

Health – Grade 5

Strand: Safety (Protecting Yourself, Your Family and Your Community)

4 - Excelling	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: Wellness (Personal Wellness)

4 - Excelling	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.

Health – Grade 5

Strand: Growing Up (Growth and Development)

4 - Excelling	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: Helpful and Harmful Substances (Use, Misuse and Abuse of Materials)

4 - Excelling	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.