

Active Living Grade Level: K to 3

This elaborated scale can be used to evaluate student development in this aspect anytime during the year. Note that evaluation of student progress may require observation of actual student behaviour as written activities or other products may not always offer appropriate evidence. The rating scale may require adaptation when used for different grades, purposes and tasks.

Emerging	Developing	Acquired	Accomplished
<p>Snapshots</p> <p>The student is reluctant to participate without adult support; understanding of the benefits of physical activity is developing; considerable support is needed to set a reasonable goal and make a plan to achieve the goal</p>	<p>The student is able to describe some benefits of physical activity but is sometimes reluctant to participate fully; may need prompting to set a reasonable goal and make a plan to achieve the goal</p>	<p>The student actively participates in physical activity and is able to describe the benefits of an active lifestyle; is aware of body changes during activity and the need to maintain physical fitness through personal goal setting</p>	<p>The student willingly and enthusiastically participates in physical activity; moderates level of physical activity through awareness of body changes; demonstrates healthy choices</p>
<p>With assistance, the student will:</p> <ul style="list-style-type: none"> ▪ describe a benefit of regular participation in physical activity ▪ participate reluctantly in physical activity or participate at a minimal level and likely need teacher support ▪ demonstrate little awareness of opportunities for physical activity at school ▪ determine a reasonable fitness goal and likely need teacher support to work towards it ▪ have limited understanding of body changes that occur while exercising 	<p>The student will:</p> <ul style="list-style-type: none"> ▪ describe 2 to 3 personal benefits of regular participation in physical activity ▪ inconsistently participate in physical activity ▪ be aware of some opportunities for physical activity at school ▪ need teacher support to determine a reasonable fitness goal and tell others about it ▪ identify some body changes that occur while exercising 	<p>The student will:</p> <ul style="list-style-type: none"> ▪ describe 4 to 5 personal benefits of regular participation in physical activity ▪ fully participate in physical activity ▪ be aware of many opportunities for physical activity at school ▪ determine a reasonable fitness goal and tell others about it ▪ recognize body changes that occur while exercising (increased heart rate, increased breathing rate, feeling warm) 	<p>The student will:</p> <ul style="list-style-type: none"> ▪ confidently describe many personal benefits of regular participation in physical activity and encourage others to be active ▪ willingly participate and show interest in regular physical activity ▪ be aware of many activities for physical activity at school and suggest ways to use them ▪ determine a reasonable fitness goal, make a plan and work towards the goal ▪ recognize body changes that occur during exercise (increased heart rate, increased breathing rate, feeling warm) and increase or decrease activity level accordingly