

**Quick Scale Healthy Living: Grades 10 to 12**

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
<b>Healthy Eating</b>	<p>With assistance:</p> <ul style="list-style-type: none"> <li>▪ demonstrates some understanding of nutrition using <i>Canada's Food Guide</i></li> <li>▪ plans simple nutritious meals using <i>Canada's Food Guide</i></li> <li>▪ has limited understanding of labelling practices and influences on eating habits</li> </ul>	<ul style="list-style-type: none"> <li>▪ some understanding of nutrition using <i>Canada's Food Guide</i></li> <li>▪ is able to plan menus using <i>Canada's Food Guide</i></li> <li>▪ shows a developing sense of labelling practices and the relationship between daily food intake and physical activity</li> </ul>	<ul style="list-style-type: none"> <li>▪ creates, demonstrates, and evaluates a variety of nutritious menus using <i>Canada's Food Guide</i></li> <li>▪ analyzes the relationship between daily food intake and physical activity</li> <li>▪ analyzes influences on eating habits</li> </ul>	<ul style="list-style-type: none"> <li>▪ finds ways to create a variety of nutritious meals using <i>Canada's Food Guide</i></li> <li>▪ takes initiative to balance daily food intake and physical activity</li> <li>▪ advocates for personal, family, and community changes that enhance healthy eating</li> </ul>
<b>Active Living</b>	<p>With encouragement:</p> <ul style="list-style-type: none"> <li>▪ identifies opportunities for and participates in at least 150 minutes of physical activity weekly</li> </ul> <p>With assistance:</p> <ul style="list-style-type: none"> <li>▪ communicates the benefits of physical activity to health</li> <li>▪ monitors personal exertion levels</li> <li>▪ plans and maintains personal fitness and activity programs to maintain a healthy lifestyle</li> </ul>	<ul style="list-style-type: none"> <li>▪ identifies opportunities for and participates in at least 150 minutes of physical activity weekly</li> <li>▪ identifies and describes some effects of regular participation in physical activities in a variety of settings</li> <li>▪ monitors personal exertion levels in a variety of settings</li> <li>▪ plans and maintains personal fitness and activity programs to maintain a healthy lifestyle</li> </ul>	<ul style="list-style-type: none"> <li>▪ identifies opportunities and consistently participates in a minimum of 150 minutes of physical activity weekly</li> <li>▪ identifies, describes, and relates the benefits of regular participation in physical activities in a variety of settings</li> <li>▪ evaluates and adjusts exertion levels</li> <li>▪ plans, maintains, and evaluates personal fitness and activity programs to maintain a healthy lifestyle</li> </ul>	<ul style="list-style-type: none"> <li>▪ finds opportunities to consistently participate in at least 150 minutes of physical activity weekly</li> <li>▪ advocates for opportunities for self and others within the school and community to participate regularly in physical activities in a variety of settings</li> <li>▪ analyzes, evaluates and adjusts exertion levels</li> <li>▪ takes initiative to plan, maintain and evaluate fitness programs for self and others to maintain a healthy lifestyle</li> </ul>
<b>Healthy Relationships</b>	<p>With assistance:</p> <ul style="list-style-type: none"> <li>▪ identifies a variety of interpersonal relationships and the role communication plays on maintaining healthy relationships</li> <li>▪ identifies relationships that contribute to feelings of positive engagement with school</li> <li>▪ demonstrates skills required to work safely with others</li> <li>▪ understands diversity and rights of others</li> </ul>	<ul style="list-style-type: none"> <li>▪ demonstrates an understanding of a variety of interpersonal relationships</li> <li>▪ has some understanding of the role effective communication plays on maintaining healthy relationships</li> <li>▪ identifies and engages in relationships that contribute to positive engagement with school</li> <li>▪ demonstrates skills to work individually and collaboratively safely</li> </ul>	<ul style="list-style-type: none"> <li>▪ identifies and understands a variety of interpersonal relationships, including bullying, and the role of communication in maintaining healthy relationships</li> <li>▪ demonstrates skills to work individually and collaboratively, safely and effectively</li> <li>▪ engages in relationships that contribute to positive engagement with school and community (connectedness)</li> <li>▪ respects diversity and the rights of others to hold different ideas and beliefs</li> </ul>	<ul style="list-style-type: none"> <li>▪ identifies and understands a variety of interpersonal relationships, including bullying, and the role of communication in maintaining healthy relationships</li> <li>▪ advocates for practices that promote safety for self and others</li> <li>▪ contributes to and advocates for positive relationships that that strengthen engagement and connectedness to school and community</li> <li>▪ respects diversity and advocates for the rights of others to hold different ideas and beliefs</li> </ul>

<p><b>Healthy Practices</b></p>	<p>With assistance:</p> <ul style="list-style-type: none"> <li>▪ identifies and practices some safe behaviours in a variety of settings, including road safety</li> <li>▪ identifies possible stressful situations</li> <li>▪ describes factors that influence healthy behaviours and healthy decision-making</li> <li>▪ emerging understanding of the attitudes, knowledge and positive habits needed to be healthy individuals, responsible for their physical and emotional well-being</li> </ul>	<ul style="list-style-type: none"> <li>▪ inconsistently identifies and practices safe behaviour in most settings, including road safety</li> <li>▪ some understanding of monitoring and managing stressful situations</li> <li>▪ some understanding of healthy behaviours and the factors that may influence healthy decision-making</li> <li>▪ some understanding of the attitudes, knowledge and positive habits needed to be healthy individuals, responsible for their physical and emotional well-being</li> </ul>	<ul style="list-style-type: none"> <li>▪ identifies and practices safe behaviours in all settings</li> <li>▪ understands and practices stress management</li> <li>▪ consistently makes positive health and safety decisions</li> <li>▪ demonstrates the attitudes, knowledge, and positive habits needed to be healthy individuals, responsible for their physical and emotional well-being</li> </ul>	<ul style="list-style-type: none"> <li>▪ practices and promotes safe behaviours in all settings and encourages others to do the same</li> <li>▪ understands and practices effective stress management for self and advocates for support for others</li> <li>▪ advocates for school and community safety programs that benefit self and others</li> <li>▪ demonstrates the attitudes, knowledge and positive habits needed to be healthy individuals, responsible for the physical and emotional well-being of self and others</li> </ul>
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