

Life Skills Standards Matched to Learning Activities

Family Studies 1.2 Students evaluate the impact of parenting roles and responsibilities on strengthening the well-being of individuals and families.

- Baby Project - research costs of having a baby.
- Student can make a collage documenting the stages of conception, childhood and parenting.
- Make a diagram of phases of childbirth.

Family Studies 1.3 Students demonstrate communication skills that contribute to positive relationships.

- Interview older family member.
- Write a thank you note to a grandparent.

Family Studies 1.4 Students apply decision-making/problem-solving skills as related to their values and goals

- Student writes a persuasive essay about which car their family should buy.
- Have student choose a career of their choice and determine what it pays. Then have the student create a budget to live off of which include necessities.

Family Studies 1.5 Students evaluate lifestyle choices relative to developing and maintaining personal and family health/wellness

- Have student draw and compare smoking vs. non smoking and the impact it has on the body (lungs, heart etc.). Write the effects of each on overall health after researched.

Family Studies 1.6 Students demonstrate management of individual and family resources as they apply to the home environment

- Student takes over financial role as paying bills and budgeting for two months and writes up a one page paper of experiences.
- Have student estimate total costs of weekly shopping list, reflect, compare, contrast.
- Create a monthly food plan/budget.

Family Studies 1.10 Understand the ways in which agencies and organizations provide family and human services

- Look up community resources and create pamphlet/phonebook for other teenagers and families.

Family Studies 1.13 Students understand the stages of human development and the related needs of individuals and families.

- Create flow chart of human development.
- Essay on needs of individual vs. family
- Create a poster with the different stages of pregnancy, write a report and about the stages.

Family Studies 1.16 Know common needs, problems, and adjustments associated with life changes

- Identify someone in their community that underwent a life change (ex new baby) develop and conduct an interview, write a report.

Family Studies 1.20 Explain how conception occurs, the stages of pregnancy, and the responsibilities of parenting

- Have student read/summarize from the book "What to Expect When You are Expecting"

Technology

- Have student apply for a FAFSA/Cal Grant online.
- Have student create a video of how they make a video.
- Have student develop a Powerpoint presentation of a computer program.
- Speed drills, keyboarding skills.

- Label parts of the computer.
- Create spreadsheet to organize household budget.
- Write directions on how to transfer photos from a digital camera to a computer.
- Write instructions for using a search engine and give examples of good and bad searches
- Have student create emails with using the attachment feature.
- Have student make a contact/address book in an email program and send it to the teacher.
- Have student take the free online Microsoft tutorial, have them summarize and submit notes.
- Have student make a blog and print a post.

Career Exploration 1.2 Understand the characteristics and benefits of teamwork, leadership, and citizenship in the school, community, and workplace settings.

- Identify a problem or issue in your workplace and write about possible solutions. Implement your solution and write about outcomes in journal.

Career Exploration 1.3 Understand how to interact with others in ways that demonstrate respect for individual and cultural differences and for the attitudes and feelings of others.

- Have student research and create a report about future career interests, pay, education, location.
- Research and interview specific jobs student is interested in and write a paper.
- Look up job openings in specific career opportunities.
- Write up an ad for a job opening.
- Have the student describe how they interacted with difficult people, different ages, and different ethnic groups.
- Select 3 career of interest in hospitality, tourism and recreation and create pros/cons list to decide the best career choice for them.
- Volunteer time at an organization and communicate in some way the cultural climate they observed and experienced.
- Job shadow an employee and keep a journal.
- Have student interview a hotel manager.

Career Exploration 1.5 Know important strategies for self-promotion in the hiring process, such as job applications, résumé writing, interviewing skills, and preparation of a portfolio.

- Resume and cover letter research and development.
- Life skills booklet (doctor's appt, checking account etc)
- Have student make up and write their own interview hiring questions and answers.

Career Exploration 1.6 Understand the past, present, and future trends that affect careers, such as technological developments and societal trends, and the resulting need for lifelong learning.

- Write a research report on past, current and future technology (change over time) that shows need for lifelong learning.
- Have the student work on bridges online.
- Create a research report and graph on a particular trend.

Career Exploration 1.7 Understand the role and function of professional organizations, industry associations, and organized labor in a productive society.

- Meet and interview 3 people who have a job that the student is interested in researching.
- Have student attend a valley/labor union meeting and write summary.

Career Exploration 1.8 Develop a career plan that is designed to reflect career interests, pathways, and postsecondary options.

- Develop a career plan.
- Written career plan with goals and timelines.

- After using Bridges, have the student write an essay which explores possible career paths and steps one needs to take to get there after high school.
- Have student make up interview questions to give to their employer.
- Have the student use the Bridges software.

Career Exploration 1.9 Understand the role and function of tools, equipment, and machines in the latest technology.

