

Active Living Grade Level: 4 to 6

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 requires assistance to understand the health benefits of physical activity; needs support to participate in a variety of physical activities and to monitor exertion levels</p>	<p>The student has some understanding of the health benefits of physical activity, demonstrates limited participation in various physical activities; may need assistance to monitor exertion levels</p>	<p>The student demonstrates an understanding of the health benefits of physical activity; fully participates in various physical activities; can self-monitor exertion levels</p>	<p>The student demonstrates a clear understanding of the health benefits of physical activity; advocates for regular and varied physical activities; encourages others to be active; can self-monitor and adjust exertion levels</p>
<p>With assistance, the student will:</p> <ul style="list-style-type: none"> ▪ identify some of the health benefits of regular physical activity ▪ begin to recognize different activity levels and the feeling of well being ▪ need encouragement to participate fully in physical activities and to observe health benefits ▪ be aware of few opportunities for physical activity in the school and community ▪ use some knowledge of health to plan personal physical activity ▪ take heart rate and begin to monitor exertion levels at rest, after activity and recovery ▪ be unaware of the Perceived Rate of Exertion (PRE) scale to monitor and adjust exertion levels 	<p>The student will:</p> <ul style="list-style-type: none"> ▪ identify some of the health benefits of regular physical activity ▪ recognize different activity levels and the feeling of well being ▪ inconsistently participate in physical activities with some observation of personal health benefits ▪ be aware of some opportunities for physical activity in the school and community ▪ inconsistently apply knowledge of health benefits when deciding on physical activity ▪ inconsistently take heart rate at rest, after activity and recovery ▪ understand the need to monitor exertion levels but be unable to do so independently 	<p>The student will:</p> <ul style="list-style-type: none"> ▪ readily identify health benefits (social, emotional, physical) of regular physical activity ▪ understand the relationship between daily activity levels and overall well being ▪ fully participate in physical activities and observe personal health benefits ▪ be aware of a variety of opportunities for physical activity in the school and community ▪ apply health knowledge to develop short and long term personal goals for fitness; develop and implement a personal plan for fitness ▪ accurately take heart rate at rest, after activity and recovery ▪ understand the Perceived Rate of Exertion (PRE) scale to monitor and adjust exertion levels 	<p>The student will:</p> <ul style="list-style-type: none"> ▪ confidently communicate health benefits (social, emotional and physical) of regular physical activity using scientific facts ▪ understand the relationship between daily activity levels and overall well being; adjust personal habits accordingly ▪ fully participate in physical activities and observe personal health benefits; encourage others to do the same ▪ access many opportunities and settings for physical activity in the school and community ▪ apply health knowledge to develop short and long term personal goals for fitness; develop and implement a personal plan; monitor progress and adapt plan as needed ▪ accurately take heart rate at rest, after activity and recovery and help others to do the same ▪ understand the Perceived Rate of Exertion (PRE) scale to monitor and adjust exertion levels ▪ advocate for regular physical activity to improve fitness and overall wellbeing