

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