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| **Learning Standard** | **Ideas for Developing Investigations and Learning Experiences** | **Date Completed** |
| **Personal Hygiene: Understanding what personal hygiene is and why it is important for good personal health** | | |
| 1. **Understand the concept of personal health** 2. **Identify and explain the importance of personal hygiene** 3. **Students will be able to define and understand the terms puberty, growth spurt, body odor, grooming, oral health** 4. **Identify and understand the positive concepts relating to personal hygiene** 5. **Identify and understand the negative concepts relating to personal hygiene** 6. **Identify and understand techniques of developing good hygiene** | * Use a simple activity to identify the aspects of personal hygiene * Students will be able to define the concept of puberty and its effects on the body to determine the function of the endocrine system (release of hormones) * Determine areas of personal hygiene that need to be addressed on a daily basis (for example brushing teeth; wearing deodorant; body changes .. hair growth under arms/legs/face; washing hands/face/body) * Identify the aspect of how good personal hygiene effects one’s social relationships * Identify the aspect of how poor personal hygiene effects one’s social relationships * Students will identify the proper techniques relating to personal hygiene |  |

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| **Nutrition: Understanding what proper nutrition is and its affects one’s personal health** | | |
| 1. **Understand the concept of personal health** 2. **Identify and explain the importance of proper nutrition** 3. **Students will be able to define and understand the terms nutrition, protein, carbohydrates, fats, hydration, vitamins, minerals** 4. **Identify and understand the positive concepts relating to good nutritional habits** 5. **Identify and understand the negative concepts relating to poor nutritional habits** 6. **Identify and understand techniques of developing/improving proper nutrition** | * Use a simple activity to identify the aspects of healthy eating (for example: what is your relationship with food .. do you eat because your bored, hungry, craving something, upset/depressed)? * Students will be able to define the concept of proper nutrition in the areas of protein, carbohydrates, fats, water, minerals, vitamins (myplate.com) * Use an activity to determine what types of foods students like to eat (for example: create a menu and identify their connections .. bread = carb’s; chicken = protein; chips = fats) * Use an activity to determine what a student’s likes to eat (for example: I am what I eat so I would be a …; have students draw a cartoon figure of their favorite food) * Identify the aspect of how good nutrition/eating habits effects one’s personal health * Identify the aspect of how poor nutrition/eating habits effects one’s personal health * Students will identify that proper techniques to develop/improve a student’s nutrition |  |

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| **Emotions: Understanding what emotions are and how they affect one’s social health** | | |
| 1. **Understand the concept of social health** 2. **Identify and explain the importance understanding emotions/feelings** 3. **Students will be able to define and understand the most common age appropriate terms: emotions, happy, sad, mad, angry, overwhelmed (present definitions, and clear understanding of terms)** 4. **Identify and understand the positive concepts relating to expressing emotions properly** 5. **Identify and understand the negative concepts relating to expressing emotions inappropriately** | * Use a simple activity to identify the aspects of emotions (for example: write down all the feeling you have experienced) * Students will be able to define the concept of emotions/feelings (what are they, why we feel the way we do) * Use an activity to identify and understand why you feel the way you do (happy when you do good on a test; sad when you get in trouble) * Identify and determine the proper way to express how you are feeling * Identify and determine inappropriate ways to express how you are feeling * Explain that our feelings are normal and natural part of being human |  |

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| **Self Esteem: Understanding what self-esteem is and how it affects one’s social health** | | |
| 1. **Understand the concept of social health** 2. **Identify, define, and explain the importance understanding self esteem** 3. **Understand the value of good self esteem** 4. **Identify and understand the positive concepts relating to good self esteem** 5. **Identify and understand the negative concepts relating to poor self esteem** 6. **Identify and determine techniques for developing/improving self esteem** | * Use a simple activity to identify the concept of self-esteem * Students will be able to define the concept of self-esteem (what is it, why is it important, how does it affect us) * Determine how self-esteem starts/is developed and explain how disappointments play a role in its development * Use an activity to identify and explain your personal self-esteem (for example: writing assignment, describe how self-esteem goes up and down) * Identify and determine how good self-esteem can have a positive effect in your life (school, friends, activities) * Identify and determine how poor self-esteem can have a negative effect in your life (school, friends, activities) * Determine techniques for developing/improving one’s self esteem |  |

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| **Good Character: Understanding what good character traits are and how it affects one’s social health** | | |
| * **Understand the concept of social health** * **Identify and explain the importance understanding good character** * **Identify and understand the positive concepts relating to good character** * **Identify and understand the negative concepts relating to poor character** * **Identify and determine techniques for developing/improving excellent character** | * Use a simple activity to identify the concept of character traits * Students will be able to define the concept of good character traits (what is it, why is it important, how does it affect us) * Explain the purpose of responsibility, trustworthy, respect, fairness, caring good citizenship * Determine why it is important to develop good character traits and explain their relationship with catholic values * Use an activity to identify and explain what makes you a good persons * Identify and determine how good character traits can have a positive effect in your life (school, friends, activities) * Identify and determine how poor character traits can have a negative effect in your life (school, friends, activities) * Determine techniques for developing/improving one’s character traits |  |

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| **Body System: Understanding how healthy choices has an effect on the body systems** | | |
| * **Identify the purpose of each body system** * **Identify and explain the importance healthy choices** * **Understand the how being active promotes healthy bones** * **Identify the main function of the skeletal system** | * Use a simple activity to identify each of body systems * Identify and explain the importance of healthy choices on the body   (is it, why is it important, how does it affect us)   * Explain how being active promotes healthy bones (give examples of activities that relate to the students lives) * Identify the main function of the skeletal system (name of bones, joints, muscles) * Use an activity to identify understanding of the skeletal system |  |