

Queen of Angels Catholic School  
Wellness Education Grade 5 and 6 Cycle- A

Student Name \_\_\_\_\_

*Big Ideas* are indicted in bold. Related *Essential Learnings* are indicted in regular type. *PA Standards for Health, Safety, and Physical Education* are indicted with numbers.

Learning of Goals Assessed with Rubric Indictors- An “S” indicates skill Secured.  
- A “D” indicates a skill is Developing

Wellness Curriculum for Grades 5 -6 Cycle I	
<ul style="list-style-type: none"> <li>• Goal setting (long term, short term)</li> </ul>	
<b>10.1.6C-Analyze nutritional concepts that impact health</b>	
<ul style="list-style-type: none"> <li>• Caloric content of foods</li> <li>• Relationship of food intake and physical activity (energy output)</li> <li>• Nutrient requirements</li> <li>• label reading</li> <li>• Healthful food selection.</li> </ul>	
<b>10.3.6A- Explain and apply safe practices in the home, school and community.</b>	
<ul style="list-style-type: none"> <li>• Emergencies (fire, natural disasters)</li> <li>• Personal safety (home alone, latch key, harassment)</li> <li>• Communication ( telephone, internet)</li> <li>• Violence prevention ( gangs, weapons)</li> </ul>	
<b>10.3.6D-Analyze the role of individual responsibility of safety during physical activity.</b>	
<b>10.1.6D- Explain factors that influence childhood and adolescent drug use</b>	
<ul style="list-style-type: none"> <li>• Peer influence</li> <li>• Body image (steroids, enhancers, social acceptance, stress media influence,</li> <li>• Decision-making/refusal skills</li> <li>• Rules, regulations and laws, consequences</li> </ul>	