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

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

Strand: Wellness (Personal Wellness)

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

Strand: Growing Up (Growth and Development)

4 - Excelling	3 - Meeting	2 - Approaching	1 - Working Below
Consistently describes the	Easily describes the importance	Partially describes the	Not able to describes the
importance of proper hygiene	of proper hygiene practices.	importance of proper hygiene	importance of proper hygiene
practices.		practices.	practices.
Regularly lists changes that	Routinely lists changes that	Partially lists changes that occur	Hardly ever lists changes that
occur as a result of puberty.	occur as a result of puberty.	as a result of puberty.	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	Reliably explains healthy	Somewhat explains healthy	Is not able to explain healthy
decision making.	decision making.	decision making.	decision making.
Regularly lists the	Routinely lists the	At times lists the consequences	Hardly ever lists the
consequences of smoking.	consequences of smoking.	of smoking.	consequences of smoking.
Consistently compares	Usually compares stimulates	Occasionally compares	Never compares stimulates and
stimulates and depressants, as	and depressants, as well as	stimulates and depressants, as	depressants, as well as
well as identifies their effects.	identifies their effects.	well as identifies their effects.	identifies their effects.
Thoughtfully describes how	Generally describes how media	With some difficulty describes	Is not able to describe how
media messages affect	messages affect attitudes about	how media messages affect	media messages affect
attitudes about themselves and	themselves and others.	attitudes about themselves and	attitudes about themselves and
others.		others.	others.