



Power to Play Program Manitoba Curriculum Integration

Kindergarten

Most of the lessons in the Power to Play Program include the following activities:

- Watching DVD episodes
- Singing songs and rhymes

These activities reinforce and support the development of the following outcomes from the English Language Arts program of studies:

General Outcome 2: Comprehend and respond personally and critically to literary and media texts

2.2 Respond to Texts

2.2.1 Experience Various Texts

- participate in shared listening reading and viewing experiences using texts from a variety of forms, genres and cultural traditions

General Outcome 4: Enhance the clarity and artistry of communication

4.4 Present and Share

4.4.3 Attentive Listening and Viewing

- demonstrate active listening and viewing skills and strategies



Lesson 1: Meet Our Superheroes

Lesson Overview

This short lesson is designed to help you to introduce your students to the superheroes Brock Lee and Coca Lait and to set the stage for upcoming lessons.

Curriculum Integration

The following chart provides an overview of Manitoba curriculum outcomes that are supported by the instructional activities in Lesson 1 of the Power to Play program.

Activity Focus	Curriculum Area	Outcomes
Step One (page 11)		
<ul style="list-style-type: none"> ▫ Identify healthy food choices and physical activities ▫ Start a picture and word wall 	 	<p>K.5.K.C.1b Recognizes that you need food to grow and feel good K.5.K.A.1 Identify daily habits for leading a physically active and healthy life</p> <hr/> <p>General Outcome 2: Comprehend and respond personally and critically to literary and media texts 2.2 Respond to Texts 2.2.1 Experience Various Texts</p> <ul style="list-style-type: none"> ▫ participate in shared listening reading and viewing experiences using texts from a variety of forms, genres and cultural traditions <p>General Outcome 3: Manage ideas and information 3.3 Organize, Record, and Assess 3.3.1 Organize Information</p> <ul style="list-style-type: none"> ▫ categorize objects and pictures according to visual similarities and differences

Lesson 2: Adventures in Food

Lesson Overview






In this lesson we will explore and have fun with food, experiment and try new things.

Students will learn that:

- Healthy foods come in all shapes and sizes
- Healthy foods taste great
- Healthy snacks can give you power to play
- Trying new food is fun

Curriculum Integration

The following chart provides an overview of the Manitoba curriculum outcomes that are supported by the instructional activities in Lesson 2 of the Power to Play program.

Activity Focus	Curriculum Area	Outcomes
Getting Started (page 16)		
<ul style="list-style-type: none"> ▫ Participate in class survey ▫ Identify healthy foods 		K.5.K.C.1b Recognize that you need food to grow and feel good S.5.K.A.3 Match a variety of healthy snacks to food groups and "other foods"
		General Outcome 3: Manage ideas and information 3.3 Organize, Record, and Assess 3.3.1 Organize Information <ul style="list-style-type: none"> ▫ categorize objects and pictures according to visual similarities and differences General Outcome 5: Celebrate and build community 5.2 Encourage, Support, and Work with Others 5.2.1 Cooperate with Others <ul style="list-style-type: none"> ▫ participate in cooperative group activities 5.2.2 Work in Groups <ul style="list-style-type: none"> ▫ demonstrate attentiveness in group activities
		Strand: Statistics and Probability General Outcome: Collect and organize with assistance data based on first-hand information SP-111.2.0 Constructs concrete object graphs with assistance using 1:1 correspondence SP-1V.1.0 Compares data in two categories using words such as more, less, the same
Learning Centers (page 16 & 17)		
<ul style="list-style-type: none"> ▫ Count foods for a recipe ▫ Sort and order food groups ▫ Match food cards 		S.5.K.A.3a Match a variety of healthy snacks to food groups and "other foods"
		General Outcome 1: Explore thoughts, ideas, feelings, and experiences 1.2 Clarify and Extend 1.2.1 Develop Understanding <ul style="list-style-type: none"> ▫ recognize connections between new experiences and prior knowledge General Outcome 2: Comprehend and respond personally and critically to literary and media texts 2.1 Use Strategies and Cues 2.1.1 Prior Knowledge <ul style="list-style-type: none"> ▫ make connections between oral language, texts, and personal experiences General Outcome 3: Manage ideas and information 3.3 Organize, Record, and Assess 3.3.1 Organize Information <ul style="list-style-type: none"> ▫ categorize objects and pictures according to visual similarities and differences General Outcome 4: Enhance the clarity and artistry of communication 4.4 Present and Share 4.4.3 Attentive Listening and Viewing demonstrate active listening and viewing skills and strategies



