2014

The Office of Superintendent of Public Instruction (OSPI)

Washington Alliance for Health, Physical Education, Recreation and Dance (WAHPERD)



HEALTH AND FITNESS CONNECTIONS TO THE COMMON CORE STATE STANDARDS



DRAFT

Grade 8

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Common Core State Standards

Introduction

Common Core is a real-world approach to learning and teaching. Developed by education experts from 45 states, these K-12 learning standards go deeper into key concepts in English Language Arts (ELA) and Mathematics. The standards require a practical, real-life application of knowledge that prepares Washington students for success in college, work and life.

The Common Core State Standards (CCSS) describe the knowledge and skills in English Language Arts and Mathematics that students will need when they graduate, whatever their choice of college or career. These sets of standards define the knowledge and skills students should have to succeed in entry-level, credit-bearing, academic college courses and in workforce training programs. The standards are based on the best national and international standards, giving our students a competitive advantage in the global economy. This state-led effort is coordinated by the National Governors Association Center for Best Practices (NGA Center) and the Council of Chief State School Officers (CCSSO).

Three Statements about CCSS

- 1. The Common Core State Standards for English Language Arts and Mathematics replaced Washington State Learning Standards for reading, writing, and math in 2011. All other content area learning standards remain in place.
- 2. The Common Core State Standards for English Language Arts and Literacy in History/Social Studies, Science, and Technical Subjects contains four strands:
 - a. Reading
 - b. Writing
 - c. Speaking and Listening
 - d. Language
- 3. The Office of Superintendent of Public Instruction (OSPI) Vision is that every student every day will have access to high quality instruction, which is aligned to the Common Core State Standards.

Using these four strands and the Mathematics Common Core Standards, there is a new and dynamic opportunity to connect the Health and Fitness Learning Standards to the Common Core State Standards. See sample connections on pages 7-9. There may not be connections to every Health and Fitness Essential Academic Learning Requirement (EALR) or Grade Level Expectation (GLE), but the samples used in the packet are strong examples for classroom use.

Speaking

Listening

Reading

Language

Writing

Washington State Learning Standards

Essential Academic Learning Requirements (EALRs)
Grade Level Expectations (GLEs)

- The CCSS for English Language Arts and Mathematics adopted in July 2011 replace Washington State Learning Standards for reading, writing, and math.
- All other content area learning standards remain in place.
- It is essential that we maintain quality instruction in all content areas and also provide meaningful connections with other subjects to provide a deeper, more meaningful learning experience for our students.

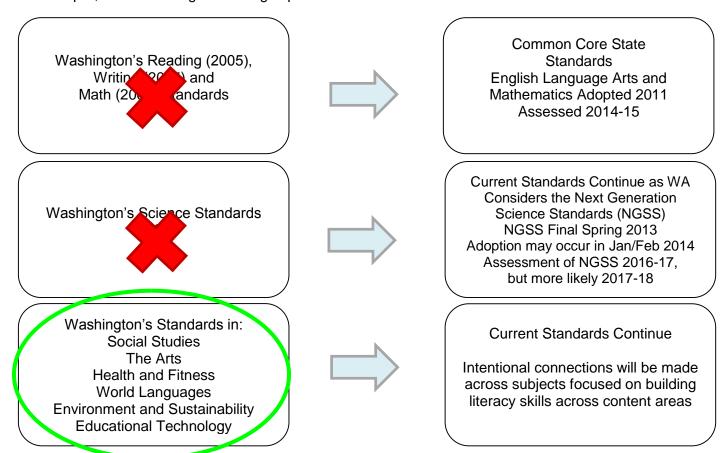


Chart for Common Core State Standards (CCSS) English Language Arts (ELA)

Elementary

This chart is to assist in navigating through the Common Core State Standards.

Elementary Page Number	Standard Type
Pg. 11	RL = Reading Standards for Literature
Pg. 13	RI = Reading Standards for Informational Text
Pg. 15	RF = Reading Standards: Foundational Skills
Pg. 19	W = Writing Standards
Pg. 23	SL = Speaking and Listening
Pg. 26	L = Language Standards

Chart for Common Core State Standards (CCSS) English Language Arts (ELA)

Middle School/High School

This chart is to assist in navigating through the Common Core State Standards.