- Collage of equipment used (picture/description)
- Research specific job's technology component
- Make a diagram of workers using tools

Career Exploration 1.10 Understand the use of technological resources to gain access to, manipulate, and produce information, products, and services

- Explain how technological tools can perform a given function faster than using hand tools and calculate the cost differences and explain where the breakeven would be.

PE Resource Books to Purchase

Home School Family Fitness: The Complete Physical Education Curriculum for Grades K-12 (Paperback) \$19.95
<http://snipurl.com/rfvvcu> [amazon.com]

Home School Family Fitness explains the fundamentals of exercise in a fun way, teaching kids to achieve and maintain fitness throughout their lives. Its curriculum includes:

- 40 weeks of lesson plans and easy-to-use fitness tests, including swimming
- Indoor, outdoor, sport-related, and snow games modified for home use
- Modified rules to make games suitable for one to four participants of mixed ages
- Sections on strength, endurance, flexibility, and aerobic fitness

Paperback: 192 pages

Publisher: Hatherleigh Press; 1 edition (August 26, 2008) # ISBN-10: 1578262747 # ISBN-13: 978-1578262748

Nutrition and Activity Journal ISBN 1-932802-24-X \$12.95

An 18 week program with 2 challenges: 1. Distance (running) 2. Pushups and Abs with a chart for each week for recording daily exercises and food intake; and nutrition info and worksheets. One book needed for each student if they are to use it as a semester course.

Nutrition and Fitness: 50 Lessons and Exercises 0-8251-1616-3 \$24.99 Permission for one teacher to reproduce worksheets for students Individual components of nutrition 22 worksheets Putting the components together to eat well 9 worksheets Putting the components together to maintain an ideal weight 12 worksheets Putting the components together to be a wise consumer 3 worksheets Evaluation of knowledge and attitudes 4 worksheets

PE 9.1 Analyze offensive and defensive strategies in games and sports.

- Have student write an essay on analyzing strategies
- Make a rule book for basketball.
- Learn the rules of soccer and football and compare similarities and differences.
- Have student make diagrams of different strategic plays for any sport.
- After a sports game have student write a summary describing a strategy that worked and why and one that didn't work and why.

PE 9.2 Participate in an individualized fitness program.

- Write about plan/goals and how to achieve goals.
- Create a collage or scrapbook of the student's positive achievements and attributes including interests and passions.

- Create an individualized fitness program and chart progress.
- Student can use wii fitness program.
- Have student attend an aerobics class, do assessment on heart, weight loss if desired, decreased body fat content.

PE 9.3 Identify and follow rules while playing sports and games.

- Create a sort of PE game rule book.
- Organize and manage sports team
- Go to a game and write what rules were broken.

PE 9.4 Identify ways in which rules are more alike than different and describe the difference between violations and fouls.

- Have student choose 2 sports and identify like and differences in paper.
- Have student write the differences between a violation and fouls.

PE 10.1 Discuss the importance of balanced nutrition for a maintaining a healthy life-style.

- Food journal analysis
- Develop a well balanced diet
- Worksheet pm balanced diet.
- Create a graphic organizer of healthy eating and develop menus accordingly.
- Chart food taken of healthy vs. poor nutrition.
- Draw a food pyramid and relate how a top heavy pyramid can negatively affect athletic performance/health.
- Keep track of food intake (web based) effects of advertising on food choices, mypyramid.gov

PE 10.2 Design and implement a personal fitness program that relates to total wellness

- Exercise video, how benefitting whole body.
- Write up a personal plan with specific activities/charting frequency and participation.
- Create a chart, include research on proper technique, heart rate etc.
- Create a fitness program on powerpoint
- Create a daily menu with nutrition information.
- Create a family menu and show servings.
- Develop a 4 week "total fitness plan" including cardio, weight training, and dietary guide.
- Research various fitness plans and how much they cost.

PE 10.3 Discuss the historical roles of games, sports, and dance in the cultural life of a population

- Have student write an essay on role of sport, games.
- Do a report, Powerpoint, display on the history of a sport.
- Design a brochure of history/timeline illustrating popular sports and where they originated.
- Have student compare sports around the world and famous sports figures.
- Research a game or sport not commonly done in the US and explain how the game is played and why this is part of their culture.
- Research and report on different games, sports, dances for 5 cultures.

PE 10.4 Acknowledge and respect stylistic differences in performance

PE 11.4 Show evidence of developing and maintaining physical fitness to achieve the goal of a healthy life-style

- Create spreadsheet of training PE tests.

PE 11.5 Show evidence of a positive self-image.

- Have student research psychology text and write paper demonstrating learning.
- Have student create a vision board about themselves with goals, strengths, weaknesses action plan for goals using adjective, magazine pictures etc.

