

## Health Grade 4 (Sharing What It Means to Be Healthy) Decision-Making (DM)

| OUTCOMES  | 1 - Beginning<br>The student is having difficulty demonstrating an understanding of the concept.  | 2 – Approaching<br>The student is developing an understanding of the concept.  | 3 – Meeting<br>The student consistently demonstrates an understanding of the concept or has achieved the concept.  | 4- Exemplary<br>The student independently demonstrates an in-depth understanding of the concept, and consistently applies this knowledge to new situations.   |
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| <b>DM 4.1</b><br><b>I can investigate the importance of personal responsibility and communication in making informed decisions related to healthy eating and physical activity, prevention/management of health challenges, negotiating disagreements, safety and protection, personal identity, and stressors.</b> | <ul style="list-style-type: none"> <li>• <b>With help</b>, I can <b>identify</b> opportunities to demonstrate personal responsibility when making decisions related to <b>A FEW</b>:               <ul style="list-style-type: none"> <li>- Healthy eating and physical activity</li> <li>- Prevention/management of health challenges</li> <li>- Negotiating disagreements</li> <li>- Safety and protection</li> <li>- Personal identity</li> <li>- Stressors</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• I can <b>identify</b> opportunities to demonstrate personal responsibility when making decisions related to <b>MANY</b>:               <ul style="list-style-type: none"> <li>- Healthy eating and physical activity</li> <li>- Prevention/management of health challenges</li> <li>- Negotiating disagreements</li> <li>- Safety and protection</li> <li>- Personal identity</li> <li>- Stressors</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• I can <b>identify</b> opportunities to demonstrate personal responsibility when making decisions related to <b>ALMOST ALL</b>:               <ul style="list-style-type: none"> <li>- Healthy eating and physical activity</li> <li>- Prevention/management of health challenges</li> <li>- Negotiating disagreements</li> <li>- Safety and protection</li> <li>- Personal identity</li> <li>- Stressors</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• I can <b>demonstrate</b> personal responsibility when making decisions related to :               <ul style="list-style-type: none"> <li>- Healthy eating and physical activity</li> <li>- Prevention/management of health challenges</li> <li>- Negotiating disagreements</li> <li>- Safety and protection</li> <li>- Personal identity</li> <li>- Stressors</li> </ul> </li> </ul> |
|   | <ul style="list-style-type: none"> <li>• I can <b>recognize</b> examples that demonstrate personal responsibility <b>OR</b> those that do not.</li> </ul>   | <ul style="list-style-type: none"> <li>• I can <b>identify</b> examples that demonstrate personal responsibility <b>AND</b> those that do not.</li> </ul>  | <ul style="list-style-type: none"> <li>• I can <b>compare</b> examples that demonstrate personal responsibility <b>AND</b> those that do not.</li> </ul>   | <ul style="list-style-type: none"> <li>• I can <b>propose</b> the possible outcomes/consequences of demonstrating personal responsibility.</li> </ul>   |
| Comments  |   |  |  |   |