

# Skillastics® Alignment with the Common Core Standards

## Reading Standards K-5

Skillastics® offers many opportunities for students to develop and practice the reading skills defined in the Common Core Standards for English Language Arts. In the following sections, Skillastics® has identified standards within the Common Core Standards that align with Skillastics®.

### Reading Informational Text

- Key Idea and Details:

**Grades 3-5:** Describe relationships and explain events, procedures, ideas or concepts in a scientific or technical way.

Skillastics Resource: STEM Skillastics, Be Fit 2 Learn Skillastics Math, Fitness Skillastics and Fitness Extreme Skillastics

Skillastics Lesson Application Example: Give students a 3 x 5 card and ask them to look at the mat and select one activity that can be done to help improve a specific fitness component. The student must give one reason they think that activity will improve the fitness component.

Review STEM cards with students, discussing the concepts and elaborating on how and these concepts are integrated into everyday life.

- Craft and Structure

**Grades K-2:** Ask and answer questions to help determine or clarify the meaning of words and phrases in a text.

Skillastics Resource: Any Skillastics Activity Kit

Skillastics Lesson Application Example: Show students one of the activity cards and have them explain how to do the activity to a partner.

**Grades 3-5:** Determine the meaning of academic and domain-specific words or phrases in a text relevant to grade-level topics or subject areas

Skillastics Resource: Any Skillastics Activity Kit

Skillastics Lesson Application Example: Select one of the skills from the activity kit and have the students take turns with a partner reviewing cues for correct performance of that skill.

- Integration of Knowledge and Ideas

**Grades K-2:** Understand the relationship between text and illustrations. Use illustrations and diagrams to describe key ideas.

Skillastics Resource: Any Skillastics Activity Kit

Skillastics Lesson Application Example: As students are participating in the explain the skill they are working on when doing that activity. Select another activity for each student to check to see if they understand the relationship between the activity and the picture on the mini mat.

**Grades 3-5:** Interpret information presented visually, orally, or quantitatively (charts, diagrams, etc.) and explain how the information contributes to an understanding of the text/content.

Skillastics Resource: Any Skillastics Activity Kit

Skillastics Lesson Application Example: Give each student one of the activity cards from the kit you are using and a 3 x 5 card. Ask them to look at the task card and explain how to do the activity in 2-3 sentences.

- Range of Reading and Level of Text Complexity

**Grades K-5:** Read and comprehend informational texts appropriately complex for student grade level.

Skillastics Resource: Any Skillastics Activity Kit

Skillastics Lesson Application Example: K-2: Select words that describe a movement found in the activities and have them ready to show the students (large paper, white board, computer display, etc.). Have students move around the gym with a locomotor skill and on the signal stop and look at the word. Have the students say the word and then perform the activity.

**Grades 3-5:** When introducing the activities, give one of the task cards with the description of the activity to small groups of students. Have each group read the directions, practice the activity and then demonstrate it for the rest of the class.

- Foundational Reading Skills

Phonics and Word Recognition

**Grades K-5:** (1) Know and apply grade-level phonics and word analysis skill in decoding words. (2) Read with sufficient accuracy to support comprehension.

Skillastics Resource: Any Skillastics Activity Kit

Skillastics Lesson Application Example: K-2: Select words that describe a movement found in the activities and have them ready to show the students (large paper, white board, computer display, etc.). Have students move around the gym with a locomotor skill and on the signal stop and look at the word. Have the students say the word and then perform the activity.

Grades 3-5: When introducing the activities, give one of the task cards with the description of the activity to small groups of students. Have each group read the directions, practice the activity and then demonstrate it for the rest of the class.

## **Writing Standards 3-5**

A variety of Skillastics® supplemental materials target specific College and Career Readiness Anchor Standards for Writing as defined within the Common Core K-5 Writing Standards. The information included provides ample examples of grade level appropriate content that can be implemented using Skillastics®.

### Skillastics Resource(s):

Muscle Recognition Activities (3-5) / Fitness and Fitness Xtreme Skillastics  
Fitness Components Exercise (3-5) / Fitness and Fitness Xtreme Skillastics  
STEM Skillastics – Science, Technology, Engineering and Math Integration  
Be Fit 2 Learn Skillastics Math – Math integration for grades 2-6.  
Let's Move in School Skillastics - Assessments in back of manual  
Character is Cool - Assessments in back of manual  
Skillastics Nutritional Cards - Writing what they learned and how they can apply it  
MyPlate

Skillastics Resource: Any Skillastics Activity Kit

### Skillastics Lesson Application Example:

Character is Cool Skillastics

Assessment Example: *"I showed sportsmanship in these three ways"*

Write informative/explanatory text to convey complex ideas and information clearly and accurately through effective selection, organization, and analysis of content. Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.

Examples of Writing Standards to add to above;

Write informative/explanatory text to convey complex ideas and information clearly and accurately through effective selection, organization, and analysis of content. Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.