	M	<p>Strand: Patterns and Relations General Outcome – Identify and create patterns arising from daily experiences (PR-1.1.0) Sorts objects using a single self- determined attribute (PR-11.1.0) Recognizes, reproduces, extends, and creates patterns using actions, manipulatives and orally describes them</p> <p>Strand: Number General Outcome- Describe orally, and compare quantities from 0 to 10, using number words in daily expressions (N-1.10) Counts the number of objects in a set (0-10) (N-1.3.0) Builds, compares and orders two sets of like objects, and describes relationships between them, using the terms, more than, greater than, less than, the same as, equal to</p>
	SS	0-S-201 Sort information using selected criteria

Power Snack (page 17)		
<ul style="list-style-type: none"> ▫ Experiment to try new foods 	PE & H	S.5.K.A.3b Experience a variety of foods in each food group, respecting individual diversity, cultural traditions and allergies


Wrap-Up (page 17)		
<ul style="list-style-type: none"> ▫ Video: Active Body, Healthy Body ▫ Create a "Powerful Me" silhouette 	PE & H	K.4.K.A.3 Identify daily decisions and/or choices and how choices are made for health and well-being K.5.K.C.1b Recognize that you need food to grow and feel good K.5.K.B.2 Identify physical activities that are enjoyable and Fun through a variety of strategies
	ELA	<p>General Outcome 2: Comprehend and respond personally and critically to literary and media texts</p> 2.1 Use Strategies and Cues 2.1.1 Prior Knowledge <ul style="list-style-type: none"> ▫ make connections between oral language, texts and personal experiences 2.2 Respond to Texts 2.2.1 Experience Various Texts <ul style="list-style-type: none"> ▫ participate in shared listening reading and viewing experiences using texts from a variety of forms, genres, and cultural traditions <p>General Outcome 4: Enhance the clarity and artistry of communication</p> 4.2 Enhance and Improve 4.2.5 Enhance Presentation <ul style="list-style-type: none"> ▫ use drawings and labels to express ideas, feelings, and information 4.4 Present and Share 4.4.3 Attentive Listening and Viewing <ul style="list-style-type: none"> ▫ demonstrate active listening and viewing skills and strategies

Extension Ideas (page 18)		
<ul style="list-style-type: none"> ▫ Visit the supermarket 	PE & H	K.2.K.C.1b Recognize that you need food to grow and feel good
	ELA	<p>General Outcome 3: Manage ideas and information</p> 3.2 Select and Process 3.2.2 Identify Sources <ul style="list-style-type: none"> ▫ seek information from others; use multimedia and computers when appropriate 3.3 Organize, Record, and Assess 3.3.1 Organize Information <ul style="list-style-type: none"> ▫ categorize objects and pictures according to visual similarities and differences 3.3.4 Develop New Understanding <ul style="list-style-type: none"> ▫ share learning and information-gathering experiences
	SCI	K-2-02 Sort and classify objects by colour K-2-07 Explore to identify and describe colours found in their environment

Fun Corner (page 18)

<p>▫ Video and breakfast food collage</p>		<p>K.2.K.C.1b Recognize that you need food to grow and feel good</p>
		<p>General Outcome 2: Comprehend and respond personally and critically to literary and media texts 2.1 Use strategies and Cues 2.1.1 Prior Knowledge ▫ make connections between oral language, texts, and personal experiences 2.2 Respond to Texts 2.2.1 Experience Various Texts ▫ participate in shared listening reading and viewing experiences using texts from a variety of forms, genres, and cultural traditions</p> <p>General Outcome 4: Enhance the clarity and artistry of communication 4.4 Present and Share 4.4.3 Attentive Listening and Viewing ▫ demonstrate active listening and viewing skills and strategies</p>

