



Jump Into Action (5th grade) and the Missouri Grade Level Expectations (GLEs)

Lesson and Summary	Content Area	Grade Level Expectation (GLE)
1- Growing Fast <ul style="list-style-type: none"> Adolescence is a rapid growth period. Choices students make can impact their growth and development. 	Communication Arts	CA3A5, R3C5, LS1B5, IL2A5
	Mathematics	AR1B5, AR3A5, DP3A5
	Science	
	Social Studies	SS7B5, SS7C5
	Fine Arts	
	Health	HM1C5
2- Overweight Environment: Latest Scoop, What's the Connection?, News Flash <ul style="list-style-type: none"> The wide availability and abundance of food makes it easy to eat too much. Milk consumption may be connected to healthy weight. Screen time can take up physical activity time. 	Communication Arts	CA1G5, CA1H5, CA2C5, CA3A5, R1D5, R3C5, LS1B5, IL2A5
	Mathematics	AR3A5, DP3A5
	Science	
	Social Studies	SS5C5, SS5I5, SS7B5
	Fine Arts	
	Health	HM2A5, HM2B4, HM3A4
3- Take A.C.T.I.O.N. <ul style="list-style-type: none"> Students review choices related to food and physical activity and establish short and long term goals. 	Communication Arts	CA1E5, R3C5, LS1B5, IL2A5
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	HM4C5
4- Trading Paces <ul style="list-style-type: none"> Students examine options to fit in at least 60 minutes of physical activity a day. 	Communication Arts	W3A5, R3C5, R3D5, LS1B5, IL2A5
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	HM1D5
Physical Education	PE1A5, PE1FA, PE2B5	

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5- Do It: Be Size-Wise, Think Your Drink, Read It Before You Eat It <ul style="list-style-type: none"> Students learn about portion sizes, to limit their intake of added-sugar drinks and how to use the Nutrition Facts Panel when making food choices. 	Communication Arts	R3A5, R3C5, R3D5, W3A5, LS1B5, IL2A5
	Mathematics	M2E5
	Science	
	Social Studies	SS7B5
	Fine Arts	
	Health	HM2B4, HM2C5, HM4A4
	Physical Education	
6- Go For It: Fit In Five (or More), Hit Your Fiber Target <ul style="list-style-type: none"> Students learn ways to fit more fruits and vegetables into their daily food choices and that a fiber-rich diet is low in energy density, fat and added sugar. 	Communication Arts	R1E5, R3C5, LS1B5, IL2A5
	Mathematics	AR2A5
	Science	
	Social Studies	SS7B5
	Fine Arts	
	Health	HM2C5
	Physical Education	
7- Check Up <ul style="list-style-type: none"> Students review and revise short and long term food and physical activity goals. 	Communication Art	R3A5, W3E5, LS1B5, IL2A5
	Mathematics	
	Science	
	Social Studies	
	Fine Arts	
	Health	HM4C5
	Physical Education	
8- Pedometers <ul style="list-style-type: none"> Students learn to use pedometers to monitor and increase their daily step counts. 	Communication Arts	
	Mathematics	M1C5, M2E5, DP2A5, NO3D4, NO3D5
	Science	
	Social Studies	
	Fine Arts	
	Health	
	Physical Education	PA1A5