

## Active Living Grade Level: 7 to 9

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.

Snapshots			
Emerging	Developing	Acquired	Accomplished
<p>With assistance, the student demonstrates some understanding of skills and habits associated with being physically active</p> <p>With assistance, the student will:</p> <ul style="list-style-type: none"> <li>▪ identify a health benefit of regular participation in physical activity</li> <li>▪ identify a physical activity that contributes to quality of life</li> <li>▪ participate in daily physical activity but may need guidance and frequent rest periods</li> <li>▪ identify some settings and opportunities for physical activity in the school and community and tell how to use them</li> <li>▪ set a personal goal for improving their fitness and physical activity levels</li> <li>▪ explain the relationship between heart rate and exercise intensity</li> <li>▪ access own heart rate and practice elevating heart rate by physical activity of different intensity levels</li> </ul>	<p>The student has some understanding of skills and habits associated with living an active lifestyle including daily physical activity; may need support</p> <p>The student will:</p> <ul style="list-style-type: none"> <li>▪ demonstrate some understanding of the health benefits of regular physical activity</li> <li>▪ willingly participate in daily physical activity; may require prompting to develop either endurance, strength or flexibility</li> <li>▪ identify some settings and opportunities for physical activity in the school and community and tell how to use them</li> <li>▪ access information about health to set basic goals to improve fitness and physical activity levels, and make changes as needed</li> <li>▪ describe activities that elevate heart rate and, with support, monitor their exertion levels using PRE (Perceived Rate of Exertion)</li> </ul>	<p>The student communicates and demonstrates skills and habits associated with living an active lifestyle including daily physical activity</p> <p>The student will:</p> <ul style="list-style-type: none"> <li>▪ communicate the health benefits of regular physical activity</li> <li>▪ demonstrate an understanding of the relationship between daily activity levels and overall well being</li> <li>▪ fully participate in daily physical activity with equal emphasis on endurance, strength and flexibility</li> <li>▪ identify a variety of settings and opportunities for physical activity in the school and community and tell how to use them</li> <li>▪ access information about health to plan, implement and evaluate personal goals to improve fitness and physical activity levels, and make changes when needed</li> <li>▪ identify and communicate physical activity that elevates heart rate</li> <li>▪ rank physical activity intensity levels from moderate to vigorous using PRE (Perceived Rate of Exertion)</li> <li>▪ access own heart rate and practice elevating heart rate by physical activity of various intensity levels</li> </ul>	<p>The student demonstrates leadership in advocating for self and others to practice habits that lead to living an active lifestyle including daily physical activity</p> <p>The student will:</p> <ul style="list-style-type: none"> <li>▪ advocate for regular physical activity as a way to improve health</li> <li>▪ evaluate personal activity levels with overall well-being and adjust levels as needed</li> <li>▪ fully participate in daily physical activity with equal emphasis on endurance, strength and flexibility</li> <li>▪ actively make choices to access for self and others a variety of settings for physical activity in the school and community</li> <li>▪ access information about health to set, implement and evaluate personal goals to improve fitness and activity levels</li> <li>▪ identify, communicate and demonstrate activities that elevate heart rate from moderate to vigorous using PRE (Perceived Rate of Exertion)</li> <li>▪ encourage others to monitor and adjust exertion levels, as indicated by PRE</li> <li>▪ take a leadership role in helping others reach their fitness goals</li> </ul>