

LESSON TITLE: ***“Calci’s Big Race” Video***

***GLE Text and Benchmarks:***

***GLE # Mathematics***

01	(PK-CM-N3) (N-1-E) (N-3-E) Count by ones to 10.
13	(PK-CM-P1) (PK-CM-P2) (P-1-E) (P-3-E) Recognize and copy repeated patterns (e.g., concrete objects, songs, rhymes, and body movements).

***GLE # English Language Arts***

24	(PK-LL-L2) (ELA-4-E2) Follow one- and two-step verbal and nonverbal directions.
28	(PK-LL-L5) (ELA-4-E6) Listen and orally respond to questions about media, including music and videos.
29	(PK-LL-S1) (PK-SE-C1) (ELA-4-E7) Recognize and follow agreed-upon rules for discussing, such as raising one's hand, waiting one's turn, and speaking one at a time.

***GLE # Science***

02	(PK-CS-I1) (SI-E-A1) Pose questions that can be answered by using students’ own observations and scientific knowledge.
15	(PK-CS-P3) (PS-E-B3) Demonstrate motion by using students’ own bodies.
26	(LS-E-A6) Classify various foods into the major groups (e.g., bread, meat, vegetable, fruit).
27	(LS-E-A6) Determine which foods are superior for developing a healthy body.
34	(LS-E-A1) Describe what the human body needs to grow and be healthy.
42	(LS-E-A6) Describe the relationship between eating habits and maintaining a healthy body.

***Grade Level:*** Pre-K/K-5

***Delivery Mode:*** Classroom

***Time Allotted:*** 20 minutes (Video: 13 minutes)

***# Of Participants:*** Class size; 10-30

***Life Skill/General Health:*** Eating/drinking calcium-rich foods for long-term bone health

***Character Focus:*** Self-Responsibility, Determination, Hard work, Self-Discipline & Teamwork

***Integrated Curriculum Concepts:***

- Language Arts: Active Listening, Sharing Experiences and Information
- Science: Unifying concepts and processes
- Social Studies: Developing self-help skills

***Key Concepts:***

- Healthy behaviors for long-term bone health
- Importance of physical activity
- Making healthy food choices
- Drinking plenty of water to keep organs healthy

***What you need for the Lesson:***

- “Calci’s Big Race” Video/DVD
- VCR/DVD player/computer

**Learning/Follow up Activity:**

- Class Discussion

**Getting Ready:**

- Read the following overview of the movie and lesson plan.
- Overview: In “*Calci’s Big Race*” the story focuses on healthy behaviors for long-term bone health. Calci is determined to finish this year’s Bone “Marrow-thon” fun run. Hardy and the Kidney Brothers are there to help her train, eat plenty of calcium-rich foods and to cheer her on. With a little help from an unexpected guest, Calci finds the will to finish.

**Note to Helper:**

- This educational and entertaining video targets young children with positive, health-related behavior habits. Empowering children with tools they need to make healthy choices for a lifetime is prevention at its best.

**Lesson Plan:**

<b>What you Say:</b>	<b>What you Do:</b>	<b>What Participants Do:</b>
Today we are going to watch a video starring the Organwise Guys Characters. They are going to teach you some very important information but in a very fun way. Listen up because I will be asking some questions afterwards. Enjoy!	Play the video.	Sit quietly and watch the video.
What is Calci training for? (ANSWER: Bone “Marrow-thon”)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What do bones need to grow and to stay strong? (ANSWER: Calcium and Activity)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What is included in Calci’s and Hardy’s healthy meal prepared by the Kidney Brothers? (ANSWER: Low-fat milk, water, and cheese pizza with broccoli)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What foods have calcium in them? (ANSWER: Low-fat milk, cheese, broccoli, orange juice, green vegetables, soy milk, ice cream and low-fat frozen yogurt)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What activities did the kids say they liked to do? (ANSWER: baseball, soccer, playing on the playground, kickball and tag)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What encourages Calci to finish the race when she gets tired at the end? (ANSWER: A dog)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.