MS/HS Page Number	Standard Type
Pg. 36	RL = Reading Standards for Literature
Pg. 39	RI = Reading Standards for Informational Text
Pg. 42	W = Writing Standards
Pg. 49	SL = Speaking and Listening
Pg. 52	L = Language Standards
Pg. 61	RH = Reading Standards for Literacy in History/SS
Pg. 62	RST = Reading Standards for Literacy in Science and Technical Subjects
Pg. 64	WHST = Writing Standards for Literacy in History/SS, Science and Technical Subjects

COMMON CORE

STATE STANDARDS FOR

How to Read the English Language Arts Common Core State Standards

COMMON CORE STATE STANDARDS FOR

Example: RI.6.10 = \mathbf{R} eading Standards for \mathbf{I} informational

Text/Grade 6/Standard 10

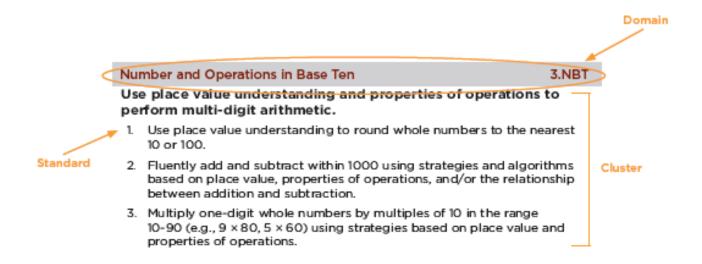
English Language Arts

	Grade 6	students:		Grade 7 students:		Grade 8 students:
Ke	ey Ideas and Deta	students.		Grade / Students.		Grade o stadents.
1.	Cite textual evi what the text say drawn from the t	support analysis of licitly as well as inferences	1.	Cite several pieces of textual evidence to support analysis of what the text says explicitly as well as inferences drawn from the text.	1.	Cite the textual evidence that most strongly suppart an analysis of what the text says explicitly as well inferences drawn from the text.
2.	Determine a cent is conveyed throu a summary of the opinions or judgr	ea of a text and how it articular details; provide distinct from personal	2.	Determine two or more central ideas in a text and analyze their development over the course of the text; provide an objective summary of the text.	2.	Determine a central idea of a text and analyze its development over the course of the text, includin relationship to supporting ideas; provide an objection of the text.
3.	Analyze in detail idea is introduced text (e.g., through	a key individual, event, or trated, and elaborated in a mples or anecdotes).	3.	Analyze the interactions between individuals, events, and ideas in a text (e.g., how ideas influence individuals or events, or how individuals influence ideas or events).	3.	Analyze how a text makes connections among a distinctions between individuals, ideas, or events (e.g., through comparisons, analogies, or categor
Cr	aft and Structur					
4.		ng of words and phrases text, including figurative, nnical meanings.	4.	Determine the meaning of words and phrases as they are used in a text, including figurative, connotative, and technical meanings; analyze the impact of a specific word choice on meaning and tone.	4.	Determine the meaning of words and phrases as are used in a text, including figurative, connotative and technical meanings; analyze the impact of specific word choices on meaning and tone, including analogies or allusions to other texts.
5.	chapter, or section fit	ular sentence, paragraph, is into the overall structure utes to the development of	5.	Analyze the structure an author uses to organize a text, including how the major sections contribute to the whole and to the development of the ideas.	5.	Analyze in detail the structure of a specific paragraph in a text, including the role of particul sentences in developing and refining a key conce
6.		's point of view or purpose how it is conveyed in the	6.	Determine an author's point of view or purpose in a text and analyze how the author distinguishes his or her position from that of others.	6.	Determine an author's point of view or purpose text and analyze how the author acknowledges a responds to conflicting evidence or viewpoints.
Int	tegration of Knowle	edge and Ideas				
7.			7.	Compare and contrast a text to an audio, video, or multimedia version of the text, analyzing each medium's portrayal of the subject (e.g., how the delivery of a speech affects the impact of the words).	7.	Evaluate the advantages and disadvantages of u different mediums (e.g., print or digital text, vide multimedia) to present a particular topic or idea
8.	claims in a text, distin	ne argument and specific nguishing claims that are s and evidence from claims	8.	Trace and evaluate the argument and specific claims in a text, assessing whether the reasoning is sound and the evidence is relevant and sufficient to support the claims.	8.	Delineate and evaluate the argument and specifi claims in a text, assessing whether the reasoning sound and the evidence is relevant and sufficient recognize when irrelevant evidence is introduced
9.	of events with that of	st one author's presentation f another (e.g., a memoir graphy on the same person).	9.	Analyze how two or more authors writing about the same topic shape their presentations of key information by emphasizing different evidence or advancing different interpretations of facts.	9.	Analyze a case in which two or more texts provio conflicting information on the same topic and identify where the texts disagree on matters of fo or interpretation.
Ra	ange of Reading and	d Level of Text Complexi	ty			
10.	literary nonfiction in t	ficiently, with scaffolding as	10.	By the end of the year, read and comprehend literary nonfiction in the grades 6-8 text complexity band proficiently, with scaffolding as needed at the high end of the range.	10.	By the end of the year, read and comprehend lits nonfiction at the high end of the grades 6-8 text complexity band independently and proficiently.

