

Strand: 5.5.5 Choose a healthy option when making a decision.			
Topic: Wellness			
Level: 5th			
Score 4.0	In addition to Score 3.0, in-depth inferences and applications that go beyond what was taught.		Sample Tasks
	3.5	In addition to score 3.0 performance, in-depth inferences and applications with partial success.	
Score 3.0	<p>The student:</p> <ul style="list-style-type: none"> • Choose a healthy option when making a decision (i.e. food/nutrition) <p>The student exhibits no major errors or omissions.</p>		<ul style="list-style-type: none"> • Create a balanced meal based upon the inclusion of all six nutrients in a meal. • Recognize how much of each food group/nutrient should be eaten per day in comparison to others.
	2.5	No major errors or omissions regarding 2.0 content and partial knowledge of the 3.0 content.	
Score 2.0	<p>There are no major errors or omissions regarding the simpler details and processes as the student:</p> <ul style="list-style-type: none"> • recognizes or recalls specific terminology, such as: <ul style="list-style-type: none"> ○ Food group, nutrient • performs basic processes, such as: <ul style="list-style-type: none"> ○ Identifying fruits and vegetables; choose healthier foods when compared to others. <p>However, the student exhibits major errors or omissions regarding the more complex ideas and processes.</p>		<ul style="list-style-type: none"> • Place foods in correct food groups • Identify which foods are more beneficial for the body. • Identify all sections of the food pyramid and choose my plate diagram.
	1.5	Partial knowledge of the 2.0 content, but major errors or omissions regarding the 3.0 content.	
Score 1.0	With help, a partial understanding of some of the simpler details and processes and some of the more complex ideas and processes.		
	0.5	With help, a partial understanding of the 2.0 content, but not the 3.0 content.	
Score 0.0	Even with help, no understanding or skill demonstrated.		

Strand: 5.6.1 Set a personal health goal and track progress toward its achievement.

Topic: Wellness

Level: 5th

Score 4.0	In addition to Score 3.0, in-depth inferences and applications that go beyond what was taught.		Sample Tasks
			Set and exceed personal achievement goals for fitness and overall body composition by incorporating exercise and nutrition.
	3.5	In addition to score 3.0 performance, in-depth inferences and applications with partial success.	
Score 3.0	<p>The student:</p> <ul style="list-style-type: none"> Set a personal health goal and track progress toward its achievement. <p>The student exhibits no major errors or omissions.</p>		<ul style="list-style-type: none"> Set goals for flexibility improvement Track progress using fitness test records
	2.5	No major errors or omissions regarding 2.0 content and partial knowledge of the 3.0 content.	
Score 2.0	<p>There are no major errors or omissions regarding the simpler details and processes as the student:</p> <ul style="list-style-type: none"> recognizes or recalls specific terminology, such as: <ul style="list-style-type: none"> Goal, challenge, practice performs basic processes, such as: <ul style="list-style-type: none"> stretching <p>However, the student exhibits major errors or omissions regarding the more complex ideas and processes.</p>		<ul style="list-style-type: none"> Sets unattainable goals for flexibility.
	1.5	Partial knowledge of the 2.0 content, but major errors or omissions regarding the 3.0 content.	
Score 1.0	With help, a partial understanding of some of the simpler details and processes and some of the more complex ideas and processes.		
	0.5	With help, a partial understanding of the 2.0 content, but not the 3.0 content.	
Score 0.0	Even with help, no understanding or skill demonstrated.		

Strand: RT.4 Determine the meaning of symbols, key terms, and other domain-specific words and phrases as they are used in a specific scientific or technical context relevant to grades 6-8 texts and topics.			
Topic: Wellness			
Level: 5th			
Score 4.0	In addition to Score 3.0, in-depth inferences and applications that go beyond what was taught.		Sample Tasks
	3.5	In addition to score 3.0 performance, in-depth inferences and applications with partial success.	Student defines all key terms with no assistance.
Score 3.0	<p>The student:</p> <ul style="list-style-type: none"> Is able to determine the meaning of key terms and phrases as they are used in context with wellness topics. <p>The student exhibits no major errors or omissions.</p>		<ul style="list-style-type: none"> Performs and demonstrates correctly when teacher gives verbal cues
	2.5	No major errors or omissions regarding 2.0 content and partial knowledge of the 3.0 content.	
Score 2.0	<p>There are no major errors or omissions regarding the simpler details and processes as the student:</p> <ul style="list-style-type: none"> recognizes or recalls specific terminology, such as: <ul style="list-style-type: none"> Nutrient, Heart Rate, Locomotor Movements, Nonlocomotor Movements, Pace, Endurance performs basic processes, such as: <ul style="list-style-type: none"> matching definitions, demonstration, verbal questioning <p>However, the student exhibits major errors or omissions regarding the more complex ideas and processes.</p>		<ul style="list-style-type: none"> Incorrectly demonstrates specific terminology Is unable to explain and define key terms
	1.5	Partial knowledge of the 2.0 content, but major errors or omissions regarding the 3.0 content.	
Score 1.0	With help, a partial understanding of some of the simpler details and processes and some of the more complex ideas and processes.		
	0.5	With help, a partial understanding of the 2.0 content, but not the 3.0 content.	
Score 0.0	Even with help, no understanding or skill demonstrated.		

