

<p><b>3</b></p> 	<p><b>3</b></p> 	<p><b>3</b></p> 	<p><b>3</b></p> 
<p><input type="checkbox"/> K.5.3.A.1 ➔ K.5.2.A.1 <b>Identify the daily habits and responsibilities for leading a physically active and healthy life</b> (e.g., self-regulation relative to practising daily health routines for cleanliness, rest, healthy eating, good posture...)</p>	<p><input type="checkbox"/> K.5.3.A.2 ➔ K.5.2.A.2 <b>Identify common communicable diseases/illness/conditions</b> (e.g., colds, flu, pink-eye, head lice...) <b>in the classroom and home, and ways to prevent the spread of disease/illness/conditions</b> (e.g., cover mouth when sneezing or coughing, wash hands regularly, share food appropriately, use own hair utensils and headwear...)</p>	<p><input type="checkbox"/> K.5.3.A.3 ➔ K.5.2.A.3 <b>Assess personal dental care habits and identify ways to promote dental health for self and/or others</b></p>	<p><input type="checkbox"/> K.5.3.B.1 ➔ K.5.2.B.1 <b>Identify the health benefits</b> (i.e., better health, posture, balance, self-esteem, healthy weight, stronger muscles and bones) <b>of participating in regular physical activity</b> (e.g., accumulating more than 60 minutes and up to several hours a day of physical activity...)</p>
<p><b>K A</b></p>	<p><b>K A</b></p>	<p><b>K A</b></p>	<p><b>K B</b></p>

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<p><input type="checkbox"/> K.5.3.B.2 ➔ K.5.2.B.2 <b>Identify opportunities</b> (e.g., during physical education class, recess, lunch hour, before/after school, on weekends...) <b>to be active daily, alone or with family and others</b></p>	<p><input type="checkbox"/> K.5.3.B.3 ➔ K.5.2.B.3 <b>Identify how automation and information technology</b> (e.g., computers, video games, television, telecommunications...) <b>have an impact on participation in physical activity</b></p>	<p><input type="checkbox"/> K.5.3.C.1a ➔ K.5.2.C.1a <b>Differentiate between "everyday" and "sometime" foods in Canada's Food Guide to Healthy Eating</b></p>	<p><input type="checkbox"/> K.5.3.C.1b ➔ K.5.2.C.1b <b>Identify the function of a variety of food groups for growth and development</b> (e.g., foods that help the body go, glow, and grow...)</p>
<p><b>K B</b></p>	<p><b>K B</b></p>	<p><b>K C</b></p>	<p><b>K C</b></p>

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<p><input type="checkbox"/> K.5.3.C.2 <b>→</b> K.5.2.C.2 <b>Identify the need for daily food and fluid to support physical activity</b></p>	<p><input type="checkbox"/> K.5.3.D.1 <b>Identify and describe the potential dangers associated with substance use</b> (e.g., medicines, vitamins, tobacco, alcohol, solvents, gasoline, cleaning supplies, glue, street drugs...) <b>in the community</b></p>	<p><input type="checkbox"/> K.5.3.D.2 <b>Identify helpful and/or harmful substances</b> (i.e., vitamins, medicines, tobacco, alcohol) <b>and their effects on a healthy body</b> (e.g., vitamins help build body tissues; medicines fight germs and/or reduce pain; nicotine in tobacco affects circulatory system and nervous system; first-and second-hand tobacco smoke affects lungs and may cause cancer; consuming or inhaling vapours from dangerous products)</p>	<p><input type="checkbox"/> K.5.3.D.3 <b>Recognize the factors</b> (e.g., peer pressure, media influence...) <b>that can influence making decisions regarding substance use</b> (i.e., smoking)</p>
<p><b>K</b>                      <b>C</b></p>	<p><b>K</b>                      <b>D</b></p>	<p><b>K</b>                      <b>D</b></p>	<p><b>K</b>                      <b>D</b></p>

<p><b>3</b></p>  <p>Healthy Lifestyle Practices</p>	<p><b>3</b></p>  <p>Healthy Lifestyle Practices</p>	<p><b>3</b></p>  <p>Healthy Lifestyle Practices</p>	<p><b>3</b></p>  <p>Healthy Lifestyle Practices</p>
<p><input type="checkbox"/> S.5.3.A.4 <b>Use avoidance and assertiveness skills</b> (e.g., avoid taking medicines or non-medicinal products without supervision; do not touch or play with harmful substances such as poisons, medicines, cigarettes, solvents, say no to use of harmful substances...) <b>in scenarios related to potentially dangerous situations</b></p>			
<p><b>S</b></p>	<p><b>A</b></p>		