Energy Blast (page 19)

<p>▫ Creative movement activities</p>		<p>S.2.K.A.1a Participate in a wide variety of physical activities that contribute to skill/fitness development and enjoyment S.1.K.D.1 Experience moving to a different rhythms, applying movement concepts in simple rhythmic activities</p>
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Lesson 3: Food Makes Sense

Lesson Overview



In this lesson students will use five senses to explore a variety of healthy foods.

Students will learn that:

- Healthy foods come with all different colors, tastes, textures, sounds, and smells
- Trying new food is fun

Curriculum Integration

The following chart provides an overview of Manitoba curriculum outcomes that are supported by the instructional activities in Lesson 3 of the Power to Play program.

Activity Focus	Curriculum Area	Outcomes
Learning Centers (page 26 & 27)		
<ul style="list-style-type: none"> ▫ Conduct a crunch test ▫ Identify foods using tactile senses ▫ Identify foods by smell 	 	<p>K.2.K.C.1b Recognize that you need food to grow and feel good S.5.K.A.3b Experience a variety of foods in each food group, respecting individual diversity, cultural traditions and allergies</p> <p>General Outcome 1: Explore thoughts, ideas, feelings, and experiences 1.2 Clarify and Extend 1.2.3 Combine Ideas ▫ group ideas and information to make sense</p> <p>General Outcome 2: Comprehend and respond personally and critically to literary and media texts 2.1 Strategies and Cues 2.1.2 Comprehension Strategies ▫ recognize and anticipate meaning from print symbols and images, revise understanding based on further information</p> <p>General Outcome 3: Manage ideas and information 3.1 Plan and Focus 3.1.1 Use Personal Knowledge ▫ discuss personal knowledge of a topic 3.1.3 Contribute to Group Inquiry ▫ answer questions to help satisfy group curiosity and information needs 3.2 Select and Process 3.2.3 Assess Sources ▫ compare gathered ideas and information to personal knowledge 3.2.4 Access Information ▫ use illustrations, photographs video programs, objects and auditory cues to understand ideas and information 3.2.5 Makes Sense of Information ▫ ask questions and use prior knowledge to make sense of information 3.3 Organize, Record, and Assess 3.3.1 Organize Information ▫ categorize objects and pictures according to visual similarities and differences</p> <p>General Outcome 4: Enhance the clarity and artistry of communication 4.4 Present and Share 4.4.2 Effective Oral Communication ▫ share information and ideas with group 4.4.3 Attentive Listening and Viewing demonstrate active listening and viewing skills and strategies</p>



	M	<p>Strand: Patterns and Relations General Outcome: Identify and create patterns arising from daily experiences (PR-1.1.0) -Sorts objects using a single self-determined attribute (PR-11.1.0) -Recognizes, reproduces, extends, and creates patterns using actions, manipulatives, and orally describes them</p> <p>Strand: Number General outcome: Describe orally and compare quantities from 0-10 using number words in daily expressions (N-1.1.0) Counts the number of objects in a set (0-10) (N-1.3.0) Builds, compares, and orders two sets of like objects and describes the relationships between them using the terms more than, greater than, the same as, equal to</p>
	SS	<p>Active Democratic Citizenship 0-S-100 Cooperate and collaborate with others 0-S-103 Interact fairly and respectfully with others</p> <p>Managing information and ideas 0-S-200 Gather information from oral, visual material, or print sources 0-S-201 Sort information using selected criteria</p> <p>Communication 0-S-400 Listen actively to others 0-S-402 Express reasons for their ideas 0-S-403 Present information and ideas orally, visually, or concretely</p>

Wrap-Up (page 27)


