

Essential Standards

Grade Level: 5th grade

Subject: Exploratory FACS

Team Members: Charity Strauch

1. Standard/Description	2. Evidence of Proficiency	3. Prior Skills Needed	4. Common Summative Assessment	5. When Taught?	6. Enrichment Standards
<p style="text-align: center;">SMART Goals</p> <p style="text-align: center;">HPE2 NH6</p>	<p>Students will be able to create goals using all elements of the SMART System to make complete and comprehensive goals</p>	<p>Understanding of what makes a goal considered SMART</p>	<ul style="list-style-type: none"> • Written goal for current quarter student is enrolled in class 	<p>Assessed throughout the year each quarter</p>	
<p style="text-align: center;">Respect Towards Self and Others</p> <p style="text-align: center;">PS1 HPE 2,5</p>	<p>Students will be able to identify and demonstrate respect through both their actions and words to become productive members of society.</p>	<p>Understanding of respect and concepts associated to it</p>	<ul style="list-style-type: none"> • Respect technology project that requires students to select a staff member that shows respect and make a poster 	<p>Assessed throughout the year each quarter</p>	
<p style="text-align: center;">Decision-Making Process</p> <p style="text-align: center;">HPE2 NH2,5 PS3</p>	<p>Students will be able to use the steps of the decision-making process to make age-appropriate decisions.</p>	<p>Steps of the decision making process</p>	<ul style="list-style-type: none"> • Written assignment that is broken down into each step with real-world application to individual students life 	<p>Assessed throughout the year each quarter</p>	

<p>STAR Steps to Conflict Resolution</p> <p>HPE2 NH4 PS3</p>	<p>Students will be able to apply the STAR Steps to Conflict Resolution by applying the method to real-life situations.</p>	<p>STAR Acronym</p>	<ul style="list-style-type: none"> • Written assignment requiring reflection and application to the STAR Steps 	<p>Assessed throughout the year each quarter</p>	
<p>Anti-Bullying Unit</p> <p>PS3 HPE2,5 NH1,5</p>	<p>The student will be able to identify the four main types of bullies and explore strategies to prevent bullying in school and community.</p>		<ul style="list-style-type: none"> • Test assessment in short answer essay format 	<p>Assessed throughout the year each quarter</p>	
<p>My Plate Unit</p> <p>HP2 NH1</p>	<p>The student will be able to determine key elements of the food guide pyramid and how the food and exercise combination impacts and individuals overall health.</p>	<p>Recognition of Food guide Pyramid Food groups</p>	<ul style="list-style-type: none"> • MyPlate hands on games created by teacher to connect information • MyPlate Food Guide Assignment which requires students to find pictures to fill a Breakfast, lunch, and dinner plate with the proper amounts, 	<p>Assessed throughout the year each quarter</p>	

			<p>serving sizes, and balance of foods that need to be ate from each food group daily.</p> <ul style="list-style-type: none"> • Food labs 		
<p>Portion Distortion</p> <p>HP2 NH1,3</p>	<p>The student will be able to determine what is an appropriate amount of food required to meet the nutritional needs of an individual .</p>	<p>Hand and object portion comparisons</p>	<ul style="list-style-type: none"> • Portion Distortion/ samples creation assignment 	<p>Assessed throughout the year each quarter</p>	
<p>Calorie Counting/Burning</p> <p>HP2 NH3</p>	<p>The student will be able to perform basic math calculations to determine how long it would take to burn off the calories of various commonly eaten foods using a variety of exercise activities.</p>	<p>Basic addition, multiplication, and division skills</p>	<ul style="list-style-type: none"> • Calorie counting assignment that requires students to figure out how long it will take to burn off various foods they like to eat doing a variety of exercises 	<p>Assessed throughout the year each quarter</p>	
<p>Puberty</p> <p>HPE1, 2 NH3</p>	<p>The student will be able to research and analyze the physical, emotional, social, and intellectual changes</p>	<p>Basic changes that occur in puberty</p>	<ul style="list-style-type: none"> • Checklists/ content knowledge attainment through 	<p>Assessed throughout the year each quarter</p>	

	during puberty and proper hygiene practices.		project		
Health Plan	The student will be able to create a personal health plan that includes balanced nutrition, physical activity, hygiene, adequate sleep, no drugs, and healthy sleeping.	Prior knowledge obtained from several core topics taught throughout quarter	<ul style="list-style-type: none"> Health Plan created by student and turned in as a project for analysis 	Assessed at end of each quarter	
HPE2 NH1					