**Strand: Protecting Yourself, Your Family and Your Community**

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| 4 - Exceeding | 3 - Meeting | 2 - Approaching | 1 - Working Below |
| Accurately describes their role in promoting safety and preventing injuries.  | Reliably describes their role in promoting safety and preventing injuries. | With describes their role in promoting safety and preventing injuries. | Is not able to describe their role in promoting safety and preventing injuries. |
| Consistently and confidently explains the human immune system and how it functions in terms of defending the body.  | Usually and with some confidence explains the human immune system and how it functions in terms of defending the body. | Occasionally and with some prompting explains the human immune system and how it functions in terms of defending the body. | Is not able to explain the human immune system and how it functions in terms of defending the body. |
| Regularly lists the effects of disease on the human body. | Routinely lists the effects of disease on the human body. | Partially lists the effects of disease on the human body. | Hardly ever lists the effects of disease on the human body. |
| Accurately describes intentions and importance of positive supportive touches and matches appropriate feelings to them.  | Reliably describes intentions and importance of positive supportive touches and matches appropriate feelings to them. | Somewhat describes intentions and importance of positive supportive touches and matches appropriate feelings to them. | Is not able to describe intentions and importance of positive supportive touches and matches appropriate feelings to them. |

**Strand: Personal Wellness**

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| 4 - Exceeding | 3 - Meeting | 2 - Approaching | 1 - Working Below |
| Expertly lists the benefits of physical activity.  | Easily lists the benefits of physical activity. | With prompting lists the benefits of physical activity. | Is not able to list the benefits of physical activity. |
| Accurately assesses their own eating habits. | Reliably assesses their own eating habits. | Somewhat assesses their own eating habits. | Is not able to assess their own eating habits. |
| Regularly examines information on the nutritional value of foods. | Routinely examines information on the nutritional value of foods. | Partially examines information on the nutritional value of foods. | Hardly examines information on the nutritional value of foods. |

**Strand: Growth and Development**

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| 4 - Exceeding | 3 - Meeting | 2 - Approaching | 1 - Working Below |
| Consistently describes the importance of proper hygiene practices. | Easily describes the importance of proper hygiene practices. | Partially describes the importance of proper hygiene practices. | Not able to describes the importance of proper hygiene practices. |
| Regularly lists changes that occur as a result of puberty. | Routinely lists changes that occur as a result of puberty. | Partially lists changes that occur as a result of puberty. | Hardly ever lists changes that occur as a result of puberty. |

**Strand: Use, Misuse and Abuse of Materials**

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| 4 - Exceeding | 3 - Meeting | 2 - Approaching | 1 - Working Below |
| Accurately explains healthy decision making.  | Reliably explains healthy decision making. | Somewhat explains healthy decision making. | Is not able to explain healthy decision making. |
| Regularly lists the consequences of smoking.  | Routinely lists the consequences of smoking. | At times lists the consequences of smoking. | Hardly ever lists the consequences of smoking. |
| Consistently compares stimulates and depressants, as well as identifies their effects.  | Usually compares stimulates and depressants, as well as identifies their effects. | Occasionally compares stimulates and depressants, as well as identifies their effects. | Never compares stimulates and depressants, as well as identifies their effects. |
| Thoughtfully describes how media messages affect attitudes about themselves and others.  | Generally describes how media messages affect attitudes about themselves and others. | With some difficulty describes how media messages affect attitudes about themselves and others. | Is not able to describe how media messages affect attitudes about themselves and others. |