How to Read the Math Common Core State Standards

Example: 3.NBT.A.1 = Grade/Domain/Cluster/Standard

Grade 3/ Number and Operations in Base Ten/Cluster Language/Standard



Domains Include:

- Operations & Algebraic Thinking
- Number & Operations in Base Ten
- Number & Operations-Fractions
- Measurement & Data
- Geometry

Sample Connection Elementary Fitness Connection to the CCSS English Language Arts

Elementary Contact Information

- PJ Jarvis, Central Valley School District, Opportunity Elementary, 509.228.4500, pjarvis@cvsd.org
- Debbie Lindgren, Bremerton School District, Naval Avenue Early Learning Center, 360.473.4400, Debbie.lindgren@bremertonschools.org
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Health and Fitness Connection to English Language Arts

EALR 1
The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.

Component	CCSS Connection	GLE and Sample Activity
Component 1.5	RI.3.1	GLE 1.5.1
Understands the relationship of nutrition and	Ask and answer questions to demonstrate	Understands how the body's function and
food nutrients to body composition and physical performance.	understanding of a text, referring explicitly to the text as the basis for the answers.	composition are affected by food consumption.
		Students work in pairs, taking turns traveling
		around the perimeter of the gym collecting
		food cards. Students are tasked to locate and
		identify specific information on the Food Facts
		Label (the back of card) and pair-share the
		information. For example, the teacher
		introduces calories to the whole group and
		identifies the location on the Food Facts Label.
		Students spend 2–3 minutes collecting,
		identifying, and answering the question, "How
		many calories are on each collected
		card?" Teacher introduces nutritional
		information (e.g., fat, serving size, etc.).
		Students repeat above activity with new
		information.

EALR, Essential Academic Learning Requirement (EALR 1)

CCSS, Common Core State Standards (RI.3.1)

RI, Reading Standards for Informational Text

GLE, Grade Level Expectations (GLE 1.5.1)

Sample Connection Middle School Fitness Connection to the CCSS English Language Arts

Middle School Contact Information

- Sally Dieringer, Wenatchee School District, Pioneer Middle School, 509.663.7171, dieringer.s@mail.wsd.wednet.edu
- Shelly Ellis, Seattle Public Schools, Broadview-Thomson Middle School, 206.252.4080, saellis@seattleschools.org
- Sara Saverud, Tahoma School District, Tahoma Junior High School, 425.413.5600, ssaverud@tahomasd.us

Health and Fitness Connection to English Language Arts

EALR 4: The student effectively analyzes personal information to develop individualized health and fitness plans.

Component	CCSS Connection	GLE and Sample Activity
Component Component 4.1 Analyzes personal health and fitness information.	WHST.6.10 Write routinely over extended time frames (time for reflection and revision) and shorter time frames (a single sitting or a day or two) for a range of discipline-specific tasks, purposes and audiences.	GLE and Sample Activity GLE 4.1.1 Analyzes daily health and fitness habits. Using an activity log where they record daily physical activity (time and type) and the component of health-related fitness (cardio-respiratory endurance, muscular endurance, muscular strength, flexibility and/or body composition). Students analyze activity log and write a SMART fitness
		endurance, muscular endurance, muscular strength, flexibility and/or body composition). Students analyze

EALR, Essential Academic Learning Requirement (EALR 4)

CCSS, Common Core State Standards (WHST.6.10)

