

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:

CCSS.ELA-LITERACY.RI.3.1

Ask and answer questions to demonstrate understanding of a text, referring explicitly to the text as the basis for the answers.

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Craft and Structure:

CCSS.ELA-LITERACY.RI.3.4

Determine the meaning of general academic and domain-specific words and phrases in a text relevant to a grade 3 topic or subject area.

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READING: FOUNDATIONAL SKILLS

Phonics and Word Recognition:

CCSS.ELA-LITERACY.RF.3.3

Know and apply grade-level phonics and word analysis skills in decoding words.

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Fluency:

CCSS.ELA-LITERACY.RF.3.4

Read with sufficient accuracy and fluency to support comprehension.

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WRITING

Text Types and Purposes:

CCSS.ELA-LITERACY.W.3.2

Write informative/explanatory texts to examine a topic and convey ideas and information clearly.

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CCSS.ELA-LITERACY.W.3.3

Write narratives to develop real or imagined experiences or events using effective technique, descriptive details, and clear event sequences.

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Production and Distribution of Writing:

CCSS.ELA-LITERACY.W.3.4

With guidance and support from adults, produce writing in which the development and organization are appropriate to task and purpose.

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Research to Build and Present Knowledge:

CCSS.ELA-LITERACY.W.3.8

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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THIRD GRADE (continued)	Activity 1	Activity 2	Activity 3
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			
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.	√	√	√

FOURTH GRADE (continued)	Activity 1	Activity 2	Activity 3
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:**CCSS.ELA-LITERACY.RI.5.3

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.

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Craft and Structure:CCSS.ELA-LITERACY.RI.5.4

Determine the meaning of general academic and domain-specific words or phrases in a text relevant to a grade 5 topic or subject area.

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Integration of Knowledge and Ideas:CCSS.ELA-LITERACY.RI.5.7

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.

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READING: FOUNDATIONAL SKILLS**Phonics and Word Recognition:**CCSS.ELA-LITERACY.RF.5.3

Know and apply grade-level phonics and word analysis skills in decoding words.

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Fluency:CCSS.ELA-LITERACY.RF.5.4

Read with sufficient accuracy and fluency to support comprehension.

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WRITING**Text Types and Purposes:**CCSS.ELA-LITERACY.W.5.2

Write informative/explanatory texts to examine a topic and convey ideas and information clearly.

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CCSS.ELA-LITERACY.W.5.3

Write narratives to develop real or imagined experiences or events using effective technique, descriptive details, and clear event sequences.

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Production and Distribution of Writing:CCSS.ELA-LITERACY.W.5.4

Produce clear and coherent writing in which the development and organization are appropriate to task, purpose, and audience.

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Research to Build and Present Knowledge:CCSS.ELA-LITERACY.W.5.8

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.

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FIFTH GRADE (continued)**Activity 1****Activity 2****Activity 3****SPEAKING & LISTENING****Comprehension and Collaboration:**CCSS.ELA-LITERACY.SL.5.1

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.

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LANGUAGE**Conventions of Standard English:**CCSS.ELA-LITERACY.L.5.1

Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.

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CCSS.ELA-LITERACY.L.5.2

Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.

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Knowledge of Language:CCSS.ELA-LITERACY.L.5.3

Use knowledge of language and its conventions when writing, speaking, reading, or listening.

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Vocabulary Acquisition and Use:CCSS.ELA-LITERACY.L.5.4

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.

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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.

1.5.1

Describe the relationship between healthy behaviors and personal health.

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Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

4.5.1

Demonstrate effective verbal and nonverbal communication skills to enhance health.

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Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

5.5.1

Identify health-related situations that might require a thoughtful decision.

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5.5.3

List healthy options to health-related issues or problems.

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5.5.5

Choose a healthy option when making a decision.

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Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

6.5.1

Set a personal health goal and track progress toward its achievement.

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Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

7.5.1

Identify responsible personal health behaviors.

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7.5.2

Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.

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7.5.3

Demonstrate a variety of behaviors to avoid or reduce health risks.

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Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

8.5.1

Express opinions and give accurate information about health issues.

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8.5.2

Encourage others to make positive health choices.

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THE REAL SCOOP ON SLEEP

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

ENGLISH LANGUAGE ARTS STANDARDS*

THIRD GRADE

READING: INFORMATIONAL TEXT

Key Ideas and Details:

CCSS.ELA-LITERACY.RI.3.1

Ask and answer questions to demonstrate understanding of a text, referring explicitly to the text as the basis for the answers.

WRITING

Production and Distribution of Writing:

CCSS.ELA-LITERACY.W.3.4

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:

CCSS.ELA-LITERACY.W.3.8

Recall information from experiences or gather information from print and digital sources; take brief notes on sources and sort evidence into provided categories.

LANGUAGE

Conventions of Standard English:

CCSS.ELA-LITERACY.L.3.1

Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.

SPEAKING AND LISTENING

Comprehension and Collaboration:

CCSS.ELA-LITERACY.SL.3.1

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.

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ENGLISH LANGUAGE ARTS STANDARDS*

FOURTH GRADE

READING: INFORMATIONAL TEXT

Key Ideas and Details:

CCSS.ELA-LITERACY.RI.4.1

Refer to details and examples in a text when explaining what the text says explicitly and when drawing inferences from the text.

WRITING

Production and Distribution of Writing:

CCSS.ELA-LITERACY.W.4.4

Produce clear and coherent writing in which the development and organization are appropriate to task, purpose, and audience.

Research to Build and Present Knowledge:

CCSS.ELA-LITERACY.W.4.8

Recall relevant information from experiences or gather information from print and digital sources; take notes and categorize information, and provide a list of sources.

LANGUAGE

Conventions of Standard English:

CCSS.ELA-LITERACY.L.4.1

Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.

SPEAKING AND LISTENING

Comprehension and Collaboration:

CCSS.ELA-LITERACY.SL.4.1

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.

ENGLISH LANGUAGE ARTS STANDARDS*

FIFTH GRADE

READING: INFORMATIONAL TEXT

Key Ideas and Details:

CCSS.ELA-LITERACY.RI.5.3

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.

WRITING

Production and Distribution of Writing:

CCSS.ELA-LITERACY.W.5.4

Produce clear and coherent writing in which the development and organization are appropriate to task, purpose, and audience.

Research to Build and Present Knowledge:

CCSS.ELA-LITERACY.W.5.8

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.

LANGUAGE

Conventions of Standard English:

CCSS.ELA-LITERACY.L.5.1

Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.

SPEAKING AND LISTENING

Comprehension and Collaboration:

CCSS.ELA-LITERACY.SL.5.1

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.

NATIONAL HEALTH EDUCATION STANDARDS**

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.5.1 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.

4.5.1 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.

5.5.1 Identify health-related situations that might require a thoughtful decision.

5.5.5 Choose a healthy option when making a decision.

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