



# Energy Extreme!

Grades 4 and 5

## Body systems come alive as students learn to keep their bodies healthy and energized.

It's a full semester of fun, interactive content that provides the knowledge, skills and behavior essential to young people's health and well-being. *Energy Extreme* helps students explore three primary subject areas:

- **Body systems.** Respiratory, circulatory, nervous, digestive, muscular and skeletal systems.
- **Nutrition.** Making healthy food choices using the new USDA food pyramid.
- **Other body needs.** Rest, mental and physical exercise, and water.

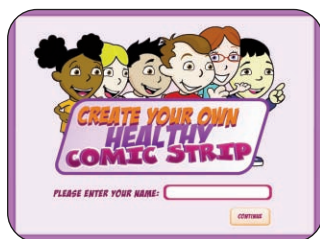
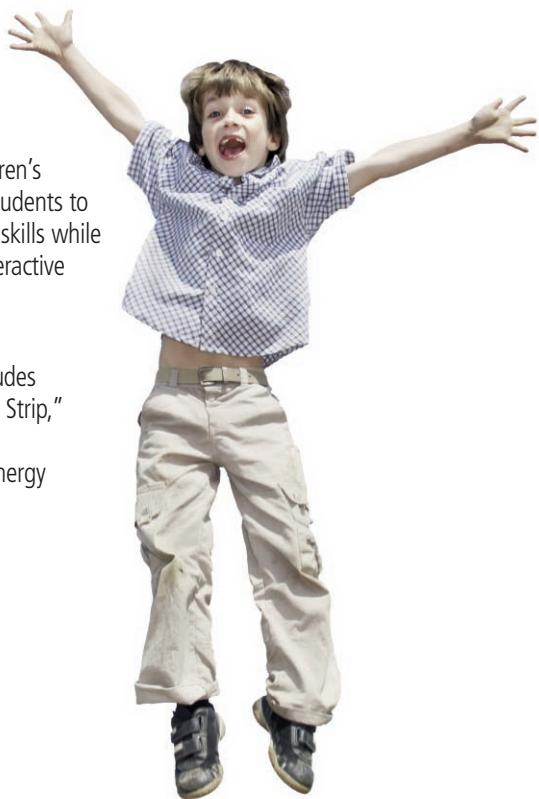
Whether you're seeking a complete solution to your health and wellness needs, complementing your current curriculum or energizing your school wellness plan, *Energy Extreme* is easy to use.

*Energy Extreme* aligns with curriculum for fourth- and fifth-grade classrooms and helps satisfy National Health Education requirements, including No Child Left Behind technology standards.

*Energy Extreme* is designed to meet children's individual learning styles. It encourages students to use critical thinking and decision-making skills while engaging them with entertaining and interactive online materials.

You'll be provided with:

- A complete, online activity set that includes "Create Your Own Healthy Comic Book Strip," "X-Ray Eyes" and more.
- Fun and challenging games such as "Energy Extreme Challenge" and "Food Fight."
- Challenging Web quests.



**"I saw some of the kids, who otherwise really struggle, engaged and really getting something out of *Energy Extreme*."**

*–Sterling Biggers, fifth grade teacher  
Milwaukee, Wis.*

*Energy Extreme* can be used as a complete solution or as a supplement to your current health education programs. It encourages students to use critical thinking and decision-making skills while engaging them through interactive online methods.

*Energy Extreme* features a comprehensive Teacher's Guide that prepares teachers to use Children's Health Education Center's (CHEC's) e-learning solution in their classroom. 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.

*Energy Extreme* is an affordable solution. Purchase the course once or by 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](mailto:chec@chw.org) for details.

### **Course name**

*Energy Extreme*

### **Target age group**

Grades 4 and 5

### **Course content**

Body systems, nutrients, body needs, healthy habits, rest, mental and physical exercise, water, healthy food choices.

### **Instructional strategies**

Pre- and post-tests; interactive learning activities and games; 17 individual activities.

### **Target course length**

6-8 weeks (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.

Sponsored by:  
GE Healthcare



All [BlueKids.org](http://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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