WHST, Writing Standards for Literacy in History/Social Studies, Science, and Technical Subjects

GLE, Grade Level Expectations (GLE 4.1.1)

Sample Connection High School Fitness Connection to the CCSS English Language Arts

High School Contact Information

- Cece Badda, Easton School District, K-12, 509.656.2317 x 310, baddacc@easton.wednet.edu
- Jeana Haag, Tahoma School District, Tahoma High School, 425.413.6225, jhaag@tahomasd.us
- Kimberly Jackson, Franklin Pierce School District, Franklin Pierce High School, 253.298.3917, kjackson@fpschools.org
- Jennifer Peterson, Seattle Public Schools, Franklin High School, 206.252.6276, ilpeterson@seattleschools.org

Health and Fitness Connection to English Language Arts

EALR 1: The student acquires the knowledge and skills necessary to maintain an active life: Movement,

physical fitness, and nutrition.

Component	CCSS Connection	GLE and Sample Activity
Component 1.1	SL.9-10.4	GLE 1.1.5
Develops motor skills and movement	Present information, findings and	Applies understanding of movement
concepts as developmentally appropriate.	supporting evidence clearly, concisely, and logically such that listeners can	concepts.
	follow the line of reasoning and the organization, development, substance, and style are appropriate to purpose, audience, and task.	Students videotape a peer performing the tennis serve. Using a rubric and the video recording, students analyze movement concepts and evaluate performance in a clear and logical manner.

EALR, Essential Academic Learning Requirement (EALR 1)

CCSS, Common Core State Standards (SL.9-10.4)

SL, Speaking and Listening

GLE, Grade Level Expectations (GLE 1.1.5)

Health and Fitness (Physical Education) Connections to Common Core State Standards (CCSS) Grade 8

Connections to English Language Arts

EALR 1: The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.

Component	CCSS Connection	Sample Activity
Component 1.1	W.8.10	GLE 1.1.1
Develops motor skills and movement	Write routinely over extended time frames	Demonstrates fundamental motor skills and
concepts as developmentally appropriate.	(time for research, reflection, and revision) and shorter time frames (a single sitting or a day or two) for a range of discipline-specific tasks,	complex motor skills that contribute to movement proficiency.
	purposes, and audiences.	Students watch a video of their badminton game and use a teacher/student rubric to self-assess cues and movement concepts and
		write a reflection on their performance.
Component 1.2	RST.3.6-8	GLE 1.2.1
Acquires the knowledge and skills to	Follow precisely a multistep procedure when	Understands safety rules and procedures in a
safely participate in a variety of	carrying out experiments, taking	variety of physical activities: Individual,
developmentally appropriate physical	measurements, or performing technical tasks.	dual/team, and lifetime activities.
activities.		Students follow written multi-step directions on properly using a heart rate monitor, including how to: put it on, turn it on/off, input personal data for accurate results, read and take measurements during activity, and download and record results.
Component 1.3	WHST.6-8.4	GLE 1.3.2
Understands the components of health- related fitness and interprets information	Produce clear and coherent writing in which the development, organization, and style are	Understands phases of a workout.
from feedback, evaluation, and self- assessment in order to improve performance.	appropriate to task, purpose, and audience.	In partners, students organize and develop a workout to teach their peers. Students create their workout using a predesigned template

Component 1.4 Understands the components of skill- related fitness and interprets information from feedback, evaluation, and self- assessment in order to improve performance.	W.8.1 Write arguments to support claims with clear reasons and relevant evidence. c. Use words, phrases, and clauses to create cohesion and clarify the relationships among claim(s), counterclaims, reasons, and evidence.	writing each phase of the workout (warm-up, stretch, physical activity, cool-down). GLE 1.4.1 Applies the components of skill-related fitness to physical activity. Using an exit slip, student writes on an index card the activity/sport participated in class and skill-related area(s) used in that class activity/sport. Student then documents support of this claim to demonstrate understanding of skill-related fitness.
Component 1.5 Understands relationship of nutrition and food nutrients to body composition and physical performance.	SL.8.1 Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on <i>grade 8 topics, text, and issues,</i> building on others' ideas and expressing their own clearly.	GLE 1.5.2 Creates a plan to improve performance based on nutritional practices. In groups, students are given a scenario of a specific individual's diet and physical activity. Students analyze the scenario to determine how to improve food intake to improve performance. Groups discuss responses and are ready to share with the class as they play "Musical Shares." In the game, students move as a group (like in musical chairs) in a circle from one poly spot to another. The group that does not get to a spot must share with the class their nutrition response. Game continues until all groups have shared.

