

	Emerging	Developing	Acquired	Accomplished
Healthy Eating	<p>When someone helps me:</p> <ul style="list-style-type: none"> ★ I can name some healthy foods ★ I can tell why healthy eating and being active fit together 	<p>All by myself:</p> <ul style="list-style-type: none"> ★ I can name some healthy foods ★ I can tell that healthy eating is fuel for being active 	<p>I can:</p> <ul style="list-style-type: none"> ★ Use Canada's Food Guide to name healthy food choices ★ Talk about the importance of healthy eating that fuels activity and overall health 	<p>I can:</p> <ul style="list-style-type: none"> ★ Use Canada's Food Guide to make healthy food choices ★ Make healthy choices when eating and I drink water regularly to fuel activity and my overall health
Active Living	<p>When someone helps me:</p> <ul style="list-style-type: none"> ★ I can tell why physical activity is important ★ I can tell a few ways to be active at school ★ I often need encouragement to participate in Daily Physical Activity each day (15 mins- K, 30 mins- Gr 1-3) ★ I can tell about my goal to improve my fitness or skills ★ I can tell about a few changes that happen to my body when I am active 	<p>All by myself:</p> <ul style="list-style-type: none"> ★ I can tell why physical activity is important ★ I can tell several ways 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 (15 mins- K, 30 mins- Gr 1-3) ★ I can tell about my goal to improve my fitness or skills ★ I can tell about a few changes that happen to my body when I am active 	<p>I can:</p> <ul style="list-style-type: none"> ★ Tell why physical activity is important ★ Tell many ways to be active at school ★ Participate consistently in Daily Physical Activity each day (15 mins- K, 30 mins- Gr 1-3) ★ Set my own goal to improve my fitness or skills ★ Recognize different levels of exertion when I am physically active 	<p>I can:</p> <ul style="list-style-type: none"> ★ Tell why physical activity is important ★ Choose a variety of ways to be active at school ★ Participate enthusiastically in Daily Physical Activity each day (15 mins- K, 30 mins- Gr 1-3) ★ Set and work toward achieving my own goal to improve my fitness or skills ★ Recognize and adjust levels of exertion when I am physically active
Healthy Relationships	<p>When someone helps me:</p> <ul style="list-style-type: none"> ★ I can talk about different kinds of bullying behaviour ★ I can tell about the ways that bullying makes us feel ★ I can show ways of being a positive friend or classmate ★ I can use a few strategies to deal with conflicts ★ I can tell about positive connections that I have at school 	<p>All by myself:</p> <ul style="list-style-type: none"> ★ I can talk about different kinds of bullying behaviour ★ I can tell about the ways that bullying affects all involved ★ I can sometimes show ways of being a positive friend or classmate ★ I can use a few strategies to deal with conflicts ★ I can tell about positive connections that I have at school 	<p>I can:</p> <ul style="list-style-type: none"> ★ Talk about many kinds of bullying behaviour ★ Tell about the ways that bullying makes us feel ★ Be a positive friend or classmate ★ Use strategies to deal with conflicts ★ Tell about positive connections that I have at school 	<p>I can:</p> <ul style="list-style-type: none"> ★ Talk about many kinds of bullying behaviour, how to avoid bullying and how to solve bullying problems ★ Tell about the ways that bullying makes us feel when/after it happens ★ Be a positive friend, classmate and role model ★ Use a variety of strategies to deal with conflicts ★ Tell about positive connections that I have at school and why they are important
Healthy Practices	<p>When someone helps me:</p> <ul style="list-style-type: none"> ★ I can talk about safety/behaviour rules in my classroom/school ★ I can talk about traffic safety rules ★ I can use good health habits to prevent the spread of germs ★ I can show ways to avoid harmful or risky situations ★ I can talk about the ways that health habits make life better 	<p>All by myself:</p> <ul style="list-style-type: none"> ★ I can talk about safety/behaviour rules in my classroom/school ★ I can talk about traffic safety rules ★ I can sometimes use good health habits to prevent the spread of germs/diseases ★ I can sometimes avoid harmful or risky situations ★ I can talk about some of the ways that health habits make life better 	<p>I can:</p> <ul style="list-style-type: none"> ★ Follow safety/behaviour rules in my classroom/school ★ Talk about traffic safety rules with confidence ★ Use good hygiene to prevent the spread of germs and promote good health ★ Show ways to avoid harmful or risky situations ★ I can talk about many ways that health habits make life better 	<p>I can:</p> <ul style="list-style-type: none"> ★ Follow & promote safety rules in my classroom/school ★ Follow traffic safety rules at all times ★ Use good hygiene to prevent the spread of germs & promote good health (and remind others about these, too) ★ Avoid harmful or risky situations and I help others to keep safe, too ★ Talk with confidence about many ways that health habits make life better



Quick Scale: Grades K to 3 Healthy Living

Name: _____ Grade: _____