

TAKE 10!<sup>®</sup> Fourth Grade

Curriculum Areas	Activity Cards	Worksheets (Supplement to Activity Cards)	Common Core State Standards	Delaware Standards
LA	Spelling For Good Health	Sounds The Same	<p><b>CC.4.L.2</b> Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.</p> <p><b>CC.4.L.2d</b> Spell grade-appropriate words correctly, consulting references as needed.</p>	<p><b>DE.4.2.1.5</b> Spelling: Spell phonetically regular words correctly.</p> <p><b>DE.4.1.1/2/3.54</b> In addition to the standard punctuation, grammar and usage and conventional spelling rules for the previous grade, students should: use conventional spellings of common 4th grade words (including grade-appropriate homographs, homonyms, and homophones) and Word wall words.</p>
LA/HE	Digesting The Food Pyramid	Digesting Nutrients - 2 pages 5 A Day For A Week	<p><b>CC.4.SL.1</b> Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacherled) with diverse partners on grade 4 topics and texts, building on others' ideas and expressing their own clearly.</p> <p><b>CC.3.4L.1b</b> Follow agreed-upon rules for discussions and carry out assigned roles.</p>	<p><b>DE.4.1.7.1</b> Initiate conversation with peers and adults</p> <p><b>DE.4.1.7.3</b> Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)</p> <p><b>DE.4.1.7.6</b> Use oral language to extend learning</p> <p><b>HE 1:</b> Students will understand essential health concepts in order to transfer</p>

TAKE 10!<sup>®</sup> Fourth Grade

Curriculum Areas	Activity Cards	Worksheets (Supplement to Activity Cards)	Common Core State Standards	Delaware Standards
LA	A Healthy Week	A Healthy Week!	<p><b>CC.4.SL.1</b> Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacherled) with diverse partners on grade 4 topics and texts, building on others’ ideas and expressing their own clearly.</p> <p><b>CC.4.SL.1b</b> Follow agreed-upon rules for discussions and carry out assigned roles.</p> <p><b>CC.4.L.5</b> Demonstrate understanding of figurative language, word relationships, and nuances in word meanings.</p>	<p><b>DE.4.1.7.1</b> Initiate conversation with peers and adults</p> <p><b>DE.4.1.7.3</b> Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)</p> <p><b>DE.4.1.7.6</b> Use oral language to extend learning</p>
LA	Stories On The Move!	Health Reporter Field Day!	<p><b>CC.4.SL.1</b> Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacherled) with diverse partners on grade 4 topics and texts, building on others’ ideas and expressing their own clearly.</p> <p><b>CC.4.SL.1b</b> Follow agreed-upon rules for discussions and carry out assigned roles.</p> <p><b>CC.4.L.5</b> Demonstrate understanding of figurative language, word relationships, and nuances in word meanings.</p>	<p><b>DE.4.1.7.1</b> Initiate conversation with peers and adults</p> <p><b>DE.4.1.7.3</b> Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)</p> <p><b>DE.4.1.7.6</b> Use oral language to extend learning</p>

TAKE 10!<sup>®</sup> Fourth Grade

Curriculum Areas	Activity Cards	Worksheets (Supplement to Activity Cards)	Common Core State Standards	Delaware Standards
LA	Syllables In Action	Syl/la/bles 1,2,3! 1,2,3 Hit It! Syllables In Action	<p><b>CC.4.RF.3</b> Phonics and Word Recognition: Know and apply grade-level phonics and word analysis skills in decoding words.</p> <p><b>CC.4.RF.3a</b> Phonics and Word Recognition: Use combined knowledge of all letter-sound correspondences, syllabication patterns, and morphology (e.g., roots and affixes) to read accurately unfamiliar multisyllabic words in context and out of context.</p>	<p><b>DE.K-4.2.1 [2.1 (K-4)]</b> Using appropriate texts, students will be able to select and apply efficient, effective decoding skills and other word recognition strategies to comprehend printed texts.</p> <p><b>DE.4.2.1.1</b> Alphabetic Principle: Use knowledge of common word parts (e.g., compound words, contractions, possessives, prefixes, suffixes, affixes, word roots, base words)</p>
LA	Healthy Spelling		<p><b>CC.4.L.2d</b> Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing. Spell grade-appropriate words correctly, consulting references as needed.</p>	<p><b>DE.4.2.1.5</b> Spelling: Spell phonetically regular words correctly.</p> <p><b>DE.4.1.1/2/3.54</b> In addition to the standard punctuation, grammar and usage and conventional spelling rules for the previous grade, students should: use conventional spellings of common 4th grade words (including grade-appropriate homographs, homonyms, and homophones) and Word wall words.</p>
LA	Grammar Speedway	Creative Sentences Grammar Speedway	<p><b>CC.4.L.1</b> Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.</p>	<p><b>DE.4.1.6.8</b> Identify common figures of speech and use them appropriately in oral communication</p> <p><b>DE.4.1.6.5</b> Use appropriate noun/verb agreement, verb tense, pronouns, prefixes and suffixes</p>

