



Destination Respiration

Grades 4 and 5

Lungs have never been more fun!

Children's Health Education Center's *Destination Respiration*, a BlueKids.org e-learning program designed for students in grades 4 and 5, helps kids learn about keeping their lungs healthy and safe.

Created by educators at CHEC, in collaboration with medical experts at Children's Hospital of Wisconsin – one of the nation's leading pediatric hospitals – *Destination Respiration* makes lungs fun by focusing on the following:

- Anatomy of the respiratory system.
- Keeping the respiratory system healthy and safe.
- Improving respiratory function.

In addition to pre- and post-tests that measure students' knowledge of the respiratory system, *Destination Respiration* features exciting, imaginative activities that help make learning fun.

- While riding the "Respiratory Rollercoaster," students are "inhaled" through a nose where they explore the respiratory system on an oxygen bubble before getting "coughed" out of the body.
- Modeled after the popular video game, Pac-Man, "Double Escape" takes students through a maze, where their objective is to "gobble up" as much oxygen as possible and avoid harmful objects like cigarettes.
- The "Ultimate Oxygenator" quizzes students on what they learned. Stumped students may breathe a little easier by using one of their lung lines for assistance.



Destination Respiration can be used as the core of, or a supplement to, your current health education and/or your school's wellness initiative. The program empowers students to maintain the health of their respiratory system.

Destination Respiration features a comprehensive teacher's guide that prepares teachers to use CHEC's e-learning solution in their classrooms. The guide provides:

- Details of all activities and lessons.
- Learning objectives aligned with national standards and core concepts.
- Classroom implementation strategies.
- Alternative teaching delivery methods.
- Take-home activities.
- Additional resources.

Destination Respiration is an affordable solution. You may purchase the course on a one-time basis or by an annual license agreement through your school district. Program discounts are available to fit classroom or school district budgets. E-mail CHEC at chec@chw.org for more information.

Course name

Destination Respiration

Target age group

Grades 4 and 5

Course content

Respiratory system anatomy and function, irritants, allergens, infections, choking.

Instructional strategies

Pre- and post-tests; interactive learning activities and games; individual activities.

Target course length

12 weeks (12-15 classroom hours).

Technical requirements

High-speed Internet connection, sound card, video card, headphones. PCs or Macs.

Aligned to the following standards

- Health content meets the criteria of the National Health Education Standards.
- Curriculum meets technology standards as defined by the International Society for Technology in Education in the National Educational Technology Plan.

Support materials

- Teacher's guide.
- Tech support.
- e-Learning consultant.



All BlueKids.org online curriculum is brought to you by the health education experts at CHEC. Affiliated with Children's Hospital of Wisconsin, one of the leading pediatric hospitals in the country, CHEC is committed to partnering with teachers to help students make healthy choices for life.

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