



Health Grade 1 (Building On What I Already Know) Apply decisions (AP)				
OUTCOMES	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.
AP 1. 1 I can apply the steps of Stop, Think, and Do (with guidance) to develop healthy behaviours related to a healthy brain, heart, and lungs; healthy relationships; pedestrian/ street safety; and a healthy sense of self.	<ul style="list-style-type: none"> I can name the steps of “stop, think and do,” when making healthy choices. I am starting to recognize, but with little or no reflection on, personal choices that I make. 	<ul style="list-style-type: none"> I practice the steps of “stop, think and do” when making healthy choices, with guidance. I can reflect on my personal choices, and my ability to use “stop, think, and do,” with guidance. 	<ul style="list-style-type: none"> I practice the steps of “stop, think, and do” when making healthy choices. I can reflect on my personal choices and my ability to use “stop, think, and do.” 	<ul style="list-style-type: none"> I regularly apply the steps of “stop, think, and do” when making healthy choices in a variety of situations. I regularly reflect on my personal choices and can provide evidence of why some choices are more successful than others.
Comments				