<ul style="list-style-type: none"> ▫ Create a class big book of senses 	PE & H	K.5.K.C.1b Recognize that you need food to grow and feel good
	ELA	<p>General Outcome 3: Manage ideas and information 3.3 Organize, Record, Assess 3.3.2 Record Information <ul style="list-style-type: none"> ▫ represent and share information and ideas; compose with a scribe 3.3.4 Develop New Understanding <ul style="list-style-type: none"> ▫ share learning and information-gathering experiences General Outcome 4: Enhance the clarity and artistry of communication 4.1 Generate and Focus 4.1.1 Generate Ideas <ul style="list-style-type: none"> ▫ contribute ideas to focus on a topic 4.1.2 Choose Forms <ul style="list-style-type: none"> ▫ share ideas and experiences through talking, storytelling, pictures, singing, illustrations, and print 4.1.3 Organize Ideas <ul style="list-style-type: none"> ▫ know that ideas expressed in oral language can be drawn and recorded 4.2 Enhance and Improve 4.2.5 Enhance Presentation <ul style="list-style-type: none"> ▫ use drawings and labels to express ideas, feelings, and information 4.4 Present and Share 4.4.2 Effective Oral Communication <ul style="list-style-type: none"> ▫ share information and ideas with a group 4.4.3 Attentive Listening and Viewing <ul style="list-style-type: none"> ▫ demonstrate active listening and viewing skills and strategies </p>

		<p>General Outcome 5: Celebrate and Build Community</p> <p>5.2 Encourage Support and Work with Others</p> <p>5.2.1 Cooperate with Others</p> <ul style="list-style-type: none"> ▫ participate in cooperative group activities <p>5.2.2 Working in Groups</p> <ul style="list-style-type: none"> ▫ demonstrate attentiveness in group activities
		<p>Active Democratic Citizenship</p> <p>0-S-100 Cooperate and collaborate with others</p> <p>Managing ideas and information</p> <p>0-S-201 Sort information using selected criteria</p> <p>Communication</p> <p>0-S-400 Listen actively to others</p> <p>0-S-403 Present information and ideas, orally, visually, or concretely</p>


Home Connection (page 28)

<p>▫ Create a class "Alphabet Food" Big Book</p>		K.5.K.C.1b Recognize that you need food to grow and feel good
		<p>General Outcome 2: Comprehend and respond personally and critically to literary and media texts</p> <p>2.1 Use Strategies and Cues</p> <p>2.1.1 Prior Knowledge</p> <ul style="list-style-type: none"> ▫ make connections between oral language, texts, and personal experiences <p>General Outcome 3: Manage ideas and information</p> <p>3.2 Select and Process</p> <p>3.2.4 Access Information</p> <ul style="list-style-type: none"> ▫ use illustrations, photographs, video programs, objects, and auditory cues to understand ideas and information <p>3.3 Organize Record and Assess</p> <p>3.3.4 Develop New Understanding</p> <ul style="list-style-type: none"> ▫ share learning and information-gathering experiences <p>General Outcome 4: Enhance the clarity and artistry of communication</p> <p>4.1 Generate and Focus</p> <p>4.1.1 Generate Ideas</p> <ul style="list-style-type: none"> ▫ contribute ideas to focus on a topic <p>4.1.2 Choose Forms</p> <ul style="list-style-type: none"> ▫ share ideas and experiences through talking, storytelling, pictures, singing, illustrations and print <p>General Outcome 5: Celebrate and Build Community</p> <p>5.2 Encourage, Support, and Work with Others</p> <p>5.2.1 Cooperate with Others</p> <ul style="list-style-type: none"> ▫ participate in cooperative group activities

Fun Corner (page 28)

<p>▫ Experiment with colours</p>		<p>K-2-01 Use appropriate vocabulary related to their investigation of colours</p> <p>K-2-07 Explore to identify and describe colours found in their environment</p>
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Energy Blast (page 29)

<p>▫ Parachute games</p>		<p>S.2.K.A.1a Participate in a wide variety of physical activities that contribute to skill/ fitness development and enjoyment</p>
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Lesson 4: Food and Me

Lesson Overview



In this lesson students will explore healthy snacks and develop an understanding that food helps us to go (and grow) in the same way a battery helps a toy go.




