

SLEEP SMART

Grades 3-5 English Language Arts Common Core State Standards* and National Health Education Standards**

ENGLISH LANGUAGE ARTS STANDARDS			
THIRD GRADE	Activity 1	Activity 2	Activity 3
READING: INFORMATIONAL TEXT			
Key Ideas and Details: <u>CCSS.ELA-LITERACY.RI.3.1</u> Ask and answer questions to demonstrate understanding of a text, referring explicitly to the text as the basis for the answers.	√	√	√
Craft and Structure: <u>CCSS.ELA-LITERACY.RI.3.4</u> Determine the meaning of general academic and domain-specific words and phrases in a text relevant to a grade 3 topic or subject area.	√	√	√
READING: FOUNDATIONAL SKILLS			
Phonics and Word Recognition: <u>CCSS.ELA-LITERACY.RF.3.3</u> Know and apply grade-level phonics and word analysis skills in decoding words.	√	√	√
Fluency: <u>CCSS.ELA-LITERACY.RF.3.4</u> Read with sufficient accuracy and fluency to support comprehension.	√	√	√
WRITING			
Text Types and Purposes: <u>CCSS.ELA-LITERACY.W.3.2</u> Write informative/explanatory texts to examine a topic and convey ideas and information clearly. <u>CCSS.ELA-LITERACY.W.3.3</u> Write narratives to develop real or imagined experiences or events using effective technique, descriptive details, and clear event sequences.	√	√	√
Production and Distribution of Writing: <u>CCSS.ELA-LITERACY.W.3.4</u> With guidance and support from adults, produce writing in which the development and organization are appropriate to task and purpose.	√	√	√
Research to Build and Present Knowledge: <u>CCSS.ELA-LITERACY.W.3.8</u> Recall information from experiences or gather information from print and digital sources; take brief notes on sources and sort evidence into provided categories.			√

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** NGSS Lead States. 2013. Next Generation Science Standards: For States, By States. Washington, DC: The National Academies Press.

SPEAKING & LISTENING			
Comprehension and Collaboration: <u>CCSS.ELA-LITERACY.SL.3.1</u> Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 3 topics and texts, building on others' ideas and expressing their own clearly.	√	√	√
LANGUAGE			
Conventions of Standard English: <u>CCSS.ELA-LITERACY.L.3.1</u> Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.	√	√	√
<u>CCSS.ELA-LITERACY.L.3.2</u> Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.	√	√	√
Knowledge of Language: <u>CCSS.ELA-LITERACY.L.3.3</u> Use knowledge of language and its conventions when writing, speaking, reading, or listening.	√	√	√
Vocabulary Acquisition and Use: <u>CCSS.ELA-LITERACY.L.3.4</u> Determine or clarify the meaning of unknown and multiple-meaning word and phrases based on grade 3 reading and content, choosing flexibly from a range of strategies.	√	√	√

FOURTH GRADE	Activity 1	Activity 2	Activity 3
READING: INFORMATIONAL TEXT			
Key Ideas and Details: <u>CCSS.ELA-LITERACY.RI.4.1</u> Refer to details and examples in a text when explaining what the text says explicitly and when drawing inferences from the text.	√	√	√
Craft and Structure: <u>CCSS.ELA-LITERACY.RI.4.4</u> Determine the meaning of general academic and domain-specific words or phrases in a text relevant to a grade 4 topic or subject area.	√	√	√
READING: FOUNDATIONAL SKILLS			
Phonics and Word Recognition: <u>CCSS.ELA-LITERACY.RF.4.3</u> Know and apply grade-level phonics and word analysis skills in decoding words.	√	√	√
Fluency: <u>CCSS.ELA-LITERACY.RF.4.4</u> Read with sufficient accuracy and fluency to support comprehension.	√	√	√

WRITING			
Text Types and Purposes: <u>CCSS.ELA-LITERACY.W.4.2</u> Write informative/explanatory texts to examine a topic and convey ideas and information clearly. <u>CCSS.ELA-LITERACY.W.4.3</u> Write narratives to develop real or imagined experiences or events using effective technique, descriptive details, and clear event sequences.	√	√	√
Production and Distribution of Writing: <u>CCSS.ELA-LITERACY.W.4.4</u> Produce clear and coherent writing in which the development and organization are appropriate to task, purpose, and audience.	√	√	√
Research to Build and Present Knowledge: <u>CCSS.ELA-LITERACY.W.4.8</u> Recall relevant information from experiences or gather relevant information from print and digital sources; take notes and categorize information, and provide a list of sources.			√
SPEAKING & LISTENING			
Comprehension and Collaboration: <u>CCSS.ELA-LITERACY.SL.4.1</u> Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 4 topics and texts, building on others' ideas and expressing their own clearly.	√	√	√
LANGUAGE			
Conventions of Standard English: <u>CCSS.ELA-LITERACY.L.4.1</u> Demonstrate command of the conventions of standard English grammar and usage when writing or speaking. <u>CCSS.ELA-LITERACY.L.4.2</u> Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.	√	√	√
Knowledge of Language: <u>CCSS.ELA-LITERACY.L.4.3</u> Use knowledge of language and its conventions when writing, speaking, reading, or listening.	√	√	√
Vocabulary Acquisition and Use: <u>CCSS.ELA-LITERACY.L.4.4</u> Determine or clarify the meaning of unknown and multiple-meaning words and phrases based on grade 4 reading and content, choosing flexibly from a range of strategies.	√	√	√

