

## Performance Task for Healthy Living Learning Outcomes

### Aspect of the HLPS being used for formative assessment:

Active Living Grade 6

### Classroom Context:

Students in the classroom seemed to have an understanding of how healthy living has benefits for their lives. They were able to demonstrate through group and individual work what they could do in their lives to be an active participant.

### Prescribed Learning Outcomes

HACE, Grade 6, C1 - Describe the benefits of attaining and maintaining a balanced healthy lifestyle.

### Student Learning Intention:

I am able to identify the benefits of having an active lifestyle both short term and long term.

### Task:

Group and Individual work, final activity to make a poster with words and descriptions of the benefits and as well draw pictures to demonstrate student understanding.

### Process:

Group Work: Begin with small group and answer the following questions:

- 1) Define what being active is
- 2) Identify benefits of active living.
- 3) Identify the negative aspects of not being active
- 4) What opportunities are there at school to be active?
- 5) What opportunities are there in the community to be active?

Individual: Begin with answer the following questions to personalize the benefits.

- 1) What are a few goals you could have to maintain an active lifestyle?
- 2) How can you put these goals into practice?

Once the questions are answered have the students create posters demonstrating their understanding of having an active lifestyle. Posters should include a physical, emotional, and mental component identifying what an active lifestyle is.

**Teacher Observations:**

**Emerging**

The student needs support to identify the factors of an active lifestyle. Lists two or less ways to have an active lifestyle. Is unsure of activities to have an active lifestyle.



**Teacher Observations:**

**Developing**

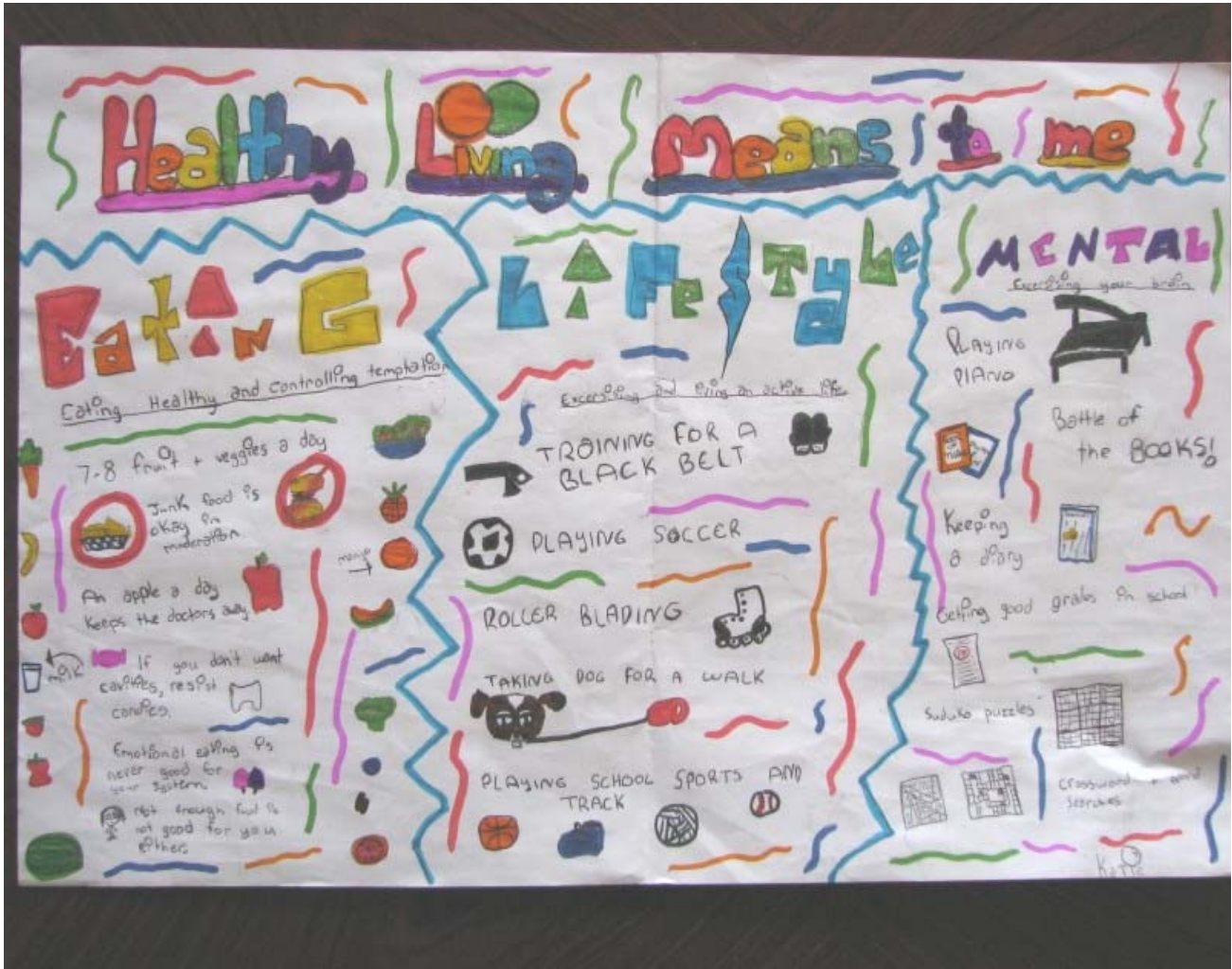
Student is able to identify some of the factors of an active lifestyle. Lists three or four ways to have an active lifestyle. Identifies basic activities to have an active lifestyle



**Teacher Observations:**

**Acquired**

The student is able to identify many factors of an active lifestyle. Identifies five or six ways to have an active lifestyle. Describes ways in which to stay active. Identifies relevant activities to have an active lifestyle



**Teacher Observations:**

**Accomplished**

The student is able to identify many factors of an active lifestyle. Identifies more than six ways to have an active lifestyle. Understand the purpose of an active lifestyle. Identifies healthy activities beyond those discussed in class. Makes personal goals to maintain an active lifestyle