Students will learn that:


- An active body is a healthy body
- Healthy snacks give us the power to play, grow and feel great
- Trying new food is fun



Curriculum Integration





The following chart provides an overview of Manitoba curriculum outcomes that are supported by the instructional activities in Lesson 4 of the Power to Play program.




Activity Focus	Curriculum Area	Outcomes
Getting started (page 34)		
<ul style="list-style-type: none"> ▫ Identify healthy snacks and activities 		K.5.K.C.1b Recognize that you need food to grow and feel good K.2.K.B.1 Discuss the fact that daily physical activity makes muscles strong, including the heart K.4.K.A.3 Identify daily decisions and/or choices and how choices are made for health and well-being
		<p>General Outcome 1: Explore thoughts, ideas, feelings, and experiences</p> 1.1 Discover and Explore 5.2.2 Express Ideas <ul style="list-style-type: none"> ▫ talk about personal experiences 11.2 Consider Others' Ideas <ul style="list-style-type: none"> ▫ listen to experiences and feelings shared by others 1.1.3 Experiment with Language and Form <ul style="list-style-type: none"> ▫ share experiences, feelings, and thoughts; use a scribe when appropriate <p>General Outcome 3: Manage ideas and information</p> 3.1 Plan and Focus 3.1.1 Use Personal Knowledge <ul style="list-style-type: none"> ▫ discuss personal knowledge of a topic 3.1.3 Contribute to Group Enquiry <ul style="list-style-type: none"> ▫ ask and answer questions to help satisfy group curiosity and information needs <p>General Outcome 4: Enhance the clarity and artistry of communication</p> 4.1 Generate and Focus 4.1.1 Generate Ideas <ul style="list-style-type: none"> ▫ contribute ideas to focus on a topic 4.1.2 Choose Forms <ul style="list-style-type: none"> ▫ share ideas and experiences through talking, storytelling, pictures, singing, illustrations, and print 4.4 Present and Share 4.4.2 Effective Oral Communication <ul style="list-style-type: none"> ▫ share information and ideas with a group 4.4.3 Attentive Listening and Viewing <ul style="list-style-type: none"> ▫ demonstrate active listening and viewing skills and strategies <p>General Outcome 5: Celebrate and build community</p> 5.2 Encourage, Support and Work with Others 5.2.1 Cooperate with Others <ul style="list-style-type: none"> ▫ participate in cooperative group activities 5.2.2 Work in Groups <ul style="list-style-type: none"> ▫ demonstrate attentiveness in group activities


Learning Centers (page 34 & 35)		
<ul style="list-style-type: none"> ▫ Matching food with letter sounds ▫ Creating a "Good for Me" booklet ▫ Comparing foods by weight 		K.4.K.A.3 Identify daily decisions and/or choices and how choices are made for health and well-being K.5.K.C.1b Recognize that you need food to grow and feel good
		General Outcome 1: Explore thoughts, ideas, feelings and experiences 1.2 Classify and Extend 1.2.1 Develop Understanding <ul style="list-style-type: none"> ▫ recognize connections between new experiences and prior knowledge General Outcome 2: Comprehend and respond personally and critically to literary and media texts 2.1 Use Strategies and Cues 2.1.1 Prior Knowledge <ul style="list-style-type: none"> ▫ make connections between oral language, texts, and personal experiences 2.3 Understand Forms and Techniques 2.3.3 Vocabulary <ul style="list-style-type: none"> ▫ demonstrate curiosity about and experiment with letters sounds, words, and word patterns 2.3.5 Create Original Texts <ul style="list-style-type: none"> ▫ create original texts to communicate and demonstrate understanding of forms and techniques General Outcome 3: Manage ideas and information 3.3 Organize, Record, and Assess 3.3.1 Organize Information <ul style="list-style-type: none"> ▫ categorize objects and pictures according to visual similarities and differences 3.3.2 Record Information <ul style="list-style-type: none"> ▫ represent and share information and ideas; compose with a scribe General Outcome 4: Enhance the clarity and artistry of communication 4.2 Enhance and Improve 4.2.5 Enhance Presentation <ul style="list-style-type: none"> ▫ use drawings and labels to express ideas, feelings, and information
		Strand: Patterns and Relations General Outcome- Identify and create patterns arising from daily experiences PR-1.1.0 Sorts objects using a single self-determined attribute Strand: Shape and Space General Outcome-Demonstrates an awareness of measurement SS-1V.1.0 Uses the words heavier or lighter to talk about the mass weight of two objects