FIFTH GRADE	Activity 1	Activity 2	Activity 3
READING: INFORMATIONAL TEXT			
Key Ideas and Details: <u>CCSS.ELA-LITERACY.RI.5.3</u> Explain the relationships or interactions between two or more individuals, events, ideas, or concepts in a historical, scientific, or technical text based on specific information in the text.	√	√	√
Craft and Structure: <u>CCSS.ELA-LITERACY.RI.5.4</u> Determine the meaning of general academic and domain-specific words or phrases in a text relevant to a grade 5 topic or subject area.	√	√	√
Integration of Knowledge and Ideas: <u>CCSS.ELA-LITERACY.RI.5.7</u> Draw on information from multiple print or digital sources, demonstrating the ability to locate an answer to a question quickly or to solve a problem efficiently.			√
READING: FOUNDATIONAL SKILLS			
Phonics and Word Recognition: <u>CCSS.ELA-LITERACY.RF.5.3</u> Know and apply grade-level phonics and word analysis skills in decoding words.	√	√	√
Fluency: <u>CCSS.ELA-LITERACY.RF.5.4</u> Read with sufficient accuracy and fluency to support comprehension.	√	√	√
WRITING			
Text Types and Purposes: <u>CCSS.ELA-LITERACY.W.5.2</u> Write informative/explanatory texts to examine a topic and convey ideas and information clearly. <u>CCSS.ELA-LITERACY.W.5.3</u> Write narratives to develop real or imagined experiences or events using effective technique, descriptive details, and clear event sequences.	√	√ √	√
Production and Distribution of Writing: <u>CCSS.ELA-LITERACY.W.5.4</u> Produce clear and coherent writing in which the development and organization are appropriate to task, purpose, and audience.	√	√	√
Research to Build and Present Knowledge: <u>CCSS.ELA-LITERACY.W.5.8</u> Recall relevant information from experiences or gather relevant information from print and digital sources; summarize or paraphrase information in notes and finished work and provide a list of sources.			√

SPEAKING & LISTENING			
Comprehension and Collaboration: <u>CCSS.ELA-LITERACY.SL.5.1</u> Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 5 topics and texts, building on others' ideas and expressing their own clearly.	√	√	√
LANGUAGE			
Conventions of Standard English: <u>CCSS.ELA-LITERACY.L.5.1</u> Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.	√	√	√
<u>CCSS.ELA-LITERACY.L.5.2</u> Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.	√	√	√
Knowledge of Language: <u>CCSS.ELA-LITERACY.L.5.3</u> Use knowledge of language and its conventions when writing, speaking, reading, or listening.	√	√	√
Vocabulary Acquisition and Use: <u>CCSS.ELA-LITERACY.L.5.4</u> Determine or clarify the meaning of unknown and multiple-meaning words and phrases based on grade 5 reading and content, choosing flexibly from a range of strategies.	√	√	√

NATIONAL HEALTH EDUCATION STANDARDS			
GRADES 3-5	Activity 1	Activity 2	Activity 3
Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health. <u>1.5.1</u> Describe the relationship between healthy behaviors and personal health.	√	√	√
Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. <u>4.5.1</u> Demonstrate effective verbal and nonverbal communication skills to enhance health.	√	√	√
Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health <u>5.5.1</u> Identify health-related situations that might require a thoughtful decision.	√	√	√
<u>5.5.3</u> List healthy options to health-related issues or problems.	√	√	√
<u>5.5.5</u> Choose a healthy option when making a decision.	√	√	√

<p>Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.</p> <p><u>6.5.1</u> Set a personal health goal and track progress toward its achievement.</p>		√	
<p>Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</p> <p><u>7.5.1</u> Identify responsible personal health behaviors.</p> <p><u>7.5.2</u> Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.</p> <p><u>7.5.3</u> Demonstrate a variety of behaviors to avoid or reduce health risks.</p>	√ √ √	√ √ √	√ √ √
<p>Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.</p> <p><u>8.5.1</u> Express opinions and give accurate information about health issues.</p> <p><u>8.5.2</u> Encourage others to make positive health choices.</p>	√ √	√ √	√ √

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** Joint Committee on National Health Education Standards. (2007). National Health Education Standards, Second Edition: Achieving Excellence. Washington, D.C.: The American Cancer Society.