

## Performance Task for Healthy Living Learning Outcomes

### Aspect of the HLPS being used for formative assessment:

Healthy Practices Grade 8

### Classroom Context:

Students in this class often discuss the importance of leading a balanced lifestyle and what components are required to develop that balance.

### Provincial Learning Outcome(s)

HACE 8 – Set personal goals for attaining and maintaining a healthy, balanced lifestyle (i.e., sleep, nutrition, activity, stress management, time management)

### Task:

Students create a poster comparing 'Unbalanced and Balanced Lifestyles' including changes that would be required for someone to move from an unbalanced lifestyle to a balanced lifestyle.

### Process:

Criteria

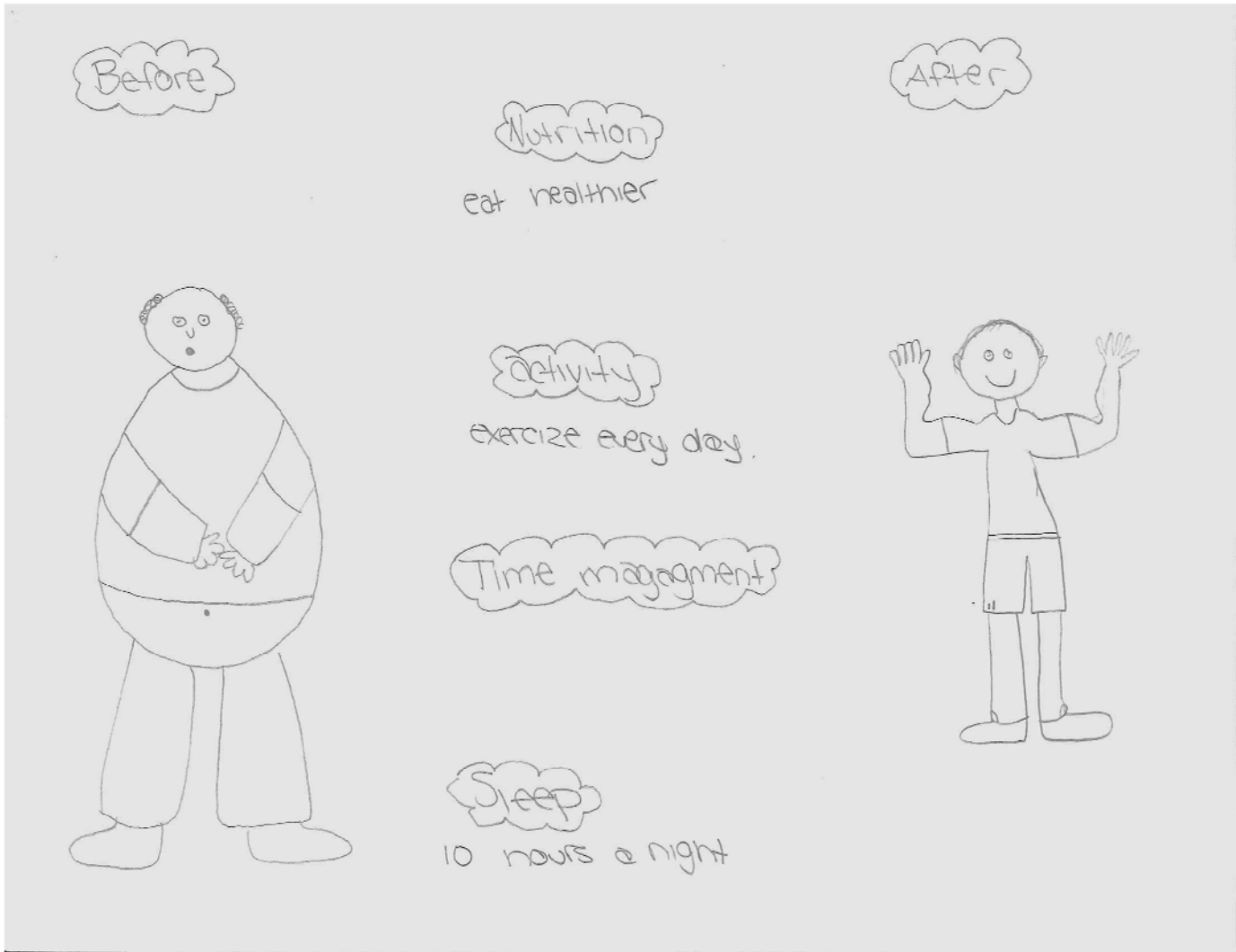
- The teacher started the discussion by writing 'balanced lifestyle' on the center of an overhead and then requested students to review the components of a healthy lifestyle.
- The teacher recorded this information and created the beginnings of a word web on the overhead by adding the categories of sleep, nutrition, activity, stress management, and time management.
- The students then worked in AB partners to develop a list of activities or habits that would support each category.
- The students shared information with the whole group, developing the background knowledge necessary to add information to each category of the web.
- Students are to develop the same word web with their partners ensuring that they leave ample room to add additional information.
- Students then utilize information from their webs to create a poster of a cartoon character represented at three different stages in that cartoon character's life.
  - a) Stage one is titled 'Unbalanced Lifestyle:' Demonstrate what a person who is living an unbalanced lifestyle would look like. Remember to use all the attributes of a balanced lifestyle.
  - b) Stage two is titled "Time to Change:' Demonstrate the necessary changes that the character will need to make, including all attributes of a balanced lifestyle.
  - c) Stage three is titled 'Balanced Lifestyle:' Demonstrate what a person who is living a balanced lifestyle would look like. Remember to use all the attributes of a balanced lifestyle.

