



Quick Scale: Grades 4 to 6 Healthy Living

Name: _____ Grade: _____

	Emerging	Developing	Acquired	Accomplished
Healthy Eating	<p>When someone helps me:</p> <ul style="list-style-type: none"> ★ I can name healthy foods using Canada's Food Guide ★ I can tell the importance of eating and water to fuel physical activity ★ I am beginning to be aware of things that influence eating habits 	<p>All by myself:</p> <ul style="list-style-type: none"> ★ I can tell about some healthy eating choices that students can make using Canada's Food Guide ★ I know that food and water are important as fuel for physical activity ★ I am aware of influences on eating habits 	<p>I can:</p> <ul style="list-style-type: none"> ★ Use Canada's Food Guide to tell about healthy eating choices that students can make ★ Talk about the importance of food and water as fuel for physical activity and overall health ★ Talk about influences on eating habits 	<p>I can:</p> <ul style="list-style-type: none"> ★ Tell about and use Canada's Food Guide to make my own healthy food choices ★ Talk with confidence about the importance of food/water to fuel physical activity and overall health ★ Choose healthy food and use water regularly at school ★ Analyze influences on eating habits
Active Living	<p>When someone helps me:</p> <ul style="list-style-type: none"> ★ I can talk about the health benefits of physical activity ★ I can tell about a few opportunities to be active at school ★ I need frequent encouragement to participate in Daily Physical Activity each day (Gr 4-6) ★ I can set goals to improve my fitness or skills ★ I rely on others to monitor my exertion levels when I am active 	<p>All by myself:</p> <ul style="list-style-type: none"> ★ I can tell about the health benefits of physical activity ★ I can tell about opportunities to be active at school <p>With a little help:</p> <ul style="list-style-type: none"> ★ I participate in Daily Physical Activity each day (30 mins-Gr 4-6) ★ I can set goal to improve my fitness or skills ★ I may need some help from others to monitor my exertion levels 	<p>I can:</p> <ul style="list-style-type: none"> ★ Tell about the health benefits of physical activity ★ Tell many ways to be active at school and in the community ★ Participate consistently in Daily Physical Activity each day (30 mins-Gr 4-6) ★ Set my own goal to improve my fitness &/or develop new skills ★ Monitor my own exertion levels during physical activity 	<p>I can:</p> <ul style="list-style-type: none"> ★ Tell about the health benefits of physical activity ★ Independently involve myself in physical activities at school and in the community ★ Participate enthusiastically in Daily Physical Activity each day (30 mins-Gr 4-6) ★ Set my own goals, develop a plan and work toward improving my fitness or developing skills ★ Monitor and adjust exertion levels when I am physically active
Healthy Relationships	<p>All by myself:</p> <ul style="list-style-type: none"> ★ I can talk about different kinds of bullying <p>When someone helps me:</p> <ul style="list-style-type: none"> ★ I can respond appropriately in negative situations ★ I can build and maintain positive peer relationships ★ I can talk about roles, rights and responsibilities for all individuals ★ I can talk about the influence that others have on individual attitudes and behaviours ★ I can identify some positive relationships that support connectedness with school 	<p>All by myself:</p> <ul style="list-style-type: none"> ★ I can talk about a couple of kinds of bullying ★ I sometimes respond appropriately in negative situations ★ Have developed a few skills to build and maintain positive peer relationships ★ I sometimes respect roles, rights and responsibilities for all individuals ★ I can talk about the influence that others have on individual attitudes and behaviours ★ I can identify positive relationships that support connectedness with school 	<p>I can:</p> <ul style="list-style-type: none"> ★ Talk about many kinds of bullying ★ Respond appropriately in negative situations ★ Have developed skills to build and maintain positive peer relationships ★ Respect roles, rights and responsibilities for all individuals ★ Assess the influence that others have on individual attitudes and behaviours ★ Identify, describe and talk about positive relationships that support connectedness with school 	<p>I can:</p> <ul style="list-style-type: none"> ★ Talk about many kinds of bullying behaviour, respond appropriately in negative situations and help others who are having difficulty ★ Have developed skills to build and maintain positive peer relationships ★ Advocate for positive peer relationships ★ Advocate for roles, rights and responsibilities for all individuals ★ Assess the influence that others have on individual attitudes/behaviours and makes positive choices ★ Talks about and advocates for positive relationships that enhance connectedness with school
Healthy Practices	<p>I can:</p> <ul style="list-style-type: none"> ★ Talk about some road safety rules <p>When someone helps me:</p> <ul style="list-style-type: none"> ★ I can show awareness of appropriate and safe behaviours in all settings ★ I can show health habits that prevent the spread of diseases and promote health ★ I can describe the negative effects of substance abuse ★ I can set goals for establishing and maintaining a healthy, balanced lifestyle 	<p>All by myself:</p> <ul style="list-style-type: none"> ★ I sometimes follow road safety rules ★ I do not show consistent awareness of appropriate and safe behaviours in all settings ★ I need reminders to show health habits that prevent the spread of diseases and promote health ★ I show limited understanding of the negative effects of substance abuse ★ I may set unrealistic goals for establishing and maintaining a healthy, balanced lifestyle 	<p>I can:</p> <ul style="list-style-type: none"> ★ Follow road safety rules ★ Show appropriate and safe behaviours in all settings ★ Show health habits that prevent the spread of diseases and promote health ★ Talk about the negative effects of substance abuse ★ Set achievable goals for establishing and maintaining a healthy, balanced lifestyle 	<p>I can:</p> <ul style="list-style-type: none"> ★ Follow and promote road safety rules ★ Show appropriate and safe behaviours in all settings and I encourage others to behave appropriately and safely ★ Shows health habits that prevent the spread of diseases and promote health and encourages others to do the same ★ Talks confidently about the negative effects of substance abuse and demonstrates behaviours that reduce personal risk ★ Set achievable goals and develops a plan for establishing and maintaining a healthy, balanced lifestyle