

**HEALTH AND PHYSICAL EDUCATION – Active Living**

<p><b>Grades 2-3</b> A1. participate actively and regularly in a wide variety of physical activities, and demonstrate an understanding of the value of regular physical activity in their daily lives.</p>	<p><i>[Name]</i> actively participates during physical education. <i>[He/she]</i> can explain some reasons why regular physical activity is important in <i>[his/her]</i> life.</p>	<p><i>[Name]</i> needs encouragement to participate during physical education. <i>[He/She]</i> would benefit from discussing the value of regular physical activity in <i>[his/her]</i> daily life.</p>
<p><b>Grades 4-6</b> A1. participate actively and regularly in a wide variety of physical activities, and demonstrate an understanding of factors that encourage lifelong participation in physical activity.</p>		
<p><b>Grade 7</b> A1. participate actively and regularly in a wide variety of physical activities, and demonstrate an understanding of factors that encourage lifelong participation in physical activity.</p>	<p><i>[Name]</i> participated actively and regularly in numerous physical activities including <i>[specific evidence, such as daily physical activity, our basketball and co-operative games units]</i>.</p>	<p><i>[Name]</i> would benefit from setting a goal for participating actively and regularly in physical activities (e.g., participating continuously for 10 minutes in daily physical activity).</p>
<p><b>Grades 1-3</b> A2. demonstrate an understanding of the importance of being physically active, and apply physical fitness concepts and practices that contribute to healthy, active living.</p>		
<p><b>Grades 4-6</b> A2. demonstrate an understanding of the importance of being physically active, and apply physical fitness concepts and practices that contribute to healthy, active living.</p>		
<p><b>Grades 7-8</b> A2. demonstrate an understanding of the importance of being physically active, and apply physical fitness concepts and practices that contribute to healthy, active living.</p>	<p><i>[Name]</i> effectively answered the question, <i>[specific question, such as “What are some things you can do to develop your fitness?”]</i> in a <i>[specific evidence, such as written response, class discussion, fitness pamphlet, presentation to the class]</i>.</p> <p><i>[Name]</i> effectively answered the question, <i>[specific question, such as “How has monitoring your work on different fitness components helped improve your fitness?”]</i> in a <i>[specific</i></p>	<p><i>[Name]</i> has not yet shown that <i>[he/she]</i> understands reasons why being physically active is important to a healthy, active lifestyle. We have discussed multiple reasons in class. <i>[Name]</i> is encouraged to have a conversation at home about the importance of physical activity to family, friends, etc.</p>

	<i>evidence, such as written response, class discussion, fitness pamphlet, presentation to the class].</i>	
<b>Grades 1-3</b> A3. demonstrate responsibility for their own safety and the safety of others as they participate in physical activities.	Both in class and outside, <i>[Name]</i> consistently follows safety rules when using equipment.	<i>[Name]</i> often needs reminders to follow safety rules during physical education. Discussion of the importance of safety (for oneself and others) around equipment would benefit <i>[Name]</i> .
<b>Grades 4-6</b> A3. demonstrate responsibility for their own safety and the safety of others as they participate in physical activities.		
<b>Grades 7-8</b> A3. demonstrate responsibility for their own safety and the safety of others as they participate in physical activities.	<i>[Name]</i> demonstrates responsibility for <i>[his/her]</i> own safety and the safety of others when we are in physical education class or participating in daily physical activity. <i>[He/she]</i> has identified the steps to take if an accident or emergency occurs (e.g., remain calm, know when to call 9-1-1).	<i>[Name]</i> needs to recognize the importance of taking responsibility for <i>[his/her]</i> behaviour in physical education class and daily physical activity so that <i>[his/her]</i> own safety and the safety of others is ensured.