

Health and Well Being

"Apply skills for a lifetime of health and well-being"

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Criteria	Mastering 4	Proficient 3	Developing 2	Emerging 1
Demonstrates motor skills/movement patterns	I can demonstrate competency by integrating in motor skills, appropriate for each individual's ability, to perform a variety of physical activities.	Frequently demonstrates competency in motor skills, appropriate for each individual's ability, to perform a variety of physical activities.	Occasionally demonstrates competency in motor skills, appropriate for each individual's ability, to perform a variety of physical activities.	Rarely demonstrates competency in motor skills, appropriate for each individual's ability, to perform a variety of physical activities.
Knowledge Application	Consistently applies movement concepts, principles, strategies and tactics as they relate to the learning and performance of physical activities.	Frequently applies movement concepts, principles, strategies and tactics as they relate to the learning and performance of physical activities.	Occasionally applies movement concepts, principles, strategies and tactics as they relate to the learning and performance of physical activities.	Rarely applies movement concepts, principles, strategies and tactics as they relate to the learning and performance of physical activities.
Healthy Goal Setting	Consistently demonstrates the ability to interpret personal wellness information to change and/or modify goals.	Frequently demonstrates the ability to interpret personal wellness information to change and/or modify goals.	Occasionally demonstrates the ability to interpret personal wellness information to change and/or modify goals.	Rarely demonstrates the ability to interpret personal wellness information to change and/or modify goals.

Values Physical Wellness	Consistently applies the principles of good health, nutrition and physical fitness.	Frequently applies the principles of good health, nutrition and physical fitness.	Occasionally applies the principles of good health, nutrition and physical fitness.	Rarely applies the principles of good health, nutrition and physical fitness.
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