Write routinely over shorter time frames (a single sitting) for a range of tasks, purposes, and audiences.

## Speaking and Listening Standards K-5

Skillastics® offers many opportunities for students to develop and practice the skills defined in the Common Core State Standards for Speaking and Listening. In the following sections, Skillastics® has identified standards within the Common Core State Standards that align with Skillastics®

- Comprehension and Collaboration

**Grades K-2:** Participate in collaborative conversations with diverse partners about grade level topics with peers and adults in small and large groups. Ask and answer questions about key details in information presented orally.

Skillastics Resource: Any Skillastics Activity Kit

Skillastics Lesson Application Example:

Halfpint Skillastics - (K-1): Exercise key provides insight on activities that will prompt questions to prompt discussion. For example: "*Why do we call the exercise standing on one leg and balancing a Flamingo Stance?*"

Grades 3-5: Engage effectively in a range of collaborative discussions with diverse partners on grade level topics, building on others' ideas and expressing their own clearly.

Skillastics Resource: Any Skillastics Activity Kit

Skillastics Lesson Application Example: Assign students to work with 2-3 other people in their class to create a new Skillastics activity that could be used with the kit being implemented at that time.

- Presentation of Knowledge and Ideas

**Grades 3-5:** Report on a topic or text in an organized manner, using appropriate facts and relevant details to support main ideas or themes. Speaks clearly at an understanding pace.

## Language Standards K-5

Skillastics® offers appropriate activities for students to practice the knowledge of language in the spoken word. In the following sections, Skillastics® has identified standards and provides examples within each activity that can be implemented to help students work toward speaking effectively and proficient.

- Vocabulary Acquisition and Use

**Grades K-5:** Acquire and use accurately grade-appropriate domain-specific words and phrases that are basic to a particular topic.

Skillastics Resource: Fitness Skillastics Activity Kit

Skillastics Lesson Application Example: As students are participating in Fitness Skillastics move around to each group and ask students what fitness component they are improving as they do one of the Skillastics activities.

## Mathematics Standards K-5

- Grade K  
Know number names and the count sequence  
Skillastics Resource: Halfpint Skillastics Activity Kit

Skillastics Lesson Application Example: Students state the number of repetitions they will be doing based on the roll of the die and as the activity is performed everyone counts the reps as they are performed.

- Identify and describe shapes (squares, circles, triangles, rectangles, hexagons, cubes, cones, cylinders, and spheres).  
Skillastics Resource: Halfpint Skillastics Activity Kit

Skillastics Lesson Application Example: As students roll the shape die, ask them to call out the name of the shape that the die lands on.

- Grade 1  
Add and subtract within 20.  
Skillastics Resource: Any Skillastics Activity Kit

Skillastics Lesson Application Example: Place several Skillastics Activity cards around the outside of the playing area with different repetitions posted for each activity. Before students start the activity instruct them to add or subtract a designated number

to the posted reps to know how many reps they should do. Stop after a few minutes and change the number that is being added or subtracted.

- Grade 2

Add and subtract within 20

Skilastics Resource: Any Skilastics Activity Kit (Be Fit 2 Learn Skilastics Math) – Integrates age appropriate math questions in addition, subtraction, money, time.

Skilastics Lesson Application Example: Place several Skilastics Activity cards around the outside of the playing area with different repetitions posted for each activity. Before students start the activity instruct them to add or subtract a designated number to number that is assigned to that activity (1-26) and go to that activity after they have performed the correct number of reps. Stop after a few minutes and change the number that is being added or subtracted.

- Grade 3

Multiply and divide within 100

Skilastics Resource: Any Skilastics Activity Kit (Be Fit 2 Learn Skilastics Math) – Integrates age appropriate math questions in multiplication, division, fractions, money.

Skilastics Lesson Application Example: As students are participating in the Skilastics activity assign a number to multiply the reps on the mat as the correct number of reps they will perform.

- Grade 4

Use the four operations with whole numbers to solve problems

Skilastics Resource: Any Skilastics Activity Kit (Be Fit 2 Learn Skilastics Math) – Integrates age appropriate math questions in multiplication, division, fractions, probability.

Skilastics Lesson Application Example: As students are participating in the Skilastics activity assign a math equation for them to determine the number of reps (i.e. add 5 to the green level and divide by 2) as the correct number of reps they will perform.

- Grade 5

Apply and extend previous understandings of multiplication and division to multiply and divide fractions.

Skilastics Resource: Any Skilastics Activity Kit (Be Fit 2 Learn Skilastics Math) – Integrates age appropriate math questions in multiplication with word problems, division with word problems, fractions, measurement, distance, miles, liquid.

Skilastics Lesson Application Example: As students are participating in the Skilastics activity assign a math equation for them to determine the number of reps (i.e. multiple the green level by 3 and divide in half) as the correct number of reps they will perform.