

# curriculum notes grades 4 to 6

The activities in the PULSE café booklets have been developed to support the competencies and cross-curricular learning across Alberta Physical Education & Wellness, Language Arts & Literature, Math, Social Studies and Science programs of studies.



PHYSICAL EDUCATION & WELLNESS	LANGUAGE ARTS & LITERATURE	MATH	SCIENCE	SOCIAL STUDIES
<p>The focus of PULSE café activities centre on building deeper understandings of food, nutrition and health, and support outcomes from the <b>Grades 4 to 6 Physical Education and Wellness</b> curriculum.</p>	<p>PULSE café activities can be used to support Organizing Ideas across the <b>Grades 4 to 6 Language Arts &amp; Literature</b> curriculum. Consult the program of studies for specific learning outcomes.</p>	<p>PULSE café activities can be used to support Organizing Ideas across the <b>Grades 4 to 6 Math</b> curriculum. Consult the program of studies for specific learning outcomes.</p>	<p>PULSE café activities can support specific learning outcomes across the following Organizing Ideas in <b>Grades 4 to 6 Science</b> curriculum. Consult the program of studies for specific learning outcomes.</p>	<p>PULSE café activities can support specific learning outcomes across the following General Outcomes in <b>Grades 4 and 5 Social Studies</b>. Consult the program of studies for specific learning outcomes.</p>
<p><b>Organizing Idea: Healthy Eating</b> A lifetime of optimal well-being and physical wellness is supported by prioritizing nutrition and healthy eating.</p> <p><b>Grade 4</b> Students examine nutrition and explain how it informs decision making about food.</p> <ul style="list-style-type: none"> <li>• Nutrients provided by foods</li> <li>• Sources of nutritional information</li> <li>• Benefits of various food choices</li> </ul> <p><b>Grade 5</b> Students evaluate aspects of nutrition and examine their benefits to well-being.</p> <ul style="list-style-type: none"> <li>• Effects of nutrition on body systems</li> </ul>	<p><b>Organizing Idea: Text Forms and Structures</b> Identifying and applying text forms and structures improves understanding of content, literary style, and our rich language traditions.</p> <ul style="list-style-type: none"> <li>• Non-fiction texts</li> <li>• Procedural texts, including recipes</li> </ul> <p><b>Organizing Idea: Vocabulary</b> Communication and comprehension are improved by understanding word meaning and structures.</p> <ul style="list-style-type: none"> <li>• Confirm new word meanings, spelling and word choices</li> <li>• Build and expand vocabulary</li> </ul>	<p><b>Organizing Idea: Number</b> Quantity is measured with numbers that enable counting, labelling, comparing, and operating.</p> <ul style="list-style-type: none"> <li>• Add, subtract and multiply numbers</li> <li>• Compare and use fractions</li> <li>• Investigate and compare percentages</li> <li>• Express ratios</li> </ul> <p><b>Organizing Idea: Measurement</b> Attributes such as length, area, volume, and angle are quantified by measurement.</p> <ul style="list-style-type: none"> <li>• Units of measurement</li> <li>• Recognize and express volume</li> </ul>	<p><b>Organizing Idea: Matter</b> Understandings of the physical world are deepened by investigating matter and energy.</p> <p><b>Grade 6</b></p> <ul style="list-style-type: none"> <li>• Heating and cooling</li> <li>• Effects on solids and liquids</li> </ul> <p><b>Organizing Idea: Earth Systems</b> Understandings of the living world, Earth, and space are deepened by investigating natural systems and their interactions.</p> <p><b>Grade 4</b></p> <ul style="list-style-type: none"> <li>• Soil and water natural resources</li> <li>• Use of irrigation to meet crop needs</li> </ul>	<p><b>4.1: Alberta: A Sense of the Land</b></p> <ul style="list-style-type: none"> <li>• What are the major geographical and natural vegetation regions, landforms and bodies of water in Alberta (e.g., prairie region, forests, rivers, hoodoos, Rocky Mountains, oil sands)?</li> <li>• How are natural resources used by Albertans (i.e., agriculture, oil and natural gas, forests, coal)?</li> </ul>

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<p><b>Grade 5</b> Students evaluate aspects of nutrition and examine their benefits to well-being.</p> <ul style="list-style-type: none"> <li>• Influence of various personal factors on nutrition requirements</li> <li>• Nutritional value of snacks and meals</li> </ul> <p><b>Grade 6</b> Students examine access to food and its effect on making decisions related to nutrition.</p> <ul style="list-style-type: none"> <li>• Factors that affect access to food and nutritional choices</li> </ul> <p><b>Organizing Idea: Growth and Development</b> Decision making that optimizes personal health and well-being is informed by understanding growth and development.</p> <p><b>Grade 6</b> Students investigate growth and its connection to healthy practices.</p> <ul style="list-style-type: none"> <li>• Role of nutrition in decision making during maturation</li> </ul>	<p><b>Organizing Idea: Comprehension</b> Text comprehension is supported by applying varied strategies and processes and by considering both particular contexts and universal themes.</p> <ul style="list-style-type: none"> <li>• Apply comprehension processes and strategies to interact with texts</li> <li>• Summarize main ideas and provide supporting evidence</li> <li>• Interpret and draw conclusions</li> </ul> <p><b>Organizing Idea: Writing</b> Ideas and information can be articulated accurately and imaginatively through the use of writing processes and an understanding of the author's craft.</p> <ul style="list-style-type: none"> <li>• Create written texts to explain and describe</li> <li>• Identify research questions</li> <li>• Arrange, express and/or summarize ideas in sequence</li> <li>• Access information from relevant sources</li> </ul>	<p><b>Organizing Idea: Statistics</b> The science of collecting, analyzing, visualizing, and interpreting data can inform understanding and decision making.</p> <ul style="list-style-type: none"> <li>• Collect and categorize data</li> <li>• Represent data in tables and graphs</li> <li>• Examine and interpret data in tables and graphs</li> <li>• Formulate questions to collect data</li> </ul>	<p><b>Organizing Idea: Earth Systems</b> Understandings of the living world, Earth, and space are deepened by investigating natural systems and their interactions.</p> <p><b>Grade 5</b></p> <ul style="list-style-type: none"> <li>• How climate can affect agriculture</li> <li>• Conservation agriculture practices</li> <li>• Sustainable harvesting practices</li> </ul> <p><b>Grade 6</b></p> <ul style="list-style-type: none"> <li>• Agricultural practices – crop selection, harvest, irrigation</li> </ul> <p><b>Organizing Idea: Living Systems</b> Understandings of the living world, Earth, and space are deepened by investigating natural systems and their interactions.</p> <p><b>Grade 4</b></p> <ul style="list-style-type: none"> <li>• Examples of crop plant structures</li> </ul> <p><b>Grade 5</b></p> <ul style="list-style-type: none"> <li>• Digestive system and movement of nutrients throughout the human body</li> </ul> <p><b>Grade 6</b></p> <ul style="list-style-type: none"> <li>• Plant growth and photosynthesis</li> <li>• Roles of plants in an ecosystem</li> <li>• Plants as a food source</li> </ul>	<p><b>5.1: Physical Geography of Canada</b></p> <ul style="list-style-type: none"> <li>• How do landforms, bodies of water and natural resources affect the quality of life in Canada?</li> <li>• How are natural resources used, exchanged and conserved in Canada?</li> </ul>