Strand: Distinguish healthy options over unhealthy options when making a decision.

Topic: Wellness

Level: 6th

Score 4.0	In addition to Score 3.0, in-depth inferences and applications that go beyond what was taught.		Sample Tasks
	Describe what the food will do to benefit the body by defining the purpose of each nutrient.		
	3.5	In addition to score 3.0 performance, in-depth inferences and applications with partial success.	
Score 3.0	The student: <ul style="list-style-type: none"> • Is able to distinguish healthy food options over unhealthy food options when making a decision. The student exhibits no major errors or omissions.		<ul style="list-style-type: none"> • Choose the healthiest food when comparing three • Describe why one choice is healthier based upon nutrients within food.
	2.5	No major errors or omissions regarding 2.0 content and partial knowledge of the 3.0 content.	
Score 2.0	There are no major errors or omissions regarding the simpler details and processes as the student: <ul style="list-style-type: none"> • recognizes or recalls specific terminology, such as: <ul style="list-style-type: none"> ○ Calorie, Sugar, Sodium, Nutrient, Vitamin • performs basic processes, such as: <ul style="list-style-type: none"> ○ Finding each element of food on a Nutrition Label However, the student exhibits major errors or omissions regarding the more complex ideas and processes.		<ul style="list-style-type: none"> • Identify location of each element of food on a Nutrition Label • Identify which nutrients our bodies receive from eating the food • Separate foods into food groups, knowing how much of each food we need per day.
	1.5	Partial knowledge of the 2.0 content, but major errors or omissions regarding the 3.0 content.	
Score 1.0	With help, a partial understanding of some of the simpler details and processes and some of the more complex ideas and processes.		
	0.5	With help, a partial understanding of the 2.0 content, but not the 3.0 content.	
Score 0.0	Even with help, no understanding or skill demonstrated.		

Strand: Identify practices to avoid or reduce health risks to self and others.

Topic: Wellness

Level: 6th

Score 4.0	In addition to Score 3.0, in-depth inferences and applications that go beyond what was taught.		Sample Tasks
	Personally sets goals to apply knowledge to advocate for disease prevention.		
	3.5	In addition to score 3.0 performance, in-depth inferences and applications with partial success.	
Score 3.0	The student: <ul style="list-style-type: none"> • Identifies practices to avoid or reduce health risks to self and others. The student exhibits no major errors or omissions.		<ul style="list-style-type: none"> • Provides practical application of preventative measures for specific disease.
	2.5	No major errors or omissions regarding 2.0 content and partial knowledge of the 3.0 content.	
Score 2.0	There are no major errors or omissions regarding the simpler details and processes as the student: <ul style="list-style-type: none"> • recognizes or recalls specific terminology, such as: <ul style="list-style-type: none"> ○ Proactive, Treatment, Transmission, Cause, Symptoms • performs basic processes, such as: <ul style="list-style-type: none"> ○ Research specific disease information using books, articles, internet sources, etc. However, the student exhibits major errors or omissions regarding the more complex ideas and processes.		<ul style="list-style-type: none"> • Identify key terms • Use resources to find information
	1.5	Partial knowledge of the 2.0 content, but major errors or omissions regarding the 3.0 content.	
Score 1.0	With help, a partial understanding of some of the simpler details and processes and some of the more complex ideas and processes.		
	0.5	With help, a partial understanding of the 2.0 content, but not the 3.0 content.	
Score 0.0	Even with help, no understanding or skill demonstrated.		

Strand: Deliver focused coherent presentations that convey ideas clearly and relate to the background and interests of the audience. They evaluate the content of oral communication. Students deliver well-organized formal presentations using traditional speech strategies.		
Topic: Wellness		
Level: 6th		
Score 4.0	In addition to Score 3.0, in-depth inferences and applications that go beyond what was taught.	
		Sample Tasks
		Student memorizes speech, using eye contact and projects voice. All terms are pronounced correctly with complete understanding.
	3.5	In addition to score 3.0 performance, in-depth inferences and applications with partial success.
Score 3.0	The student: <ul style="list-style-type: none"> Delivers coherent presentations conveying ideas clearly using well-organized formal speech strategies. The student exhibits no major errors or omissions.	
		<ul style="list-style-type: none"> Speaks clearly to audience Organizes ideas for audience knowledge using relative vocabulary
	2.5	No major errors or omissions regarding 2.0 content and partial knowledge of the 3.0 content.
Score 2.0	There are no major errors or omissions regarding the simpler details and processes as the student: <ul style="list-style-type: none"> recognizes or recalls specific terminology, such as: <ul style="list-style-type: none"> Speech, Communicate, Relate, Organized performs basic processes, such as: <ul style="list-style-type: none"> Information, Speech, Loud, Clear However, the student exhibits major errors or omissions regarding the more complex ideas and processes.	
		<ul style="list-style-type: none"> Shares basic Identify what is needed to be presented for class.
	1.5	Partial knowledge of the 2.0 content, but major errors or omissions regarding the 3.0 content.
Score 1.0	With help, a partial understanding of some of the simpler details and processes and some of the more complex ideas and processes.	
	0.5	With help, a partial understanding of the 2.0 content, but not the 3.0 content.
Score 0.0	Even with help, no understanding or skill demonstrated.	