**Strand: Caring for Yourself, Your Family and Your Community**

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| 4 - Exceeding | 3 - Meeting | 2 - Approaching | 1 - Working Below |
| Frequently and consistently, without prompting lists injuries that are prevalent in the community. | Usually, without prompting lists injuries that are prevalent in the community. | Occasionally and with some prompting, lists injuries that are prevalent in the community. | Must always be prompted to lists injuries that are prevalent in the community. |
| Frequently, lists and describes various environmental factors that affect our health. | Often lists and describes various environmental factors that affect our health. | Occasionally lists and describes various environmental factors that affect our health. | Rarely lists and describes various environmental factors that affect our health. |

**Strand: Personal Wellness**

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| 4 - Exceeding | 3 - Meeting | 2 - Approaching | 1 - Working Below |
| Accurately and with confidence explains the wellness domains and without prompting, find strategies for promoting personal wellness. | Proficiently explains the wellness domains and without prompting, find strategies for promoting personal wellness. | With some difficulty explains the wellness domains and with some prompting, find strategies for promoting personal wellness. | Not able to explains the wellness domains and rarely find strategies for promoting personal wellness. |
| Frequently lists strategies for promoting nutrition and physical activity. | Often lists strategies for promoting nutrition and physical activity. | Occasionally lists strategies for promoting nutrition and physical activity. | Rarely lists strategies for promoting nutrition and physical activity. |
| Consistently and expertly recalls how environments influence choices. | Competently recalls how environments influence choices. | With some difficulty recalls how environments influence choices. | With great difficulty recalls how environments influence choices. |
| Expertly lists ways that advertisement is used to promote health. | Easily lists ways that advertisement is used to promote health. | Sometimes lists ways that advertisement is used to promote health. | Not able to lists ways that advertisement is used to promote health. |

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

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| 4 - Exceeding | 3 - Meeting | 2 - Approaching | 1 - Working Below |
| Frequently recognizes that some people have sensitivities or allergies. | Usually recognizes that some people have sensitivities or allergies. | At times recognizes that some people have sensitivities or allergies. | Rarely recognizes that some people have sensitivities or allergies. |
| Consistently summarizes the use and misuse of substances which claim to assist weight loss or body building. | Often summarizes the use and misuse of substances which claim to assist weight loss or body building. | Occasionally summarizes the use and misuse of substances which claim to assist weight loss or body building. | Not able to summarizes the use and misuse of substances which claim to assist weight loss or body building. |
| 4 - Exceeding | 3 - Meeting | 2 - Approaching | 1 – Working Below |
| Consistently recalls the meaning of addictive behaviour and expertly determines risk factors that may lead to addictions. | Easily recalls the meaning of addictive behaviour and proficiently determines risk factors that may lead to addictions. | Partially recalls the meaning of addictive behaviour and with some difficulty, determines risk factors that may lead to addictions. | Rarely recalls the meaning of addictive behaviour and not able to determines risk factors that may lead to addictions. |

**Strand: Growth and Development**

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| 4 - Exceeding | 3 - Meeting | 2 - Approaching | 1 - Working Below |
| Consistently explains the changes that occur in the body during puberty. | Easily explains the changes that occur in the body during puberty. | Partially explains the changes that occur in the body during puberty. | Not able to explains the changes that occur in the body during puberty. |
| Frequently clarifies the structures and functions of male and female reproductive systems. | Usually clarifies the structures and functions of male and female reproductive systems. | Sometimes clarifies the structures and functions of male and female reproductive systems. | Rarely clarifies the structures and functions of male and female reproductive systems. |
| Expertly summarizes sexuality in terms of the expression of one’s “femaleness” or “maleness”. | Proficiently, summarizes sexuality in terms of the expression of one’s “femaleness” or “maleness”. | Somewhat summarizes sexuality in terms of the expression of one’s “femaleness” or “maleness”. | Not able to summarizes sexuality in terms of the expression of one’s “femaleness” or “maleness”. |