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<p><input type="checkbox"/> K.5.8.A.1 Examine positive and negative health habits of daily living for self and/or others (e.g., daily physical activity, skin care, hygiene, dental hygiene, rest, caring for others, handling/sharing of food/beverages, tobacco use...)</p>	<p><input type="checkbox"/> K.5.8.A.2 Examine lifestyle practices (e.g., physical activity habits, nutritional habits, use of tobacco and alcohol, rest habits, personal hygiene, stress management...) and their effects on body systems (e.g., contribute to or prevent coronary heart disease, diabetes, hypertension, cancer, osteoporosis, obesity, depression...)</p>	<p><input type="checkbox"/> K.5.8.B.1 Identify and categorize physical activities of different intensities (i.e., vigorous, moderate, light) and their potential benefits (i.e., health, fitness, recreation, sport performance)</p>	<p><input type="checkbox"/> K.5.8.B.2 Investigate different ways to increase physical activity in daily living as it relates to sustainable development (e.g., using stairs, cycling/walking to school to help the environment and to contribute to the health of society...)</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.5.8.B.3 Determine the degree to which technology has had an impact on personal health (e.g., personal fitness equipment/aids; prolonged exposure to technological devices and machines decreases physical activity; effect of media messages on body image...)</p>	<p><input type="checkbox"/> K.5.8.C.1a Evaluate information related to healthy body weight and body image</p>	<p><input type="checkbox"/> K.5.8.C.1b Explain influences (i.e., healthy eating, regular activity, media, healthy body image) on growth and development during adolescence</p>	<p><input type="checkbox"/> K.5.8.C.2 Apply “sport nutrition principles” to a variety of physical activities</p>
<p>K B</p>	<p>K C</p>	<p>K C</p>	<p>K C</p>

<p>8</p> 	<p>8</p> 	<p>8</p> 	<p>8</p> 
<p><input type="checkbox"/> S.5.8.A.1 Apply personal and social management skills (e.g., goal setting, decision making/problem solving...) in case scenarios related to personal health practices (e.g., sleep habits, cleanliness, nutritional practices, exercise habits...)</p>	<p><input type="checkbox"/> S.5.8.A.2 Use problem-solving strategies to address the barriers that may interfere with being active daily</p>	<p><input type="checkbox"/> S.5.8.A.3a Develop a personal plan that includes daily health practices (e.g., physical activity participation, healthy food choices, positive thinking...) to maintain a healthy body</p>	<p><input type="checkbox"/> S.5.8.A.3b Implement and evaluate a personal plan for healthy eating and activity</p>
<p>S</p>	<p>A</p>	<p>S</p>	<p>A</p>