

Healthy Practices Grade Level: K to 3

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 often needs support and redirection to follow the rules and safety expectations of the school and community. The student needs reminding to carry out practices that keep them safe and healthy</p>	<p>The student inconsistently follows the rules and safety expectations of the school and community. The student has some understanding of healthy practices but sometimes may need support to make the right choice</p>	<p>Independently the student is able to follow the rules and safety expectations of the school and community. The student is aware of healthy practices that will keep them safe and fit.</p>	<p>Independently the student is able to follow the rules and safety expectations as well as show leadership. The student actively demonstrates participation in healthy practices and is able to justify why they are important.</p>
<p>The student will:</p> <ul style="list-style-type: none"> ▪ behave safely and respectfully towards others, with assistance ▪ with prompting, contribute to classroom and group discussions regarding safety ▪ with prompting, identify some road safety practices, e.g. wearing a helmet, road crossing ▪ need constant reminders to use road safety habits ▪ need assistance with hand washing ▪ need adult reminders to follow personal hygiene habits ▪ recognize harmful or unknown situations and associated risks, with support ▪ identify some healthy habits, with support 	<p>The student will:</p> <ul style="list-style-type: none"> ▪ understand the rules and expectations of classroom and school environment ▪ usually be respectful of others and the classroom environment regarding safety ▪ sometimes participate in classroom and group activities ▪ identify some road safety practices, e.g. wearing a helmet, road crossing ▪ need some reminders to practise road safety habits ▪ need some reminders to wash hands ▪ use personal hygiene habits with occasional reminders ▪ identify some harmful situations ▪ need some assistance to describe ways to avoid or refuse harmful situations ▪ describe some aspects of a healthy lifestyle 	<p>The student will:</p> <ul style="list-style-type: none"> ▪ follow the rules and expectations of classroom and school environments ▪ conduct self in a safe manner ▪ participate in and contribute to classroom and group activities regarding safety ▪ identify road safety practices and understand why the reasons for them ▪ use road safety habits consistently ▪ participate in hand washing and personal hygiene practises ▪ describe a variety of harmful situations ▪ describe some ways to avoid or refuse harmful situations ▪ describe aspects of a healthy lifestyle in addition to activity, eating, sleeping and hygiene, e.g. family activities 	<p>The student will:</p> <ul style="list-style-type: none"> ▪ help others follow the rules and expectations of the classroom and school environment ▪ conduct self and encourage others to act in a safe manner ▪ participate in and contribute to classroom and group activities, often taking on extra responsibilities ▪ display an emerging sense of responsibility for others' well being and describe ways to improve the classroom environment ▪ identify road safety practices and understand the reasons for them ▪ participate in hand washing and personal hygiene practices ▪ encourage others to practice personal hygiene ▪ describe a variety of harmful situations and how they could occur e.g. who, what, where ▪ describe a variety of ways to avoid or refuse harmful situations ▪ describe aspects of healthy living in addition to activity, eating, sleeping and hygiene, e.g. family activities, and tell how these practices benefit self