things are made up of parts that have specific functions.
<b>Lesson 7: Physical Activity</b>	
Healthy Beverages Water Experiment Activity	3.2.4.C. Recognize and use the elements of scientific inquiry to solve problems.