PE 11.6 Share in the responsibility of group action and problem solving as a member of a group or team

- GEA team building/problem solving.

PE 12.3 Be able to design and execute a physical fitness program, recognizing that changes in life-style may progress over time from vigorous activities to mild exercise, including walking.

- Identify which muscle groups are being exercised with each particular activity.

PE 12.4 Know about career opportunities in physical education and related fields.

- Have student interview coaches, PE teachers in community and write about them.
- Have student create questions for an interview of experts in the field of educational coaches and write up a critique..
- Have student research PE related careers and write essay
- Research a physical trainer/PE related career and write a job description.

Music Basic 1.0 Read an instrumental or vocal score of up to four staves and explain how the elements of music are used.

- Have student analyze a musical piece on sheet music.

Music Basic 1.2 Transcribe simple songs when presented aurally into melodic and rhythmic notation (level of difficulty: 1; scale: 1-6).

- Have a video of student performing including sheet music with notes.

Music Basic 1.3 -read music accurately and expressively (level of difficulty: 3; scale: 1-6).

- Have student pick a new song to play for ES, no pressure.
- Videotape student site reading music

Music Basic 1.5 Analyze the use of form in a varied repertoire of music representing diverse genres, styles, and cultures

- Student listens to a variety of cultural music from library. Students analyze different musical forms and groups similar forms/styles of music.
- Student makes a vocabulary book with definitions of dance words with a picture to show what it look like.

Music Advanced 1.7 Transcribe simple songs into melodic and rhythmic notation when presented aurally (level of difficulty: 2; scale)

- Compose their own melody and develop 4 part harmony and use computer software to transcribe it.
- Choose a children's book (short) and write a simple song tune to follow story

Compare and contrast the use of form, both past and present, in a varied repertoire of music from diverse genres, styles, and cultures.

- Research 2 genres of music, compare and contrast in regard to the use of form.

Visual Arts Dance 1.2 Memorize and perform works of dance, demonstrating technical accuracy and consistent artistic intent

- Show schema of dance steps for choreography and practice steps.

Visual Arts Dance 1.3 in multiple dance genres (e.g., modern, ballet, jazz, tap, traditional/recreational).

- Have student create a dictionary and pictures of the dance vocabulary that applies to the class taken.
- Have student write a comparison of dance performance genres

Visual Arts Dance 1.4 Demonstrate clarity of intent while applying kinesthetic principles for all dance elements.

- Have student draw pictures of movements and explaining the principles of the elements of dance shown.

Visual Arts Dance 1.5 Apply knowledge of dance vocabulary to distinguish how movement looks physically in space, time, and force/energy).

- Draw and label a cartoon/choreography showing a unique dance and using correct vocabulary

Visual Arts Dance 1.7 Perform in multiple dance genres, integrating an advanced level of technical skill and clear intent.

- Student uses DVD.s with difference dance styles to practice (ie. Belly dancing, hula etc).
- Student writes several warm up exercises on music notation.
- Have student write out actual dance steps in the sequence and the counts and beats.

Visual Arts Dance Advanced 1.10 Select specific dance vocabulary to describe movement and dance elements in great detail.

- Choreograph a dance performance and write the steps/moves with words and diagrams.
- Write up one's own dance routine.
- Comparative essay on two periods
- Original artwork comparing/showing two styles with descriptions
- Photography and written essay comparing artist's work with own.
- Write a "mock" dance recital program and descriptive dances.

Visual Arts Basic Theatre 1.1 Use the vocabulary of theatre, such as acting values, style, genre, design, and theme, to describe theatrical experiences.

- Create and memorize flash cards using vocabulary such as specific styles and genres.
- Make a vocabulary list of theatrical words.
- Write stage directions for opening scene of a play using vocabulary of theater.
- Create a user's guide for someone new to the theater with correct vocabulary.
- Attend a play and either write, speak or display the vocabulary concepts related to that play.
- Create a glossary of theater terminology and illustrate it.

Visual Arts Basic Theatre 1.2 Describe the principles of design as used in works of art, focusing on dominance and subordination

- Video of them performing including sheet music with notes.
- Observe theatre performances and critique similarities and differences.

Visual Arts Basic 1.3 Research and analyze the work of an artist and write about the artist's distinctive style and its contribution to the meaning of the work.

- Have student create artwork and discuss the intent.
- Powerpoint presentation and research paper on famous artists.
- Critique a video or play and identify acting values, style, genre, design and theme.
- Coordinate an art show and create flyers.

Visual Arts Basic 1.5 Analyze the material used by a given artist and describe how its use influences the meaning of the work.

- Have student write a report on the music of a different culture.
- Create a video dictionary of dance terms.

- Attend a performance and critique.
- Choreograph routines in video
- Peer evaluations