



| <b>Health Grade 5</b><br><b>(Facing Obstacles and Embracing Opportunities)</b><br><b>Apply Decisions (AP)</b>  |                  |  |  |  |   |
|--|------------------|--|--|--|---|
| <b>OUTCOMES</b>  |                  | <b>1 – Little Evidence</b><br>With help, I understand parts of the simpler ideas and do a few of the simpler skills.   | <b>2 – Partial Evidence</b><br>I understand the simpler ideas and can do the simpler skills. I am working on the more complex ideas and skills.  | <b>3 – Sufficient Evidence</b><br>I understand the more complex ideas and can master the complex skills that are taught in class. <b>I achieve the outcome.</b>  | <b>4- Extensive Evidence</b><br>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.  |
| <b>AP 5. 1</b><br><b>I can design and implement, with guidance, two five-day action plans that embrace health opportunities or address health challenges related to personal eating practices, changes of puberty, impact of illness/disease, identity and well-being, violence, peer pressure, and self-regulation.</b> | <b>Design</b>    | <ul style="list-style-type: none"> <li>• <b>With frequent guidance,</b> I can design a brief outline for <b>AT LEAST ONE</b> five-day action plan, that answers <b>A FEW</b> of the following questions:               <ul style="list-style-type: none"> <li>• What will be done? (Goal)</li> <li>• Who will be involved?</li> <li>• Where will it take place?</li> <li>• When will it take place?</li> <li>• Why is this action being taken?</li> <li>• What supports are needed?</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• <b>With guidance,</b> I can design a brief outline for <b>AT LEAST ONE</b> five-day action plan, that answers <b>MANY</b> of the following questions:               <ul style="list-style-type: none"> <li>• What will be done? (Goal)</li> <li>• Who will be involved?</li> <li>• Where will it take place?</li> <li>• When will it take place?</li> <li>• Why is this action being taken?</li> <li>• What supports are needed?</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• <b>With minimal guidance,</b> I can design an outline for <b>TWO</b> five-day action plans, that answers <b>ALL</b> of the following questions:               <ul style="list-style-type: none"> <li>• What will be done? (Goal)</li> <li>• Who will be involved?</li> <li>• Where will it take place?</li> <li>• When will it take place?</li> <li>• Why is this action being taken?</li> <li>• What supports are needed?</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• <b>Independently,</b> I can design a <b>detailed</b> outline for <b>TWO</b> five-day action plans, that answers <b>ALL</b> of the following questions:               <ul style="list-style-type: none"> <li>• What will be done? (Goal)</li> <li>• Who will be involved?</li> <li>• Where will it take place?</li> <li>• When will it take place?</li> <li>• Why is this action being taken?</li> <li>• What supports are needed?</li> </ul> </li> </ul> |
|  | <b>Implement</b> | <ul style="list-style-type: none"> <li>• <b>With frequent guidance,</b> I can carry out the steps identified in at least <b>ONE</b> of my action plans.</li> </ul>   | <ul style="list-style-type: none"> <li>• <b>With guidance,</b> I can follow my outline to implement at least <b>ONE</b> five-day action plan.</li> </ul>   | <ul style="list-style-type: none"> <li>• <b>With minimal guidance,</b> I can follow my outline to <b>implement TWO</b> five-day action plans.</li> </ul>   | <ul style="list-style-type: none"> <li>• I can <b>show evidence of implementing TWO</b> five-day action plans, <b>AND</b> reflect on the implementation.</li> </ul>   |
| Comments   |                  |  |  |  |   |