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<p><input type="checkbox"/> K.5.6.A.1 Outline the importance of regular hygiene practices during adolescent years (i.e., effective washing helps to control acne and body odour, use of deodorant helps to control body odour, dental hygiene for maintaining dental health, appearance, and fresh breath)</p>	<p><input type="checkbox"/> K.5.6.A.2 Identify practices and policies that support healthy schools and communities (e.g., school code of conduct, adequate supervision, school and community activities, labelling of hazardous products, evacuation procedures, fluoride treatment of drinking water, public health services...)</p>	<p><input type="checkbox"/> K.5.6.B.1 Recognize the physical benefits (e.g., reduced risk of heart disease, obesity, diabetes II, osteoporosis, colon cancer...) and the socio-emotional benefits (e.g., reduced anxiety and stress, enhanced sense of belonging, positive use of leisure time, opportunity to meet people...) of participating in daily physical activities</p>	<p><input type="checkbox"/> K.5.6.B.2 Identify responsible decisions (e.g., play outside rather than watch television or sit at a computer, invite friends to play, play safely, participate fully in physical education class, play community sports...) that promote daily physical activity</p>
<p>K A</p>	<p>K A</p>	<p>K B</p>	<p>K B</p>

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<p><input type="checkbox"/> K.5.6.B.3 Identify the positive and negative influences of media and other sources on promoting active living (e.g., commercials, sport and special event coverage, physical activity promotions such as fundraising walkathons/runs...)</p>	<p><input type="checkbox"/> K.5.6.C.1a Identify food choices and types of physical activity for a healthy body (i.e., for bone development)</p>	<p><input type="checkbox"/> K.5.6.C.1b Demonstrate an understanding of the combined benefit of daily healthy food choices and physical activity on a healthy body (i.e., for bone development during adolescence)</p>	<p><input type="checkbox"/> K.5.6.C.2 Identify daily nutrition habits and fluid intake practices to support healthy participation in various types of physical activities</p>
<p>K B</p>	<p>K C</p>	<p>K C</p>	<p>K C</p>

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<p><input type="checkbox"/> S.5.6.A.1 Develop a personal action plan for daily personal health practices during the adolescent years</p>	<p><input type="checkbox"/> S.5.6.A.2 Develop a personal action plan for daily active living, including ways to adhere to the plan</p>	<p><input type="checkbox"/> S.5.6.A.3a Assess personal food intake and activity for a period of one to three days, based on daily recommended requirements</p>	<p><input type="checkbox"/> S.5.6.A.3b Use problem-solving strategies to improve personal nutrition and daily physical activity habits for a healthy body (i.e., bone development)</p>
<p>S</p>	<p>A</p>	<p>S</p>	<p>A</p>