



| High Performance Grade 9 Decision-Making (DM) | | | | |
|---|---|--|---|---|
| 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 2.0 Demonstrate methods for preventing and managing injuries. | <ul style="list-style-type: none"> I can identify concepts of efficient movement that are important for safe exercising. | <ul style="list-style-type: none"> I can apply a few of the concepts of efficient movement that are important for safe exercising. | <ul style="list-style-type: none"> I can apply many of the concepts of efficient movement that are important for safe exercising. | <ul style="list-style-type: none"> I can assess how I apply the concepts of efficient movement that are important for safe exercising. |
| | <ul style="list-style-type: none"> With help, I can demonstrate how to care for a few injuries, demonstrate how to care for a few injuries that can occur during participation in physical activity in a variety of settings, using recommended safety precautions. | <ul style="list-style-type: none"> I can demonstrate how to care for a few injuries that can occur during participation in physical activity in a variety of settings, using recommended safety precautions. | <ul style="list-style-type: none"> I can demonstrate how to care for many injuries that can occur during participation in physical activity in a variety of settings, using recommended safety precautions. | <ul style="list-style-type: none"> I can demonstrate how to care for a wide variety injuries that can occur during participation in physical activity in a variety of settings, using recommended safety precautions. |
| Comments | | | | |



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| HP9 4.0 Develop informed conclusions about the benefits of physical activity and its relationship to health and wellness. | With help , I can list health-related benefits of physical activity. | I can list health-related benefits of physical activity AND describe the consequences of inactivity. | I can list health-related benefits of physical activity, describe the consequences of inactivity, AND explain why certain lifestyle behaviours can and cannot be modified. | I can explain how health-related benefits, consequences of inactivity AND lifestyle behaviours increase or decrease health risk. |
| Comments | | | | |
| HP9 5.0 Develop an understanding of safe and effective strategies for obtaining and maintaining a healthy body composition. | I can define the Body Mass Index (BMI) and can discuss its limitations. | I can engage in the skin fold measuring technique and can discuss its validity as related to body composition. | I can identify methods and strategies to help manage a healthy body composition and explain to what extent each is safe and effective. | I can apply safe, effective methods and strategies to manage a healthy body composition within my personal action plan (HP9 1.0). |
| Comments | | | | |