Connections to English Language Arts, Grade 8

EALR 2: The student acquires the knowledge and skills necessary to maintain a healthy life: Recognizes dimensions of health, recognizes stages of growth and development, reduces health risks, and lives safely.

Component	CCSS Connection	Sample Activity
Component 2.1	WHST.6-8.6	GLE 2.1.1
Understands foundations of health.	Use technology, including the Internet, to produce and publish writing and present the relationships between information and ideas	Analyzes the dimensions of health and relates to personal health behaviors.
	clearly and efficiently.	Students produce and publish a digital poster/collage on the internet which displays
		images of how they personally work on each dimension of health (physical, social,
		emotional, mental, spiritual, and
		environmental). Beneath each image students
		write a caption explaining the relationship
Common ant 2 2	CL 0.4	between their image and the dimension. GLE 2.2.3
Component 2.2	SL.8.4 Present claims and findings emphasizing	Evaluates hereditary factors affecting growth,
Understands stages of growth and development.	salient points in a focused, coherent manner	development, and health.
development.	with relevant evidence, sound valid reasoning,	
	and well-chosen details; use eye contact,	Students research their own personal family
	adequate volume, and clear pronunciation.	health to determine possible factors that may affect growth, development, and health. With
		these findings students research preventative
		steps they can take to reduce negative health
		risks. Students orally present findings to small
Component 2.2	WHST.6-8.8	groups or class. GLE 2.3.1
Component 2.3 Understands the concepts of prevention	Gather relevant information from multiple print	Understands factors and prevention related to
and control of disease.	and digital sources, using search terms	communicable diseases.
	effectively; assess the credibility and accuracy	
	of each source; and quote or paraphrase the	In pairs, students are assigned a
	data and conclusions of others while avoiding plagiarism and following a standard format for	communicable disease and gather information from multiple print and digital sources
	citation.	regarding the transmission, prevention, risks
		and treatment of the disease. Students then

		create a "Fakebook" page paraphrasing and citing their findings.
Component 2.4 Acquires skills to live safely and reduce health risks.	SL.8.1 Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on <i>grade 8 topics</i> , texts, and issues, building on others' ideas and expressing their own clearly.	GLE 2.4.1 Understands abusive and risky situations and demonstrates safe behaviors to prevent injury to self and others at home, school, and in the community.
		Students work in pairs to brainstorm a risky behavior situation. Next, they create a role play of the situation where one student is trying to persuade the other to take the risk. Students will use the S.T.O.P refusal skills to effectively "say no" to the behavior. Each pair presents their role play to the class. S = Say no in a firm voice T = Tell why O = Offer an alternate activity P = Promptly leave

Connections to English Language Arts, Grade 8

EALR 3: The student analyzes and evaluates the impact of real-life influences on health.

Component	CCSS Connection	Sample Activity
Component 3.1 Understands how family, culture, and environmental factors affect personal health.	RST.8.9 Compare and contrast the information gained from experiments, simulations, video, or multimedia sources with that gained from reading a text on the same topic.	GLE 3.1.1 Analyzes how family and cultural factors impact health. Students are presented with pictures and text from "Hungry Planet: What the World Eats" (available online). Students compare and contrast cultures analyzing the impact these factors have on health.
Component 3.2 Evaluates health and fitness information.	SL.8.4 Present claims and findings emphasizing salient points in a focused, coherent manner with relevant evidence, sound valid reasoning, and well-chosen details; use eye contact, adequate volume, and clear pronunciation.	GLE 3.2.2 Creates health and fitness messages in media. In groups, students create a video public service announcement (PSA) which emphasizes and promotes living a drug-free lifestyle.
Component 3.3 Evaluates the impact of social skills on health.	W.8.3 Write narratives to develop real or imagined experiences or events using effective technique, relevant descriptive details, and well-structured event sequences.	GLE 3.3.1 Solves conflicts while maintaining safe and respectful relationships. Students write a commercial providing a teenager's point of view to promote positive social skills. The student must identify a social skill that can result in the positive resolution of negative social situation. Example: Social skill identified is refusal skills. Negative Situation A student is trying to convince another student to cheat on a test or assignment.

