














# The OrganWise Guys 8-Week Summer Camp Lesson Plan Guide and Worksheet

## 3rd – 5th Grade: Weeks 1-4

WEEK #	Assembly	Activity Sheets	Activity Sheets	DVD	WISERCISE!	OrganWise Guy/Gal	Wheel of Health	Foods of the Month/Week	OWG Kid's Blog Monday & Thursday
	Basic Training and Pepto's Place	 Find sheets on Basic Training Assembly CD	 Find sheets on Pepto's Place Assembly CD	 Shorts	 3rd-5th Grade Edition	 OWG Guy/Gal lesson plans can be found at the link below†.	 FoM Wheel	 FoM Wheel	To access blog, go to the Kid's Page located at website below*.
1	<input type="checkbox"/> Perform Basic Training Assembly 	Complete: <input type="checkbox"/> Activity #1 <input type="checkbox"/> Activity #2 <input type="checkbox"/> Activity #3 		<input type="checkbox"/> Watch <i>Health Trek: Low-fat Foods</i> <input type="checkbox"/> Watch <i>Game Show: Low-fat Foods</i> <input type="checkbox"/> Watch <i>Hardy Watches his Weight</i>	Start session with Warm-Up <input type="checkbox"/> Page #49 <input type="checkbox"/> Page #11 <input type="checkbox"/> Page #11 End session with Cool Down	<input type="checkbox"/> Intro to all organs & their jobs in body; Use OrganWise Guy/Gal Lesson Plan	<input type="checkbox"/> Use for additional physical activity as time permits	<input type="checkbox"/> Discuss May FoM-Eggs <input type="checkbox"/> Download Eggs activity sheet** <input type="checkbox"/> Use FoM Wheel with Q&A guide as time permits	<input type="checkbox"/> Read Blog and download activity sheet
2		Complete: <input type="checkbox"/> Activity #4 <input type="checkbox"/> Activity #5 <input type="checkbox"/> Distribute Certificate 		<input type="checkbox"/> Watch <i>What do the Intestines Do?</i> <input type="checkbox"/> Watch <i>Take the Fiber Pledge</i> <input type="checkbox"/> Watch <i>Fiber-ific Fashion</i>	Start session with Warm-Up <input type="checkbox"/> Page #49 <input type="checkbox"/> Page #23 <input type="checkbox"/> Page #23 End session with Cool Down	<input type="checkbox"/> Have a child select an organ from doll & talk about its importance in the body	<input type="checkbox"/> Use for additional physical activity as time permits	<input type="checkbox"/> Discuss May FoM - Spinach <input type="checkbox"/> Download Spinach activity sheet** <input type="checkbox"/> Download May newsletter ** <input type="checkbox"/> Use FoM Wheel with Q&A guide as time permits	<input type="checkbox"/> Read Blog and download activity sheet
3	<input type="checkbox"/> Perform Pepto's Place Assembly 		Complete: <input type="checkbox"/> Activity #1 <input type="checkbox"/> Activity #2 <input type="checkbox"/> Activity #3 	<input type="checkbox"/> Watch <i>Drink your Water</i> <input type="checkbox"/> Watch <i>What Do Kidneys Do?</i> <input type="checkbox"/> Watch <i>Water Safety</i>	Start session with Warm-Up <input type="checkbox"/> Page #53 <input type="checkbox"/> Page #9 <input type="checkbox"/> Page #9 End session with Cool Down	<input type="checkbox"/> Have a child select an organ from doll & have everyone write a short story about that organ	<input type="checkbox"/> Use for additional physical activity as time permits	<input type="checkbox"/> Discuss June FoM - Berries <input type="checkbox"/> Download Berries activity sheet** <input type="checkbox"/> Use FoM Wheel with Q&A guide as time permits	<input type="checkbox"/> Read Blog and download activity sheet
4			Complete: <input type="checkbox"/> Activity #4 <input type="checkbox"/> Activity #5 <input type="checkbox"/> Distribute certificate 	<input type="checkbox"/> Watch <i>TV Commercial for Exercise</i> <input type="checkbox"/> Watch <i>OrganWise Cadence</i> <input type="checkbox"/> Watch <i>Sticking to Exercise</i>	Start session with Warm-Up <input type="checkbox"/> Page #53 <input type="checkbox"/> Page #13 <input type="checkbox"/> Page #13 End session with Cool Down	<input type="checkbox"/> Have a child select 2 organs from doll & have everyone write a short story about the 2 organs	<input type="checkbox"/> Use for additional physical activity as time permits	<input type="checkbox"/> Discuss June FoM - Peppers <input type="checkbox"/> Download Peppers activity sheet** <input type="checkbox"/> Download June newsletter** <input type="checkbox"/> Use FoM Wheel with Q&A guide as time permits	<input type="checkbox"/> Read Blog and download activity sheet

\*www.organwiseguys.com

\*\*Download Foods of the Month activity sheets & newsletters from www.foodsofthemonth.com, copy & give to children.

†Doll Lesson Plan: www.organwiseguys.com/lessonplans/organwisedoll.pdf