

HEALTH AND PHYSICAL EDUCATION – <i>Healthy Living</i>		
Grades 1-3 C1. demonstrate an understanding of factors that contribute to healthy development.	<i>[Name]</i> is aware that nutrition, exercise and sleep are all factors that contribute to healthy development.	
Grades 4-6 C1. demonstrate an understanding of factors that contribute to healthy development.		
Grades 7-8 C1. demonstrate an understanding of factors that contribute to healthy development.	<i>[Name]</i> <i>[specific evidence, such as described ways in which he/she can protect him/herself while using a computer, specifically while using or viewing social networking sites]</i> to explain a factor that contributes to healthy development.	<i>[Name]</i> has not demonstrated full understanding of factors that contribute to <i>[his/her]</i> healthy development. Discussions about such things as ways in which <i>[he/she]</i> can protect <i>[him/herself]</i> while using a computer, especially while using or viewing social networking sites, would be helpful.
Grades 1-3 C2. demonstrate the ability to apply health knowledge and living skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being.		
Grades 4-6 C2. demonstrate the ability to apply health knowledge and living skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being.		
Grades 7-8 C2. demonstrate the ability to apply health knowledge and living skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being.	<i>[Name]</i> applied health knowledge and living skills when <i>[he/she]</i> <i>[specific evidence, such as interpreted a variety of food labels and explained the effect that a meal made from those foods would potentially have on the human body, or described the effect that using racial slurs and put-downs has on a person]</i> .	
Grades 1-3 C3. demonstrate the ability to make connections that relate to health and well-being – how their choices and behaviours affect both themselves and others, and how factors in the	<i>[Name]</i> understands some connections between healthy living and <i>[his/her]</i> own well-being. <i>[He/she]</i> is becoming aware of how <i>[his/her]</i> choices affect <i>[him/herself]</i> and the world around <i>[him/her]</i> .	

<p>world around them affect their own and others' health and well-being.</p>		
<p>Grades 4-6 C3. demonstrate the ability to make connections that relate to health and well-being – how their choices and behaviours affect both themselves and others, and how factors in the world around them affect their own and others' health and well-being.</p>		
<p>Grades 7-8 C3. demonstrate the ability to make connections that relate to health and well-being – how their choices and behaviours affect both themselves and others, and how factors in the world around them affect their own and others' health and well-being.</p>	<p><i>[Name] demonstrated the ability to make connections that relate to health and well being by [specific evidence, such as describing how he/she can promote healthy eating at home and describing ways to manage emotion in heated situations].</i></p>	