Connections to English Language Arts, Grade 8

EALR 4: The student effectively analyzes personal information to develop individualized health and fitness plans.

Component	CCSS Connection	Sample Activity
Component 4.1	RST.6-8.9	GLE 4.1.1
Analyzes personal health and fitness information.	Compare and contrast the information gained from experiments, simulations, video, or	Analyzes daily health and fitness habits.
	multimedia sources with that gained from	Students input a weekly food and activity log
	reading a text on the same topic.	into <u>www.choosemyplate.gov</u> and use the "Supertracker" option on the website to
		compare and contrast their personal
		information to requested recommendations.
Component 4.2	WHST.6-8.10	GLE 4.2.1
Develops and monitors a health and	Write routinely over extended time frames	Creates personal health and fitness data and
fitness plan.	(time for reflection and revision) and shorter	sets goals.
·	time frames (a single sitting or a day or two) for	
	a range of discipline-specific tasks, purposes and audiences.	Students complete initial fitness testing results
	and audiences.	collecting and recording their own personal data. Based on their results, students select
		one of the health-related components of fitness
		(cardiorespiratory endurance, muscular
		endurance, muscular strength, flexibility, or
		body composition) that they want to improve.
		Students write a SMART goal for this
		component and determine the steps it will take
		for them to reach their goal. Students reflect
		weekly revising goals and steps to meet their
		goals.

CURRENT TOP RESOURCES for CCSS implementation

General:

<u>EngageNY/ New York</u> Materials for teachers and teams, videos of classroom application <u>www.engageny.org/teachers</u>

Achieve The Core Guidance and templates on how to begin implementing the shifts, assembled by the nonprofit Student Achievement Partners. www.achievethecore.org EduCore ASCD is supporting a free digital tool to assist educators ushering in changes and strategies for implementation of the Common Core State Standards. http://educore.ascd.org/

For Health and Fitness:

<u>Understanding the Literacy Standards for Physical Education</u>: Video. The Physical Education Specialist from the Indiana Department of Education overviews the CCSS and provides guidance for PE teachers in the newly required Literacy Standards that are to be integrated with the Academic Standards for Physical Education. Indiana Department of Education. Duration: 11 min. 49 sec. http://media.doe.in.gov/curriculum/2011-04-CommonCore-PE.html

Common Core Resources for Physical Education: A <u>LiveBinder</u> of resources for Physical Education teachers to support Literacy Systems for students, by Mike Fisher. http://www.livebinders.com/play/play or edit?id=241043

<u>Transition to Common Core: Physical Education</u>: Collections of teacher-created work for CCSS in Health and Physical Education.

https://transitiontocommoncore.wikispaces.hcpss.org/Physical+Education

<u>Disciplinary Literacy in Health Education</u>: Examples of critical thinking, oral communication, reading and writing in the health education discipline. Wisconsin Department of Education. Jon Hisgen. https://sites.google.com/a/dpi.wi.gov/disciplinary-literacy-in-health-education/

<u>Disciplinary Literacy in Physical Education</u>: Cross-curricular connections in Physical Education and English/language arts to help students develop both literacy and physical competence. Wisconsin Department of Education. Jon Hisgen. https://sites.google.com/a/dpi.wi.gov/disicplinary-literacy-in-physical-education/

For Mathematics:

<u>Inside Mathematics</u>: Video excerpts of mathematics lessons correlated with the practice standards, resources on content standards alignment, and videos of exemplary lessons in both elementary and secondary settings. *www.insidemathematics.org*

<u>Illustrative Mathematics</u>: Guidance to states, assessment consortia, testing companies, and curriculum developers by illustrating the range and types of mathematical work that students experience in a faithful implementation of the Common Core State Standards. www.illustrativemathematics.org <u>Progressions Documents for the Common Core Math Standards</u>: Narrative documents describing the progression of a topic across a number of grade levels. <u>Http://math.arizona.edu/~ime/progressions/</u>

<u>Publishers Criteria for Mathematics:</u> Provides criteria for aligned materials to CCSS. Based on the two major evidence-based design principles of the CCSSM, focus and coherence, the document intends to guide the work of publishers and curriculum developers, as well as states and school districts, as they design, evaluate, and select materials or revise existing materials. www.corestandards.org/resources

