

NUTRITION:

1. Student will classify foods into food pyramid.
2. Student will identify appropriate portions to eat.
3. Student will learn the importance of eating breakfast.
4. Student will select snack foods based on nutrition/calories.
5. Student will identify the importance of liquid/water intake.

INTRODUCE	IN PROGRESS	MASTERY	MAINTAIN

WELLNESS:

1. Student will identify the importance of adequate rest.
2. Student will perform a daily exercise routine with visual and verbal cues from the teacher.
3. Student will recognize equipment in a doctor's office.

INTRODUCE	IN PROGRESS	MASTERY	MAINTAIN

SELF-CONCEPT:

1. Student will identify basic emotions.
2. Student will identify positive traits of self and others.
3. Student will accept praise.
4. Student will accept constructive criticism.

INTRODUCE	IN PROGRESS	MASTERY	MAINTAIN

ECOLOGY:

1. Student will identify ways of preserving beauty at school.
2. Student will identify ways people help keep the environment beautiful.
3. Student will define and list causes of pollution.

INTRODUCE	IN PROGRESS	MASTERY	MAINTAIN

HUMAN GROWTH AND DEVELOPMENT:

1. Student will develop a sense of modesty.
2. Student will respect the privacy of others.
3. Student will express affection appropriately.
4. Student will identify sex differences between males and females.
5. Student will report inappropriate sexual acts by an adult and/or other student.

INTRODUCE	IN PROGRESS	MASTERY	MAINTAIN

WELLNESS:

1. Student will read labels and identify safety measures for the usage and storage of prescription and/or over-the-counter drugs.
2. Student will identify and become familiar with dietary supplements.
3. Student will demonstrate the procedure for making a doctor's appointment.
4. Student will identify the importance of physical fitness and determine the ways to achieve it.
 - a. Develop a weekly fitness plan.
 - b. Chart weight on a monthly basis.

INTRODUCE	IN PROGRESS	MASTERY	MAINTAIN

SELF-CONCEPT:

1. Student will construct a person view of how how others perceive him/her.
 - a. Identify positive traits of self.
 - b. Identify positive traits of others.
2. Student will refrain from making demeaning remarks about self.
3. Student will develop and/or maintain a positive attitude.
4. Student will be a positive participant in planning for his/her future.

INTRODUCE	IN PROGRESS	MASTERY	MAINTAIN

ECOLOGY:

1. Student will continue to refine skills identifying types and causes of pollution and effective ways to eliminate or combat the resulting problems.
 - a. Collect trash/litter around the campus.
 - b. Recycle aluminum cans.

INTRODUCE	IN PROGRESS	MASTERY	MAINTAIN