TAKE 10!<sup>®</sup> Fourth Grade

Curriculum Areas	Activity Cards	Worksheets (Supplement to Activity Cards)	Common Core State Standards	Delaware Standards
LA/HE	Sign Up For Fitness		<p><b>CC.4.SL.1</b> 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.</p> <p><b>CC.4.SL.1b</b> Follow agreed-upon rules for discussions and carry out assigned roles.</p>	<p><b>DE.4.1.7.1</b> Initiate conversation with peers and adults</p> <p><b>DE.4.1.7.3</b> Participate in a variety of roles in group discussions (e.g., active listener, contributor, discussion leader)</p> <p><b>DE.4.1.7.6</b> Use oral language to extend learning</p> <p><b>HE 1:</b> Students will understand essential health concepts in order to transfer</p>
MA	Math On The Run	Math On The Run Real Life Math Place Value Fun!	<p><b>CC.4.NBT.3</b> Use place value understanding to round multidigit whole numbers to any place.</p>	<p><b>DE.4.1.1</b> Decompose and recompose whole numbers up to 10,000 using a variety of one, two- and three-digit combinations.</p>
MA	Aim For Fitness	Aim For Fitness	<p><b>CC.4.OA.1</b> Use the four operations with whole numbers to solve problems. Interpret a multiplication equation as a comparison, e.g., interpret <math>35 = 5 \times 7</math> as a statement that 35 is 5 times as many as 7 and 7 times as many as 5. Represent verbal statements of multiplicative comparisons as multiplication equations.</p>	<p><b>DE.4.1.10</b> Demonstrate mastery of mental math strategies for multiplying numbers.</p>

TAKE 10!<sup>®</sup> Fourth Grade

Curriculum Areas	Activity Cards	Worksheets (Supplement to Activity Cards)	Common Core State Standards	Delaware Standards
MA	Invisible Jump Rope	Good Health Division	<p><b>CC.4.OA.1</b> Use the four operations with whole numbers to solve problems. Interpret a multiplication equation as a comparison, e.g., interpret <math>35 = 5 \times 7</math> as a statement that 35 is 5 times as many as 7 and 7 times as many as 5. Represent verbal statements of multiplicative comparisons as multiplication equations.</p> <p><b>CC.4.OA.2</b> Multiply or divide to solve word problems involving multiplicative comparison, e.g., by using drawings and equations with a symbol for the unknown number to represent the problem, distinguishing multiplicative comparison from additive comparison.</p>	<p><b>DE.4.1.10</b> Demonstrate mastery of mental math strategies for multiplying numbers.</p> <p><b>DE.4.1.11</b> Show how multiplication and division facts up to 50 are related, using arrays, skip counting, and area models</p>
MA	Race Against Time		<p><b>CC.4.OA.1</b> Use the four operations with whole numbers to solve problems. Interpret a multiplication equation as a comparison, e.g., interpret <math>35 = 5 \times 7</math> as a statement that 35 is 5 times as many as 7 and 7 times as many as 5. Represent verbal statements of multiplicative comparisons as multiplication equations.</p> <p><b>CC.4.OA.2</b> Multiply or divide to solve word problems involving multiplicative comparison, e.g., by using drawings and equations with a symbol for the unknown number to represent the problem, distinguishing multiplicative comparison from additive comparison.</p>	<p><b>DE.4.1.10</b> Demonstrate mastery of mental math strategies for multiplying numbers.</p> <p><b>DE.4.1.11</b> Show how multiplication and division facts up to 50 are related, using arrays, skip counting, and area models</p>