**Teacher Observations:**

**Emerging:**

This student needs assistance to complete the task of demonstrating what an unhealthy lifestyle versus a healthy lifestyle would look like. The information is copied from frame of overhead.

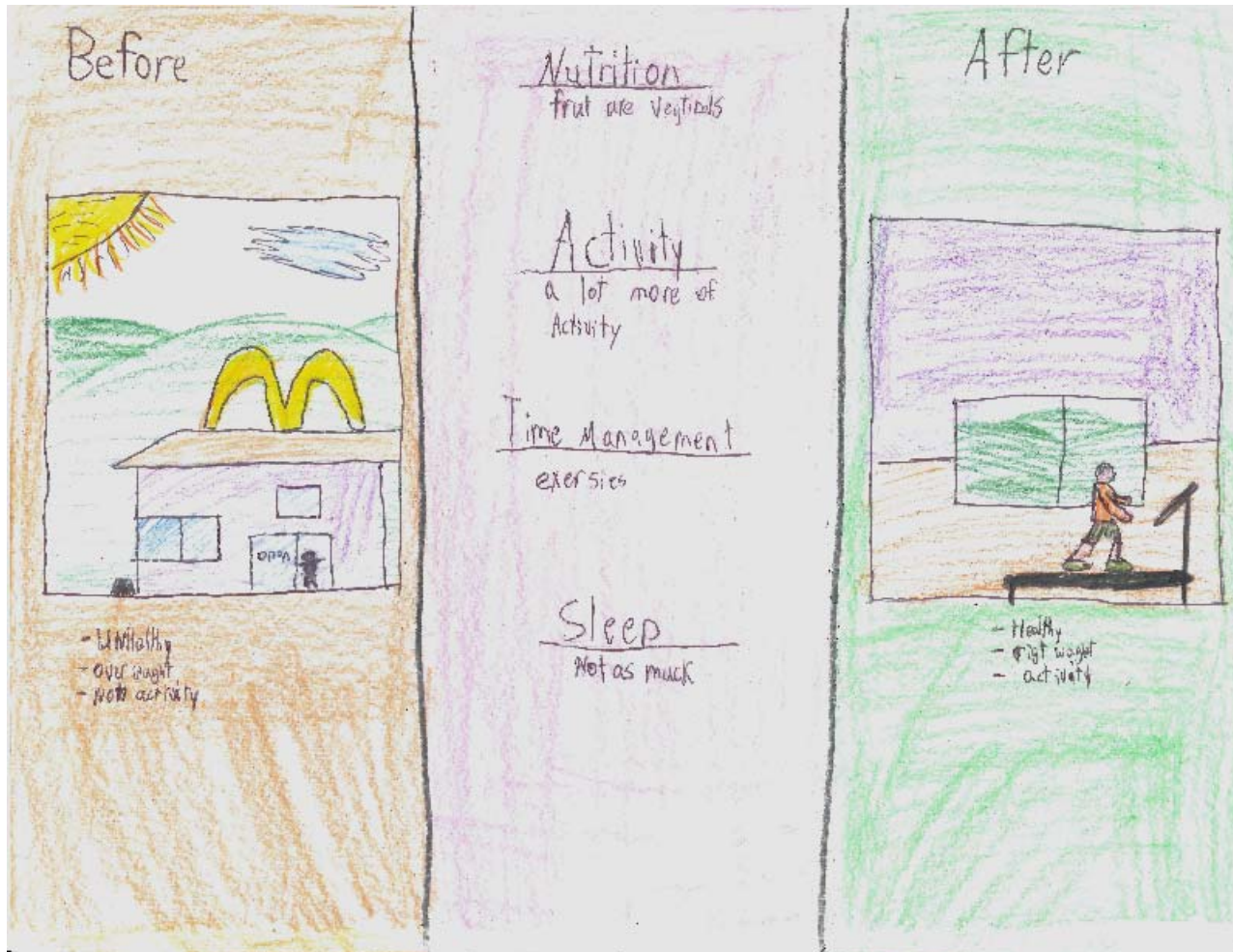
- With assistance is able to communicate one attribute of a healthy, balanced lifestyle and is able to set a goal to develop a balanced lifestyle.



