

Healthy Practices Grade Level: 10 to 12

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 can demonstrate some understanding of the factors and influences that help make healthy decisions, with assistance</p>	<p>The student has some understanding of the factors and influences that help make healthy decisions</p>	<p>The student communicates and demonstrates an understanding of the factors and influences that help make healthy decisions</p>	<p>The student demonstrates leadership in advocating for self and others to make healthy decisions</p>
<p>With assistance, the student will:</p> <ul style="list-style-type: none"> ▪ understand the interrelationship of internal and external factors that influence health ▪ demonstrate how internal and external factors support or oppose each other in a decision-making process ▪ identify the work place practices needed to work effectively, safely and collaboratively with others ▪ identify possible stressful situations that may affect personal health ▪ describe and select a stress management strategy 	<p>The student will:</p> <ul style="list-style-type: none"> ▪ understand the interrelationship of internal and external factors that influence health ▪ demonstrate how internal and external factors support or oppose each other in a decision-making process ▪ identify the work place practices needed to work effectively, safely and collaboratively with others ▪ understand how work place practices may influence independent and collaborative workers ▪ identify stressful situations and how they affect personal health ▪ describe and select an appropriate personal stress management system 	<p>The student will:</p> <ul style="list-style-type: none"> ▪ evaluate the interrelationship of internal and external factors that influence health ▪ evaluate the internal and external factors that may support or oppose the decision-making process ▪ demonstrate connections between independent and collaborative work skills to develop positive results ▪ evaluate work place practices that may result in injury and offer alternative courses of action ▪ predict and evaluate stressful situations ▪ describe personal and appropriate stress management systems 	<p>The student will:</p> <ul style="list-style-type: none"> ▪ evaluate the interrelationships of internal and external factors that influence health ▪ advocate for self and others to make personal decisions that enhance health ▪ evaluate and communicate about work place practices associate with work-related risk reduction and injury prevention e.g. safety training, hazard recognition, risk management ▪ advocate for improvement in work place practices and demonstrate how these changes may affect workers' health ▪ understand and practice effective stress management for self and advocate for support for others