

Health – Grade 7

Strand: Safety (Caring for Yourself, Your Family and Your Community)

Topic	4 - Excelling	3 - Meeting	2 - Approaching	1 - Working Below
Safety and Injury Prevention	Expertly describes the roles of community members in promoting safety and injury prevention.	Easily describes the roles of community members in promoting safety and injury prevention.	With prompting describes the roles of community members in promoting safety and injury prevention.	Unable to describe the roles of community members in promoting safety and injury prevention.
Diseases	Frequently lists and describes examples of infectious and non-infectious diseases, as well as their detection and prevention methods.	Generally lists and describes examples of infectious and non-infectious diseases, as well as their detection and prevention methods.	Sometimes lists and describes examples of infectious and non-infectious diseases, as well as their detection and prevention methods.	Rarely lists and describes examples of infectious and non-infectious diseases, as well as their detection and prevention methods.
Evidence	projects, collages			

Strand: Wellness (Personal Wellness)

	4 - Excelling	3 - Meeting	2 - Approaching	1 - Working Below
Personal Wellness	Consistently lists strategies for promoting personal wellness.	Routinely lists strategies for promoting personal wellness.	Partially lists strategies for promoting personal wellness.	Unable to list strategies for promoting personal wellness.
	Expertly lists needs pertaining to student wellness in school.	Easily lists needs pertaining to student wellness in school.	With prompting lists needs pertaining to student wellness in school.	Unable to list needs pertaining to student wellness in school.
	Thoughtfully describes the process required to implement and evaluate a change that improves student wellness in schools.	Generally describes the process required to implement and evaluate a change that improves student wellness in schools.	With some difficulty describes the process required to implement and evaluate a change that improves student wellness in schools.	Unable to describe the process required to implement and evaluate a change that improves student wellness in schools.
Evidence	presentations, journals, reports of interviews, personal wellness plans			

Health – Grade 7

Strand: Use, Misuse and Abuse (Use, Misuse and Abuse of Materials)

	4 - Excelling	3 - Meeting	2 - Approaching	1 - Working Below
Alcohol and Drugs	Expertly describes the negative effects of alcohol and drugs.	Easily describes the negative effects of alcohol and drugs.	With prompting describes the negative effects of alcohol and drugs.	Unable to describe the negative effects of alcohol and drugs.
Personal Safety	Through role play, frequently applies refusal skills when in personal safety situations.	Through role play, generally applies refusal skills when in personal safety situations.	Through role play, sometimes applies refusal skills when in personal safety situations.	Through role play, rarely applies refusal skills when in personal safety situations.
Healthy or Unhealthy Behaviours	Expertly identifies peer and media influences that impact choices of healthy or unhealthy behaviours.	Easily identifies peer and media influences that impact choices of healthy or unhealthy behaviours.	With prompting identifies peer and media influences that impact choices of healthy or unhealthy behaviours.	Unable to identify peer and media influences that impact choices of healthy or unhealthy behaviours.
Evidence	group work, research projects, presentations, scenarios, analysis of advertisement, application of decision-making model,			

Strand: Growth and Development

	4 - Excelling	3 - Meeting	2 - Approaching	1 - Working Below
Sexuality	Thoughtfully explains that sexuality impacts many aspects of each of our lives.	Generally explains that sexuality impacts many aspects of each of our lives.	Somewhat explains that sexuality impacts many aspects of each of our lives.	Unable to explain that sexuality impacts many aspects of each of our lives.
Reproductive Systems	Precisely identifies the structures and functions of male and female reproductive systems.	Reliably identifies the structures and functions of male and female reproductive systems.	Somewhat identifies the structures and functions of male and female reproductive systems.	Unable to identify the structures and functions of male and female reproductive systems.
Pregnancy and Childbirth	Expertly describes fertilization, pregnancy and childbirth.	Generally describes fertilization, pregnancy and childbirth.	Somewhat describes fertilization, pregnancy and childbirth.	Unable to describe fertilization, pregnancy and childbirth.
Relationships	Consistently judges different kinds of relationships.	Usually judges different kinds of relationships.	Occasionally judges different kinds of relationships.	Never judges different kinds of relationships.
Evidence	exit slips, worksheets, reflections sheets, self-assessment, research, presentations			