**Developing:**

This student shows some understanding of what is required to live a balanced lifestyle. However, the information is listed versus developed and not all categories have been completed.

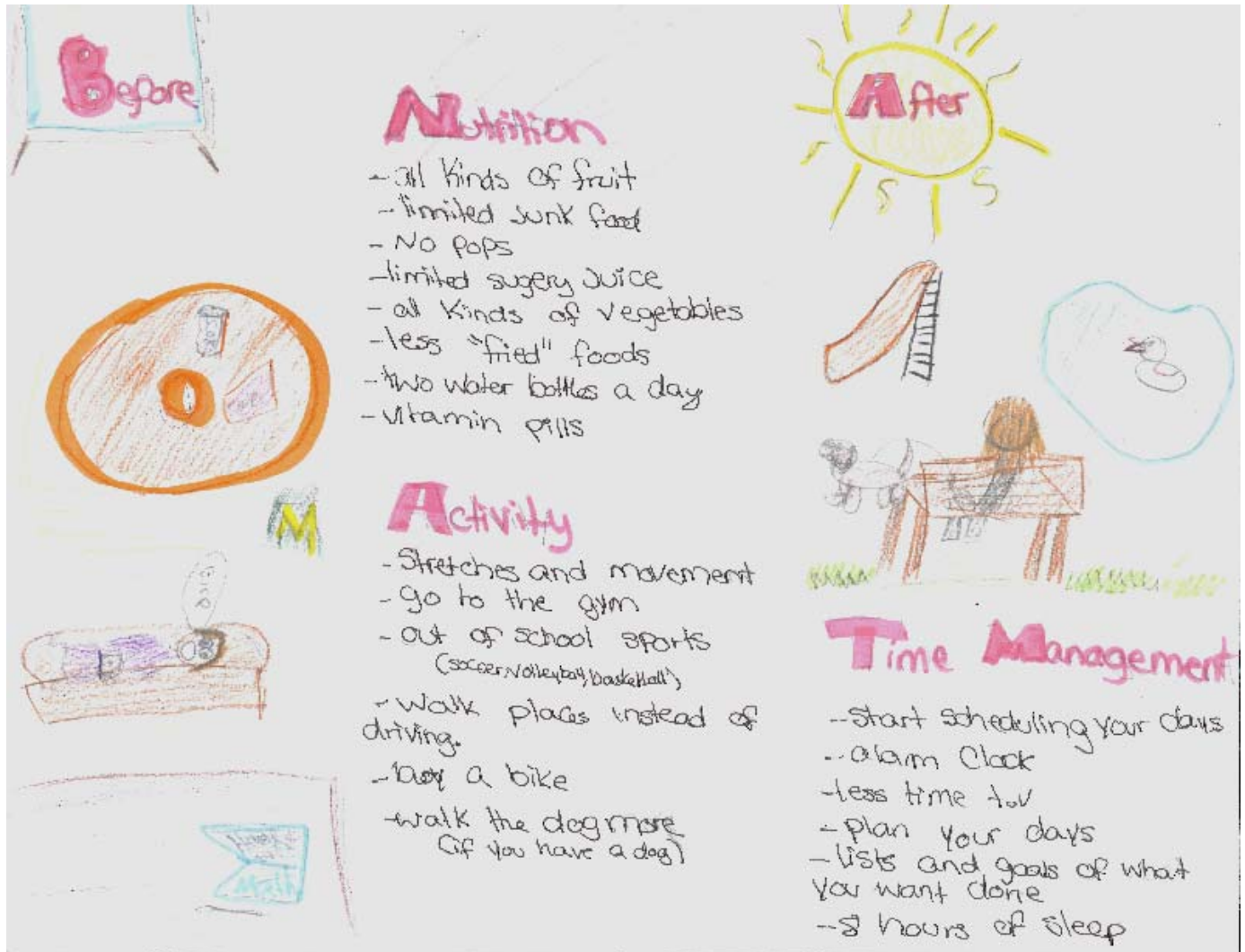
- Understand and minimally explain attributes of a healthy, balanced lifestyle, and is able to set minimal goals to develop a balanced lifestyle.



## Acquired:

This student shows understanding of what is required to live a balanced lifestyle. Includes information necessary for setting goals for a healthy, balanced lifestyle. Provides samples of how to achieve those goals.

- Demonstrate ability to set goals to attain a healthy, balanced lifestyle.
- Understand and communicate that a healthy, balanced lifestyle requires proper sleep, nutrition, physical activity, and stress and time management.





## Accomplished:

This student shows a complete understanding of what is required to live a balanced lifestyle. Information is provided within each category; advocates for and provides examples of how to develop a healthy balanced lifestyle.

- Demonstrate ability to evaluate goals to attain a healthy, balanced lifestyle and make changes where necessary.
- Understand and communicate that a healthy, balanced lifestyle requires proper sleep, nutrition, physical activity, and stress and time management.
- Advocate for self and others to adopt and set goals for physical activity, and stress and time management.

**Before**

**Mr. Couch Potato**

- Doesn't exercise regularly
- always drinks pop
- eats lots of junk food & fast food
- watches lots of tv and goes on computer lots

**Nutrition**

- No fast food or pop
- lots of fruits & vegetables
- lots of water to drink
- Not lots sugary/trans and saturated fats in foods
- Limit calories
- eat organic foods
- be on diet such as 100 mile diet or Atkins diet

**Activities**

running, jogging, horse riding, work out room, skating, rock climbing, hiking, kyaking, mountain biking, dance, soft ball, lacross, yoga, swimming, hockey, soccer, field hockey, basketball

**Time Management**

- set alarm clock
- have at least 1 hr exercise a day
- don't watch lots tv- or be on computer whole day

**Sleep**

- go to bed earlier
- Have at least 9 hrs sleep every night

**After**

**Transformed to**

**Mr. Fit!**

- does lots of exercise
- eats local food
- drinks lots of water
- watches minimal tv and only goes on computer if needs too.