For English Language Arts:

<u>Kansas Department of Ed</u>: Collections of teacher-created work for CCSS in the classroom *www.ksde.org*

<u>Literacy Design Collaborative (LDC)</u>: Focuses on secondary with an eye to cross-content integration. The LDC work can also inform all ELA teachers as we move to more comprehensive literacy teaching. *www.literacydesigncollaborative.org*

<u>National Council of Teachers of English</u> is convening multiple experts and partners to provide teachers with comprehensive supports for English Language Arts and professional collaborative learning. Stay tuned – more coming this fall! www.ncte.org/standards/commoncore

<u>Publishers Criteria K-2</u> and <u>Publishers' Criteria 3-12</u>: Provides criteria for aligned ELA materials to CCSS. The documents intend to guide the work of publishers and curriculum developers, as well as states and school districts, as they design, evaluate, and select materials or revise existing materials. *www.corestandards.org/resources*

Effective Teaching Strategies

Anticipation Guide Assigned Questions Author's Chair

Balanced Literacy
Book Talks
Brainstorming

Case Studies
Categorizing
Classroom Conversations
Cloze Procedure
Clustering
Compare & Contrast
Computer Assisted
Instruction
Concept Attainment
Concept Formation
Concept Maps
Conducting Experiments
Cooperative Learning
Creative Problem Solving

Debates

Decision-making Process
Demonstrations
Didactic Questions
Discussion
Drill & Practice

Essays
Experience Charts
Explicit Teaching
Expository, Narrative &
Persuasive Writing

Field Observations
Field Trips
Focused Imaging

Games
Graphic Organizers
Venn
Diagrams
Guided & Assisted
Reading
Guided & Assisted
Retellings
Guided Reading &
Thinking

Heterogeneous Grouping Homogeneous Grouping

Independent Research
Inquiry
Instructional Groups
Interdisciplinary Approach
Interviewing

<u>Jigsaw</u> <u>Journal Writing</u>

Laboratory Groups
Learning Activity
Packages
Learning Centers
Learning Contracts
Learning Logs
Lecture
Listen & Visualize
Literacy Centered
Instruction
Literature Based
Instruction
Literature Circles

Mind Mapping
Mini Lessons
Miscue Analysis
Model Building
Modes of Reading
Multiple Intelligence

Narrated Reading
Narratives
Needs-based Grouping
Novel Studies

Oratory, Public Speaking and Speech Writing

Panels
Peer Partner Learning
Picture Books and
Illustrator Studies
Picture Word Inductive
Model (PWIM)
Probable Passage
Problem Solving

QARs

Questioning Levels Questioning Techniques

RAFT
Read Aloud
Reading for Meaning
Read & Paraphrase
Read & Respond
Read, Pause & Reflect
Readers' Theater
Reciprocal Reading
Reflective Discussion
Reports
Research Projects
Response Journal
Role Playing
Running Record

Scaffolding
Science Fairs
Science Olympics
Self Monitoring Strategies
Simulations
SQ3R
Sociograms in Literature
Story Mapping
Storytelling
Structured Controversy
Structured Overview
Study Groups
Surveys

Talking Circles
Team Teaching/Modeling
of Instruction
Think Alouds
Think, Pair, Share
Thinking Strategies
Tutorial Groups

<u>Visual Imaging</u>

Webbing
WebQuests
Word Walls
Working with Words
Writing to Inform
Write Aloud
Writer's Workshop
Writing Conferences
Writing Process

Acknowledgments

Sincere appreciation is extended to the members of the Health and Fitness Connections Team for their time, expertise, and commitment to ensuring that all students in Washington achieve a quality education in health and fitness.

Health and Fitness Connections Team

Elementary	Middle School	High School
Patricia Jean (PJ) Jarvis Central Valley School District	Sally Dieringer Wenatchee School District	Cece Badda Easton School District
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Susan Sellers Edmonds School District		Jennifer Peterson Seattle Public Schools

Lori Dunn, Pre K–12 Physical Education and Health Literacy Program Manager Gayle See, Executive Director, Washington Alliance for Health, Physical Education, Recreation and Dance

Office of Superintendent of Public Instruction

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