













<p><b>6</b></p> 	<p><b>6</b></p> 	<p><b>6</b></p> 	<p><b>6</b></p> 
<p><input type="checkbox"/> <b>K.5.6.A.1 Outline the importance of regular hygiene practices during adolescent years</b> (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"/> <b>K.5.6.A.2 Identify practices and policies that support healthy schools and communities</b> (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"/> <b>K.5.6.B.1 Recognize the physical benefits</b> (e.g., reduced risk of heart disease, obesity, diabetes II, osteoporosis, colon cancer...) <b>and the socio-emotional benefits</b> (e.g., reduced anxiety and stress, enhanced sense of belonging, positive use of leisure time, opportunity to meet people...) <b>of participating in daily physical activities</b></p>	<p><input type="checkbox"/> <b>K.5.6.B.2 Identify responsible decisions</b> (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...) <b>that promote daily physical activity</b></p>
<p><b>K A</b></p>	<p><b>K A</b></p>	<p><b>K B</b></p>	<p><b>K B</b></p>

<p><b>6</b></p> 	<p><b>6</b></p> 	<p><b>6</b></p> 	<p><b>6</b></p> 
<p><input type="checkbox"/> <b>K.5.6.B.3 Identify the positive and negative influences of media and other sources on promoting active living</b> (e.g., commercials, sport and special event coverage, physical activity promotions such as fundraising walkathons/runs...)</p>	<p><input type="checkbox"/> <b>K.5.6.C.1a Identify food choices and types of physical activity for a healthy body</b> (i.e., for bone development)</p>	<p><input type="checkbox"/> <b>K.5.6.C.1b Demonstrate an understanding of the combined benefit of daily healthy food choices and physical activity on a healthy body</b> (i.e., for bone development during adolescence)</p>	<p><input type="checkbox"/> <b>K.5.6.C.2 Identify daily nutrition habits and fluid intake practices to support healthy participation in various types of physical activities</b></p>
<p><b>K B</b></p>	<p><b>K C</b></p>	<p><b>K C</b></p>	<p><b>K C</b></p>

<p><b>6</b></p> 	<p><b>6</b></p> 	<p><b>6</b></p> 	<p><b>6</b></p> 
<p><input type="checkbox"/> <b>S.5.6.A.1</b> Develop a personal action plan for daily personal health practices during the adolescent years</p>	<p><input type="checkbox"/> <b>S.5.6.A.2</b> Develop a personal action plan for daily active living, including ways to adhere to the plan</p>	<p><input type="checkbox"/> <b>S.5.6.A.3a</b> Assess personal food intake and activity for a period of one to three days, based on daily recommended requirements</p>	<p><input type="checkbox"/> <b>S.5.6.A.3b</b> Use problem-solving strategies to improve personal nutrition and daily physical activity habits for a healthy body (i.e., bone development)</p>
<p><b>S</b></p>	<p><b>A</b></p>	<p><b>S</b></p>	<p><b>A</b></p>