

Health – Grade 8

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

Topic	4 - Excelling	3 - Meeting	2 - Approaching	1 - Working Below
Risky Behaviours	Expertly outlines the relationship between high-risk behaviours and resulting consequences.	Easily outlines the relationship between high-risk behaviours and resulting consequences.	With some difficulty outlines the relationship between high-risk behaviours and resulting consequences.	Unable to outline the relationship between high-risk behaviours and resulting consequences.
Safety	Frequently describes how to promote safety and prevent injury/ illness.	Generally describes how to promote safety and prevent injury/ illness.	Sometimes describes how to promote safety and prevent injury/ illness.	Rarely describes how to promote safety and prevent injury/ illness.
Evidence	press or media release, role play, project, personal contracts			

Strand: Wellness (Personal Wellness)

Topic	4 - Excelling	3 - Meeting	2 - Approaching	1 - Working Below
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.
Health/Diseases	Expertly lists factors that enhance health or that cause illness.	Easily lists factors that enhance health or that cause illness.	With prompting lists factors that enhance health or that cause illness.	Unable to list factors that enhance health or that cause illness.
Stress	Thoughtfully identifies stressors in students' lives and strategies for coping with stress.	Generally identifies stressors in students' lives and strategies for coping with stress.	With some difficulty identifies stressors in students' lives and strategies for coping with stress.	Unable to identify stressors in students' lives and strategies for coping with stress.
Evidence	research projects, wellness wheel, KWL chart, role play,			

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

Topic	4 - Excelling	3 - Meeting	2 - Approaching	1 - Working Below
Addiction	Precisely explains what an addiction is and how it can make a person keep doing something unhealthy and destructive.	Appropriately explains what an addiction is and how it can make a person keep doing something unhealthy and destructive.	Somewhat explains what an addiction is and how it can make a person keep doing something unhealthy and destructive.	Unable to explain what an addiction is and how it can make a person keep doing something unhealthy and destructive.
Decision-making	Through role play, frequently applies decision-making skills as it relates to self and others.	Through role play, generally applies decision-making skills as it relates to self and others.	Through role play, sometimes applies decision-making skills as it relates to self and others.	Through role play, rarely applies decision-making skills as it relates to self and others.
Positive Role Model	Consistently defines the qualities of a positive role model.	Usually defines the qualities of a positive role model.	Partially defines the qualities of a positive role model.	Unable to define the qualities of a positive role model.
Healthy Behaviours	Thoughtfully identifies that many adolescents model safe and healthy behaviours.	Generally identifies that many adolescents model safe and healthy behaviours.	Somewhat identifies that many adolescents model safe and healthy behaviours.	Unable to identify that many adolescents model safe and healthy behaviours.
Evidence	interviews, student/teacher conferences, journals, reflections, role plays, essays			

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Strand: Growth and Development

	4 - Excelling	3 - Meeting	2 - Approaching	1 - Working Below
Media	Expertly explains the role of the media in establishing feelings and attitudes about ourselves and relationships with others.	Easily explains the role of the media in establishing feelings and attitudes about ourselves and relationships with others.	With prompting explains the role of the media in establishing feelings and attitudes about ourselves and relationships with others.	Unable to explain the role of the media in establishing feelings and attitudes about ourselves and relationships with others.
Responsibilities and sexually active	Insightfully confirms the choices, consequences and responsibilities that exist with becoming sexually active.	Appropriately confirms the choices, consequences and responsibilities that exist with becoming sexually active.	At times confirms the choices, consequences and responsibilities that exist with becoming sexually active.	Is unwilling or unable to confirm the choices, consequences and responsibilities that exist with becoming sexually active.
Sexual Orientation	Thoughtfully discusses sexual orientation issues.	Generally discusses sexual orientation issues.	Somewhat discusses sexual orientation issues.	Unable to discuss sexual orientation issues.
Evidence	worksheets, tests, quizzes, portfolios, presentations, debates, projects, essays,			