TAKE 10!<sup>®</sup> Fourth Grade

Curriculum Areas	Activity Cards	Worksheets (Supplement to Activity Cards)	Common Core State Standards	Delaware Standards
MA/HE	The 100-Calorie Burn	The 100-Calorie Burn! Organized Activities	<b>CC.4.NBT.2</b> Generalize place value understanding for multi-digit whole numbers. Read and write multi-digit whole numbers using base-ten numerals, number names, and expanded form. Compare two multi-digit numbers based on meanings of the digits in each place, using $>$ , $=$ , and $<$ symbols to record the results of comparisons.	<b>DE.4.1.1</b> Decompose and recompose whole numbers up to 10,000 using a variety of one, two- and three-digit combinations.  <b>HE 1:</b> Students will understand essential health concepts in order to transfer knowledge into healthy actions for life.
MA	Zero In	The Secret Number	<b>CC.4.NBT.2</b> Generalize place value understanding for multi-digit whole numbers. Read and write multi-digit whole numbers using base-ten numerals, number names, and expanded form. Compare two multi-digit numbers based on meanings of the digits in each place, using $>$ , $=$ , and $<$ symbols to record the results of comparisons.	<b>DE.4.1.1</b> Decompose and recompose whole numbers up to 10,000 using a variety of one, two- and three-digit combinations.
MA	Financial Fitness	Here's Your Change Walk-A-Thon Winner! Show Me The Money!	<b>CC.4.MD.2</b> Solve problems involving measurement and conversion of measurements from a larger unit to a smaller unit. Use the four operations to solve word problems involving distances, intervals of time, liquid volumes, masses of objects, and money, including problems involving simple fractions or decimals, and problems that require expressing measurements given in a larger unit in terms of a smaller unit. Represent measurement quantities using diagrams such as number line diagrams that feature a measurement scale.	<b>DE.4.1.17</b> Add and subtract decimals using money models

TAKE 10!® Fourth Grade

Curriculum Areas	Activity Cards	Worksheets (Supplement to Activity Cards)	Common Core State Standards	Delaware Standards
MA	Pumping Up With Spanish	TAKE 10! Training	<b>CC.4.MD.1</b> Solve problems involving measurement and conversion of measurements from a larger unit to a smaller unit. Know relative sizes of measurement units within one system of units including km, m, cm; kg, g; lb, oz.; l, ml; hr, min, sec. Within a single system of measurement, express measurements in a larger unit in terms of a smaller unit. Record measurement equivalents in a two-column	<b>DE.4.1.18</b> Operations Select and use appropriate methods and tools for computing (e.g., mental computation, estimation, calculators, paper and pencil) depending on the context and nature of the computation.
MA	Fraction Action	Fraction Action Cooking With Fractions	<b>CC.4.NF.2</b> Extend understanding of fraction equivalence and ordering. Compare two fractions with different numerators and different denominators, e.g., by creating common denominators or numerators, or by comparing to a benchmark fraction such as $\frac{1}{2}$ . Recognize that comparisons are valid only when the two fractions refer to the same whole. Record the results of comparisons with symbols $>$ , $=$ , or $<$ , and justify the conclusions, e.g., by using a visual fraction model.	<b>DE.4.1.3</b> Develop an understanding of fractions as parts of unit wholes and division of whole numbers.
MA	TAKE 10! Patterns		<b>CC.4.OA.5</b> Generate and analyze patterns. Generate a number or shape pattern that follows a given rule. Identify apparent features of the pattern that were not explicit in the rule itself.	<b>DE.4.2.1</b> Patterns and change Classify observed patterns of growth according to whether the growth is constant or varied.
SCI	Planets In Motion	Planets In Order		<b>Science Standard 4 Earth in Space</b> Earth is one of the planets in our Solar System that orbits the Sun. The Sun we see during the day is our nearest star. Stars we see at night lie outside our Solar System.

