

Synopsis: A Healthy Homerun

Help Jacoby make the baseball team! Jacoby is a fifth grader who really likes to watch and play baseball. He can't wait to tryout in sixth grade for the baseball team, but his eating and exercise habits are not the healthiest, and he does more watching than playing. When Jacoby does poorly on a fitness test and is laughed at, he starts to hate both gym class and his teacher, but with his teacher's help (and lots of determination) Jacoby discovers how healthy eating and practice can really help him. In this module, your students will discuss healthy decision-making and motivation. Your students will see the benefits of healthy eating and exercise first hand through Jacoby's success!

Major Themes:

Goal-Setting. The story of Jacoby becoming healthy highlights the importance of setting goals. Jacoby has a goal to make the baseball team, but to meet that goal he learns he must set and meet daily goals involving eating right and exercising. Prompts engage students by having them share their goals and discuss plans to reach said goals.

Healthy-Decisions. One main focal point of the module is informing students about, healthy food, portion control, and physical activity. As Jacoby learns what it means to eat right and exercise, he starts to analyze his food and activity choices, and in small steps makes healthier choices. This portion of the module shows students how to analyze their choices and identify necessary changes to become healthier.

Personal Best. Towards the end of the module, Jacoby shows improvement during a second fitness-test. Jacoby demonstrates taking pride in personal improvements verse having to be the *best*. This highlights for students that not being the *best* is okay, reassuring them doing their best is what matters.

Related 4th Grade GLCE Requirements:

ELA Standards met:

R.NT.04.03 analyze characters' thoughts and motivation through dialogue, various character roles, and functions including hero, anti-hero, or narrator; know first person point of view and identify conflict and resolution.

R.CM.04.01 connect personal knowledge, experiences, and understanding of the world to themes and perspectives in text through oral and written responses.

W.PS.04.01 exhibit personal style and voice to enhance the written message (e.g., in narrative text: strong verbs, figurative language, sensory images; in informational text: precision, established importance, transitions).

Physical and Health Education Standards met:

K.RP.04.0_ understand the need to practice skills for which improvement is needed in isolated settings

K.PA.05.0_ explain the effects and benefits of physical activity.

K.PS.04.0_ describe key behaviors which exemplify each of the personal/ social character traits of constructive competition, initiative, and leadership in controlled settings

- 1.1 Describe the food groups, including recommended portions to eat from each group.
- 1.8 Analyze examples of food advertising.
- 4.10 Explain what to do if you or someone else is being teased or bullied.
- 1.5 Interpret information provided on food labels.
- 4.7 Set a personal goal and plan the steps necessary to achieve the goal.
- 1.4 Explain the importance of choosing water rather than other beverages for the purpose of keeping the body hydrated.

Characters:

Jacoby- Fifth grade boy who discovers how to be healthy

Tyler- Older neighbor who Jacoby looks up to

Jacoby's Dad- Encourages Jacoby to play baseball

Jacoby's Mom- Teaches Jacoby about healthy food

Rick Jordan- Bullies Jacoby about not being athletic

Mrs. Jefferson- Jacoby's old *fun* gym teacher

Mr. Baldwin- Jacoby's new *serious* gym teacher