**Let’s Talk Science: Outreach**

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| Grade | Subject | Big Ideas | Curricular Competencies | Content | Workshop & Notes |
| 5 | Science | Multicellular organisms have organ systems that enable them to survive and interact within their environment. | Questioning and predicting: Demonstrate a sustained curiosity about a scientific topic or problem of personal interest.  Applying and innovating:  Contribute to care for self, others, and community through personal or collaborative approaches. | Basic structures and function of body systems:   * Musculo-skeletal | Bone Zone  Students discover how our skeletal system provides protection, support and movement through challenges, demonstrations and role-playing activities. Students make a model hand and test it for strength and stability.  **Topics:** Anatomy, Nutrition, Testing Materials, Structural Strength  **Time**: 1-1.5 hours |
| Physical and Health Education | Understanding ourselves and the various aspects of health helps us develop a balanced lifestyle.  Personal choices and social and environmental factors influence our health and well-being. | Healthy and active living:  Describe the impacts of personal choices on health and well-being | Benefits of physical activity and exercise  Food choices to support active lifestyles and overall health |
| 6 | Physical and Health Education | Healthy choices influence our physical, emotional, and mental well-being. | Healthy and active living:  Describe how students’ participation in physical activities at school, at home, and in the community can influence their health and fitness  Explore and plan food choices to support personal health and well-being | Influences on food choices |