Power Snack (page 35)		
<ul style="list-style-type: none"> ▫ Blend a Smoothie 		K.5.K.C.1b Recognize that you need food to grow and feel good S.5.K.A.3a Match a variety of healthy snacks to food groups and "other foods"

Wrap-Up (page 35)		
<ul style="list-style-type: none"> ▫ Create a "Super Power Utility Belt" 		K.4.K.A.3 Identify daily decisions and/or choices and how choices are made for health and well-being K.5.K.C.1b Recognize that you need food to grow and feel good
		General Outcome 2: Comprehend and respond personally and critically to literary and media texts 2.2 Respond to Texts 2.2.1 Experience Various Texts <ul style="list-style-type: none"> ▫ participate in shared listening, reading, and viewing experiences using texts from a variety of forms, genres, and cultural traditions General Outcome 4: Enhance the clarity and artistry of communication 4.2 Enhance and Improve 4.2.4 Enhance Artistry <ul style="list-style-type: none"> ▫ describe and enhance own drawings, stories, and writing using images and sound 4.4 Present and Share 4.4.1 Share Ideas and Information <ul style="list-style-type: none"> ▫ share information and ideas about a topic of personal interest 4.4.2 Effective Oral Communication <ul style="list-style-type: none"> ▫ share information and ideas with a group 4.4.3 Attentive Listening and Viewing <ul style="list-style-type: none"> ▫ demonstrate active listening and viewing skills and strategies

Extension Ideas (page 36)		
<ul style="list-style-type: none"> ▫ Explore a variety of foods in a grocery store play center 		K.5.K.C.1b Recognize that you need food to grow and feel good
		General Outcome 1: Explore thoughts, ideas, feelings, and experiences 1.2 Classify and Extend 1.2.1 Develop Understanding <ul style="list-style-type: none"> ▫ recognize connections between new experiences and prior knowledge 1.2.2 Explain Opinions <ul style="list-style-type: none"> ▫ explore new experiences and ideas
		Strand: Number General Outcome-Describe orally and compare quantities from 0-10, using number words in daily expressions N-1.1.0 Counts the number of objects in a set General Outcome - Demonstrates an awareness of addition and subtraction N-V.1.0 Represents the processes of addition and subtraction through role playing and the use of manipulatives
		Active Democratic Citizenship 0-S-100 Cooperate and collaborate with others 0-S-101 Consider other's needs when working and playing together 0-S-102 Interact fairly and respectfully with others Communication 0-S-400 Listen actively to others 0-S-401 Use language that is respectful of others

Home Connection (page 36)		
<ul style="list-style-type: none"> ▫ Contribute a "New Foods I Have Tried" square, for class quilt 		K.5.K.C.1b Recognize that you need food to grow and feel good
		General Outcome 3: Manage ideas and information 3.2 Select and Process 3.2.2 Identify Sources <ul style="list-style-type: none"> ▫ seek information from others; use multimedia and computers when appropriate 3.3 Organize, Record, and Assess 3.3.1 Organize Information <ul style="list-style-type: none"> ▫ categorize objects and pictures according to visual similarities and differences
		Active Democratic Citizenship 0-S-100 Cooperate and collaborate with others

Energy Blast (page 37)		
<ul style="list-style-type: none"> ▫ Super Fitness Circuit 		S.2.K.A.1a Participate in a wide variety of physical activities that contribute to skill/ fitness development and enjoyment S.2.K.A.1b Sustain participation in moderate to vigorous activity for short periods of time based on functional capacity