













<input type="checkbox"/> K.5.K.A.1 Identify daily habits for leading a physically active and healthy life (i.e., daily physical activity, healthy eating, adequate sleep and rest, effective dental and hygiene practices)	<input type="checkbox"/> K.5.K.A.2 * K.5.2.A.2 Identify common communicable diseases/illness/conditions (e.g., colds, flu, pink-eye, head lice...) in the classroom and home, and ways to prevent the spread of disease/illness/conditions (e.g., cover mouth when sneezing or coughing, wash hands regularly, share food appropriately, use own hair utensils and headwear...)	<input type="checkbox"/> K.5.K.A.3 Show an understanding of the changes (i.e., shedding of primary teeth, eruption of permanent teeth) related to growth and development of teeth, and proper dental care	<input type="checkbox"/> K.5.K.B.1 * K.5.2.B.1 Identify the health benefits (i.e., better health, posture, balance, self-esteem, healthy weight, stronger muscles and bones) of participating in regular physical activity (e.g., accumulating more than 60 minutes and up to several hours a day of physical activity...)
			 

<p>K</p> 	<p>K</p> 	<p>K</p> 	<p>K</p> 
<p><input type="checkbox"/> K.5.K.B.2 Identify physical activities that are enjoyable and fun through a variety of strategies (e.g., pictorial representations, mime, admit/exit slips...)</p>	<p><input type="checkbox"/> K.5.K.B.3 Discuss how automation has an impact on daily physical activity (e.g., increased need for planned, daily physical activity due to overuse of video games, television, computers...)</p>	<p><input type="checkbox"/> K.5.K.C.1a Recognize the food guide rainbow and a variety of foods in Canada's Food Guide to Healthy Eating (CFGHE)</p>	<p><input type="checkbox"/> K.5.K.C.1b Recognize that you need food to grow and feel good</p>
<p>K B</p>	<p>K B</p>	<p>K C</p>	<p>K C</p>

<p>K</p> 	<p>K</p> 	<p>K</p> 	<p>K</p> 
<p><input type="checkbox"/> K.5.K.C.2 * K.5.2.C.2 Identify the need for daily food and fluid to support physical activity</p>	<p><input type="checkbox"/> K.5.K.D.1 Identify helpful and harmful substances found in the home and school (i.e., medications, vitamins, cough syrup, substances that may cause allergies, household products with danger symbols, tobacco products)</p>	<p><input type="checkbox"/> K.5.K.D.2 * K.5.3.D.2 Identify helpful and/or harmful substances (i.e., vitamins, medicines, tobacco, alcohol) and their effects on a healthy body (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 harms the body or causes death...)</p>	<p><input type="checkbox"/> K.5.K.E.1a Identify the major parts of the body by their appropriate names (e.g., head, arms, shoulder, elbows, wrists, fingers, thumbs, legs, knees, ankles, feet, toes, chest, waist, hips, penis, vagina, breasts...)</p>
<p>K C</p>	<p>K D</p>	<p>K D</p>	<p>K E</p>



K



K



K



K.5.K.E.2a
✿

K.5.K.E.3a **Show the understanding that people have a right to privacy** (e.g., in reading corners, time-out zones, washrooms...)

S.5.K.A.1 **Record, with assistance, daily practices for personal health** (i.e., dental and hygiene practices)

S.5.K.A.2 ✿ S.5.2.A.2 **Record, with assistance, daily physical activities that are enjoyable for families to do**

K

E

K





E

S

A

S

A

<p>K</p> 	<p>K</p> 	<p>K</p> 	<p>K</p> 
<p><input type="checkbox"/> S.5.K.A.3a Match a variety of healthy snacks to foods groups and “other foods”</p>	<p><input type="checkbox"/> S.5.K.A.4 Demonstrate appropriate healthy choices in case scenarios related to substance use (i.e., do not touch unknown substances, do not eat or drink anything without permission)</p>		
<p>S</p>	<p>A</p>		<p>S</p>
	<p>A</p>		<p>A</p>

