



High Performance Grade 9 Application (AP)				
Outcome	1 – Little Evidence With help, I understand parts of the simpler ideas and do a few of the simpler skills.	2 – Partial Evidence I understand the simpler ideas and can do the simpler skills. I am working on the more complex ideas and skills.	3 – Sufficient Evidence I understand the more complex ideas and can master the complex skills that are taught in class. I achieve the outcome.	4- Extensive Evidence I have a deep understanding of the complex ideas, and I can use the skills I have learned in situations that were not taught in class.
HP9 1.0 Examine and apply the principles of training to personal action plans and focus on the improvement and/or maintenance of health-related fitness plans.	I can identify fitness components AND the Principles of Training.	I can apply fitness components, the Principles of Training OR training methods to my action plan..	I can apply fitness components, the Principles of Training AND training methods to my action plan.	I can apply fitness components, the Principles of Training AND applicable training methods to my action plan, and explain the reasons for my choices.
	I have incorporated significantly less than 30 minutes of moderate to vigorous activity on a daily basis in my plan.	I am approaching 30 minutes of moderate to vigorous activity on a daily basis in my plan.	I have incorporated at least 30 minutes of moderate to vigorous activity on a daily basis in my plan.	I have incorporated at more than 30 minutes of moderate to vigorous activity on a daily basis in my plan.
	With extensive guidance , I provide some evidence that I have implemented parts of my fitness plan.	I provide some evidence that I have implemented parts of my fitness plan.	I provide convincing evidence that I have implemented my fitness plan.	I provide clear, extensive, and convincing evidence that I have implemented my fitness plan.
Comments				



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HP9 3.0 Develop an understanding of Canada’s Food Guide and apply the principles to enhancing and supporting personal fitness goals.	I can explain how to use Canada’s Food Guide.	I can make connections between the principles of Canada’s Food Guide and behaviors that support personal fitness goals.	I can show how the principles of Canada’s Food Guide have impacted personal decisions that enhance and support personal fitness goals.	I can recommend ways to use the principles of Canada’s Food Guide to enhance and support a variety of fitness goals.
Comments				