

Quick Scale Healthy Living: Grades 4 to 6

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"> describes choices students can make for healthy eating understands the importance of food and water as fuel for physical activity demonstrates a limited awareness of influences on eating habits 	<ul style="list-style-type: none"> describes some choices students can make for healthy eating has a basic understanding of the importance of food and water as fuel for physical activity demonstrates an awareness of influences on eating habits 	<ul style="list-style-type: none"> describes choices students can make for healthy eating using <i>Canada's Food Guide</i> understands the importance of food and water as fuel for physical activity and overall health understands influences on eating habits 	<ul style="list-style-type: none"> describes and demonstrates choices students can make for healthy eating understands the importance of food and water as fuel for physical activity and overall health; accesses water and healthy snacks regularly analyzes influences on eating habits
Active Living	<p>With assistance:</p> <ul style="list-style-type: none"> describes health benefits of regular physical activity and identifies some opportunities to be active in the school with frequent encouragement participates daily in physical activity for 30 minutes sets goals to improve fitness and/or develop a new physical activity skill relies on others to monitor exertion levels 	<ul style="list-style-type: none"> describes some health benefits of regular physical activity and identifies opportunities to be active in the school with occasional encouragement participates daily in physical activity for 30 minutes with some assistance, sets goals to improve fitness and/or develop a new physical activity skill requires some assistance to monitor exertion levels 	<ul style="list-style-type: none"> describes health benefits of regular physical activity and identifies opportunities to be active in the school and community consistently participates daily in physical activity for 30 minutes sets goals to improve fitness and/or develop a new physical activity skill monitors exertion levels 	<ul style="list-style-type: none"> describes health benefits of regular physical activity and accesses opportunities to be active in the school and community enthusiastically participates daily in physical activity for 30 minutes sets goals, develops a plan, and works towards improving fitness and/or developing a new physical activity skill monitors and adjusts exertion levels
Healthy Relationships	<p>With assistance:</p> <ul style="list-style-type: none"> identifies forms of bullying but needs assistance to respond appropriately when in negative situations is learning to build and maintain positive relationships understands roles, rights, and responsibilities for all individuals understands that others have an influence on individual attitudes and behaviours 	<ul style="list-style-type: none"> describes some forms of bullying and sometimes responds appropriately when in negative situations demonstrates limited skills for building and maintaining positive relationships sometimes respects roles, rights, and responsibilities for all individuals understands that others have an influence on individual attitudes and behaviours 	<ul style="list-style-type: none"> describes various forms of bullying and responds appropriately when in negative situations demonstrates skills for building and maintaining positive relationships respects roles, rights, and responsibilities for all individuals assesses the influence of others on individual attitudes and behaviours 	<ul style="list-style-type: none"> describes various forms of bullying, responds appropriately when in negative situations, and helps others demonstrates skills and advocates for building and maintaining positive relationships advocates for the roles, rights, and responsibilities of all individuals assesses the influence of others on individual attitudes and behaviours and makes positive choices
Healthy Practices	<p>With assistance:</p> <ul style="list-style-type: none"> identifies some road safety practices demonstrates awareness of safe behaviours in all settings participates in health habits that prevent the spread of 	<ul style="list-style-type: none"> sometimes practices road safety inconsistently demonstrates awareness of and practices safe behaviours in all settings needs occasional reminders to participate in health 	<ul style="list-style-type: none"> practices road safety demonstrates awareness of and practices safe behaviours in all settings participates in health habits that prevent the spread of diseases describes negative 	<ul style="list-style-type: none"> practices and promotes road safety demonstrates awareness of and practices safe behaviours in all settings and encourages others participates in and advocates for health habits that prevent

	<p>diseases</p> <ul style="list-style-type: none"> ▪ describes negative consequences of substance abuse ▪ sets goals for attaining and maintaining a healthy balanced lifestyle 	<p>habits that prevent the spread of diseases</p> <ul style="list-style-type: none"> ▪ demonstrates a limited understanding of the negative consequences of substance abuse ▪ sets goals for attaining and maintaining a healthy balanced lifestyle (may be unrealistic) 	<p>consequences of substance abuse</p> <ul style="list-style-type: none"> ▪ sets achievable goals for attaining and maintaining a healthy balanced lifestyle 	<p>the spread of diseases</p> <ul style="list-style-type: none"> ▪ describes negative consequences of substance abuse and practices behaviours that reduce risks ▪ sets achievable goals and develops a plan for attaining and maintaining a healthy balanced lifestyle
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