TAKE 10!<sup>®</sup> Fourth Grade

Curriculum Areas	Activity Cards	Worksheets (Supplement to Activity Cards)	Common Core State Standards	Delaware Standards
SCI	Earth Day			<p><b>Science Standard 2 Materials and Their Properties</b>                      Many materials can be recycled and used again (sometimes in different forms).</p> <p><b>Science Standard 8 Ecology</b>                      In order to survive, populations within an ecosystem require a balance of resources.</p>
SCI	Phases of Matter			<p><b>Science Standard 2 Materials and Their Properties</b>                      Heating and cooling of materials may produce changes in the state of solids, liquids and gases.</p>
SCI	Water Cycle			<p><b>Science Standard 2 Materials and Their Properties</b>                      Heating and cooling of materials may produce changes in the state of solids, liquids and gases.</p> <p>When a solid is dissolved in a liquid, a solution is formed that can be separated through the process of evaporation.</p>
SS	Work Buddies	Physical Labor Opportunity Knocks!		<p><b>Civics Standard Two</b>                      4-5b: Students will understand that a society based on the ideal of individual liberty requires a commitment on the part of its citizens to the principles of civic responsibility and personal civility.</p>



TAKE 10!® Fourth Grade

Curriculum Areas	Activity Cards	Worksheets (Supplement to Activity Cards)	Common Core State Standards	Delaware Standards
SS	Copy Cat	The Postman		<b>Civics Standard Two</b> 4-5b: Students will understand that a society based on the ideal of individual liberty requires a commitment on the part of its citizens to the principles of civic responsibility and personal civility.
SS	History In Action	The British Are Coming! Civil War Terms		<b>History Standard One</b> 4-5a: Students will study historical events and persons within a given time-frame in order to create a chronology and identify related cause-and-effect factors.
SS	Cheering For The USA	Proud To Be An American! Hiking In The USA		<b>Geography Standard One</b> Students will demonstrate development of mental maps of Delaware and of the United States which include the relative location and characteristics of major physical features, political divisions, and human settlements.
SS/LA	Stories In Space		<b>CC.4.SL.1</b> Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacherled) with diverse partners on grade 4 topics and texts, building on others' ideas and expressing their own clearly.	<b>Geography Standard One</b> Students will develop a personal geographic framework, or "mental map," and understand the uses of maps and other geographics [MAPS].
SS	Active Citizen	Executive Branch		<b>Civics Standard One</b> 4-5a: Students will understand that governments have a variety of structures and exist for many purposes and that in America these are explained in the United States and State constitutions.

TAKE 10!<sup>®</sup> Fourth Grade

Curriculum Areas	Activity Cards	Worksheets (Supplement to Activity Cards)	Common Core State Standards	Delaware Standards
SS/HE	Walking To School	Walking To School Walkable Community		<p><b>Civics Standard Two</b> 4-5b: Students will understand that a society based on the ideal of individual liberty requires a commitment on the part of its citizens to the principles of civic responsibility and personal civility.</p> <p><b>HE 1:</b> Students will understand essential health concepts in order to transfer knowledge into healthy actions for life.</p>
HE	Role Model Kids	Responsible "Kids"		<p><b>HE 1:</b> Students will understand essential health concepts in order to transfer knowledge into healthy actions for life.</p> <p><b>HE 4:</b> Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</p>
HE/SS	You Be The Doc!	You Be The Doc! - 2 pages		<p><b>HE 1:</b> Students will understand essential health concepts in order to transfer knowledge into healthy actions for life.</p> <p><b>Civics Standard Two</b> 4-5b: Students will understand that a society based on the ideal of individual liberty requires a commitment on the part of its citizens to the principles of civic responsibility and personal civility.</p>

TAKE 10!® Fourth Grade

Curriculum Areas	Activity Cards	Worksheets (Supplement to Activity Cards)	Common Core State Standards	Delaware Standards
HE	TAKE 10! Boot Camp	Is That A Fact?		<p>HE 1: Students will understand essential health concepts in order to transfer knowledge into healthy actions for life.</p> <p>HE 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</p>
HE	The Hokey-Pokey	Bone Health		<p>HE 1: Students will understand essential health concepts in order to transfer knowledge into healthy actions for life.</p>
HE	Fruit & Veggie Fun!			<p>HE 1: Students will understand essential health concepts in order to transfer knowledge into healthy actions for life.</p> <p>HE 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</p>
HE	Five Food Fun!			<p>HE 1: Students will understand essential health concepts in order to transfer knowledge into healthy actions for life.</p> <p>HE 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</p>

TAKE 10!® Fourth Grade

Curriculum Areas	Activity Cards	Worksheets (Supplement to Activity Cards)	Common Core State Standards	Delaware Standards
HE	What's For Breakfast?			<p><b>HE 1:</b> Students will understand essential health concepts in order to transfer knowledge into healthy actions for life.</p> <p><b>HE 4:</b> Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</p>