

Quick Scale Healthy Living: Grades 7 to 9

Quick Scales present summary statements for each of the aspects in a one-page format for ease of use. In most cases, these scales can be used to evaluate student development anytime during the year. In the Elaborated Scales, each of the four aspects is presented on a separate page.

Aspect	Emerging	Developing	Acquired	Accomplished
Healthy Eating	<p>With assistance:</p> <ul style="list-style-type: none"> demonstrates some understanding of nutrition plans simple nutritious meals using the <i>Canada's Food Guide</i> has limited understanding of influences on eating habits and the relationship between eating and physical activity communicates the effects of regular participation of physical activity on health 	<ul style="list-style-type: none"> some understanding of nutrition plans nutritious meals using the <i>Canada's Food Guide</i> shows an emerging sense of influences on eating habits with support demonstrates a basic understanding of the relationship between eating and physical activity. 	<ul style="list-style-type: none"> plans nutritious meals using the <i>Canada's Food Guide</i> understands influences on eating habits understands the relationship between eating and physical activity 	<ul style="list-style-type: none"> plans and evaluates nutritious meals using the <i>Canada's Food Guide</i> analyzes influences on eating habits understands the relationship between eating and physical activity advocates for changes that enhance healthy eating
Active Living	<p>With assistance:</p> <ul style="list-style-type: none"> communicates the effects of regular participation of physical activity on health monitors personal effort identifies and participates in physical activity opportunities 	<ul style="list-style-type: none"> identifies some effects of regular participation in physical activity monitors personal effort may need prompting to participate in moderate to physical activity 	<ul style="list-style-type: none"> consistently participates in 30 minutes of physical activity daily, to develop endurance, strength and flexibility monitors exertion levels identifies and participates in regular physical activities in a variety of settings sets goals for activity understands the importance of activity for quality of life. 	<ul style="list-style-type: none"> consistently participates in 30 minutes of physical activity daily to develop endurance, strength and flexibility for self, encourages other to do the same actively seeks opportunities to participate in regular physical activity in a variety of settings takes initiative to create physical activity opportunities for self and others analyzes, evaluates and adjusts exertion levels
Healthy Relationships	<p>With assistance:</p> <ul style="list-style-type: none"> demonstrates some understanding of healthy and unhealthy relationships demonstrates a beginning level of respect for others in the community identifies bullying and discrimination identifies and describes relationships that contribute to positive engagement with school 	<ul style="list-style-type: none"> demonstrates some understanding of healthy and unhealthy relationships shows respect for others in the community shows an emerging understanding of bullying and discrimination is developing understanding of how to assess, build and maintain healthy relationships and identify school and community resources identifies relationships that contribute to 	<ul style="list-style-type: none"> describes various forms and effects of bullying and discrimination and responds appropriately clearly understands all aspects of healthy and unhealthy relationships can demonstrate respect for others in the community understands how to assess, build and maintain healthy relationships evaluates school and community resources that contribute to healthy relationships identifies and demonstrates relationships that 	<ul style="list-style-type: none"> advocates for healthy relationships and respect for others in the community understands and communicates the effects of bullying and discrimination, responds appropriately, and encourages others to do the same accesses school and community resources that contribute to healthy relationships demonstrates and actively seeks relationships that

		positive engagement with school	contribute to feelings of engagement at school	contribute to feelings of positive engagement with school for self and others
Healthy Practices	<p>With assistance:</p> <ul style="list-style-type: none"> demonstrates an understanding of healthy practices including management of feelings, setting goals for a healthy lifestyle, and personal safety 	<ul style="list-style-type: none"> demonstrates some understanding of healthy practices including management of feelings, setting goals for a healthy lifestyle, and personal safety 	<ul style="list-style-type: none"> demonstrates and communicates understanding of healthy practices including management of feelings, setting goals for a healthy lifestyle, and personal safety 	<ul style="list-style-type: none"> makes decisions and advocates for self and others regarding healthy practices including management of feelings, setting goals for a healthy lifestyle, personal safety