

Quick Scale Healthy Living: Grades K to 3

Quick Scales present summary statements for each of the aspects in a one-page format for ease of use. In most cases, these scales can be used to evaluate student development anytime during the year. In the Elaborated Scales, each of the four aspects is presented on a separate page.

Aspect	Emerging	Developing	Acquired	Accomplished
Healthy Eating	<p>With assistance:</p> <ul style="list-style-type: none"> identifies healthy food choices with support, understands the relationship between healthy eating and physical activity 	<ul style="list-style-type: none"> identifies some healthy food choices demonstrates a limited understanding of healthy eating as fuel for physical activity 	<ul style="list-style-type: none"> identifies healthy food choices using <i>Canada's Food Guide</i> understands the importance of healthy eating as fuel for physical activity and overall health 	<ul style="list-style-type: none"> identifies healthy food choices and makes the healthy choice when given the opportunity understands the importance of healthy eating as fuel for physical activity and overall health accesses water regularly
Active Living	<p>With assistance:</p> <ul style="list-style-type: none"> understands the benefits of physical activity and can identify few opportunities to be active at school participates in physical activity for a minimum of 30 minutes daily (15 minutes for K) with encouragement sets a goal to improve fitness and/or develop a new physical activity skill identifies a few body changes while involved in physical activity 	<ul style="list-style-type: none"> understands some of the benefits of physical activity and can identify some of the opportunities to be active at school with occasional encouragement participates in physical activity for a minimum of 30 minutes daily (15 minutes for K) requires some assistance to set goals to improve fitness and/or develop a new physical activity skill identifies some body changes while involved in physical activity 	<ul style="list-style-type: none"> understands the benefits of physical activity and identifies opportunities to be active at school consistently participates in physical activity for a minimum of 30 minutes daily (15 minutes for K) sets goals to improve fitness and/or develop a new physical activity skill recognizes different levels of exertion 	<ul style="list-style-type: none"> understands the benefits of physical activity and accesses a variety of opportunities to be active at school enthusiastically participates in physical activity for a minimum of 30 minutes daily (15 minutes for K) sets and works towards goals to improve fitness and/or develop a new physical activity skill recognizes and adjusts levels of exertion
Healthy Relationships	<p>With assistance:</p> <ul style="list-style-type: none"> identifies many forms of bullying behaviour describes the effects of bullying for all involved demonstrates skills for building and maintaining positive relationships with support, uses strategies for dealing with conflicts 	<ul style="list-style-type: none"> identifies some forms of bullying behaviour describes some effects of bullying for all involved inconsistently demonstrates skills for building and maintaining positive relationships uses limited strategies for dealing with conflicts 	<ul style="list-style-type: none"> identifies many forms of bullying behaviour describes the effects of bullying for all involved demonstrates skills for building and maintaining positive relationships uses strategies for dealing with conflicts 	<ul style="list-style-type: none"> identifies bullying behaviour and ways to avoid or solve bullying problems describes short and long term effects of bullying for all involved demonstrates skills and advocates for building and maintaining positive relationships uses a variety of strategies for dealing with conflicts
Healthy Practices	<p>With assistance:</p> <ul style="list-style-type: none"> understands safety rules and expectations of classroom and school demonstrates limited understanding of road safety practices participates in health habits that prevent the spread of diseases 	<ul style="list-style-type: none"> understands safety rules and expectations of classroom and school identifies some road safety practices sometimes participates in health habits that prevent the spread of diseases inconsistently demonstrates ways of 	<ul style="list-style-type: none"> understands and follows safety rules and expectations of classroom and school understands road safety practices participates in health habits that prevent the spread of diseases demonstrates ways of 	<ul style="list-style-type: none"> understands and promotes safety rules and expectations of classroom and school practices road safety participates in and advocates for health habits that prevent the spread of diseases demonstrates ways of

	<ul style="list-style-type: none">▪ demonstrates ways of refusing or avoiding harmful or unknown situations▪ understands the benefits of positive health habits	<p>refusing or avoiding harmful or unknown situations</p> <ul style="list-style-type: none">▪ understands some of the benefits of positive health habits	<p>refusing or avoiding harmful or unknown situations</p> <ul style="list-style-type: none">▪ understands many of the benefits of positive health habits	<p>refusing or avoiding harmful or unknown situations, and helps others to do the same</p> <ul style="list-style-type: none">▪ understands the benefits of positive health habits and helps others to do the same
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