

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

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 II	
10.1.6A-Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes	
<ul style="list-style-type: none"> • Education and socioeconomic 	
10.2.6B- Explain the relationship between health-related information and consumer choices	
<ul style="list-style-type: none"> • Dietary guidelines/food selection • Sun exposure guidelines/ sunscreen selection. 	
10.2.6C- Explain the media’s effect on health and safety issues.	
10.2.6D-Describe and apply the steps of a decision-making process to health and safety issues	
10.3.6C-Describe strategies to avoid or manage conflict and violence.	
<ul style="list-style-type: none"> • Anger management • Peer mediation • reflective listening • Negotiation 	
<ul style="list-style-type: none"> • Relationship skills (making friends, overcoming obstacles to friendship, surviving the difficult times, helping a friend). 	
<ul style="list-style-type: none"> • Building self-esteem 	