

Health-related Fitness – 9.1

Active Living, Skillful Movement, Relationships

Name: _____

Date: _____

Level Four	Level Three	Level Two	Level One
Consistently and independently applies the principles of training while participating in movement activities, demonstrating and using developmentally appropriate training techniques, which focus on one or more health-related fitness components.	Frequently applies the principles of training while participating in movement activities, demonstrating and using developmentally appropriate training techniques, which focus on one or more health-related fitness components.	Occasionally applies the principles of training while participating in movement activities, demonstrating and using developmentally appropriate training techniques, which focus on one or more health-related fitness components.	Has not applied the principles of training while participating in movement activities, demonstrating and using developmentally appropriate training techniques, which focus on one or more health-related fitness components.
Consistently and independently creates, implements, evaluates and revises a personal health-related fitness plan that illustrates the use of the principles of training and incorporates a minimum of 30 minutes of moderate to vigorous activity on a daily basis.	Frequently creates, implements, evaluates and revises a personal health-related fitness plan that illustrates the use of the principles of training and incorporates a minimum of 30 minutes of moderate to vigorous activity on a daily basis.	Occasionally creates, implements, evaluates and revises a personal health-related fitness plan that illustrates the use of the principles of training and incorporates a minimum of 30 minutes of moderate to vigorous activity on a daily basis.	Has not created, implemented, evaluated and revised a personal health-related fitness plan that illustrates the use of the principles of training and incorporates a minimum of 30 minutes of moderate to vigorous activity on a daily basis.
Consistently and independently compares personal fitness performance on appraisals to both previous results and credible fitness standards, to evaluate and revise personal goals.	Frequently compares personal fitness performance on appraisals to both previous results and credible fitness standards, to evaluate and revise personal goals.	Occasionally compares personal fitness performance on appraisals to both previous results and credible fitness standards, to evaluate and revise personal goals.	Has not compared personal fitness performance on appraisals to both previous results and credible fitness standards, to evaluate and revise personal goals.
Consistently and independently assesses fitness plans of self and others.	Frequently assesses fitness plans of self and others.	Occasionally assesses fitness plans of self and others.	Has not assessed fitness plans of self and others.
Consistently and independently identifies and incorporates into action plans, movement activities of personal preference that support increased fitness and enjoyment.	Frequently identifies and incorporates into action plans, movement activities of personal preference that support increased fitness and enjoyment.	Occasionally identifies and incorporates into action plans, movement activities of personal preference that support increased fitness and enjoyment.	Has not identified and incorporated into action plans, movement activities of personal preference that support increased fitness and enjoyment.
Consistently and independently maintains THRZ for a minimum of 12 consecutive minutes.	Frequently maintains THRZ for a minimum of 12 consecutive minutes.	Occasionally maintains THRZ for a minimum of 12 consecutive minutes.	Has not maintained THRZ for a minimum of 12 consecutive minutes.



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Body Composition – 9.2

*Active Living, **Skillful Movement**, Relationships*

Name: _____

Date: _____

Level Four	Level Three	Level Two	Level One
Consistently and independently determines the safety and factual benefits of commercialized means promoted for managing body weight and composition based on class-established criteria.	Frequently determines the safety and factual benefits of commercialized means promoted for managing body weight and composition based on class-established criteria.	Occasionally determines the safety and factual benefits of commercialized means promoted for managing body weight and composition based on class-established criteria.	Has not determined the safety and factual benefits of commercialized means promoted for managing body weight and composition based on class-established criteria.
Consistently and independently offers conclusions as to why society may be attracted to commercially promoted means of weight loss.	Frequently offers conclusions as to why society may be attracted to commercially promoted means of weight loss.	Occasionally offers conclusions as to why society may be attracted to commercially promoted means of weight loss.	Has not offered conclusions as to why society may be attracted to commercially promoted means of weight loss.
Consistently and independently debates the pros and cons of commercially promoted means of managing weight and body composition.	Frequently debates the pros and cons of commercially promoted means of managing weight and body composition.	Occasionally debates the pros and cons of commercially promoted means of managing weight and body composition.	Has not debated the pros and cons of commercially promoted means of managing weight and body composition.
Consistently and independently provides reasons as to how the “fitness and weight control” industry might affect body image.	Frequently provides reasons as to how the “fitness and weight control” industry might affect body image.	Occasionally provides reasons as to how the “fitness and weight control” industry might affect body image.	Has not provided reasons as to how the “fitness and weight control” industry might affect body image.
Consistently and independently analyzes the benefits of various commercially promoted pieces of fitness equipment.	Frequently analyzes the benefits of various commercially promoted pieces of fitness equipment.	Occasionally analyzes the benefits of various commercially promoted pieces of fitness equipment.	Has not analyzed the benefits of various commercially promoted pieces of fitness equipment.

Core Strength – 9.3

Active Living, Skillful Movement, Relationships

Name: _____

Date: _____

Level Four	Level Three	Level Two	Level One
Consistently and independently demonstrates an understanding of the distinction between core muscles and joint muscles.	Frequently demonstrates an understanding of the distinction between core muscles and joint muscles.	Occasionally demonstrates an understanding of the distinction between core muscles and joint muscles.	Has not demonstrated an understanding of the distinction between core muscles and joint muscles.
Consistently and independently explains the safety issues that are common to, and unique to, the development of strength in core muscles and joint muscles.	Frequently explains the safety issues that are common to, and unique to, the development of strength in core muscles and joint muscles.	Occasionally explains the safety issues that are common to, and unique to, the development of strength in core muscles and joint muscles.	Has not explained the safety issues that are common to, and unique to, the development of strength in core muscles and joint muscles.
Consistently and independently creates and implements workout routines that focus on the development and maintenance of core strength.	Frequently creates and implements workout routines that focus on the development and maintenance of core strength.	Occasionally creates and implements workout routines that focus on the development and maintenance of core strength.	Has not created and implemented workout routines that focus on the development and maintenance of core strength.
Consistently and independently incorporates equipment and technology into workout routines that focus on the development of core strength.	Frequently incorporates equipment and technology into workout routines that focus on the development of core strength.	Occasionally incorporates equipment and technology into workout routines that focus on the development of core strength.	Has not incorporated equipment and technology into workout routines that focus on the development of core strength.
Consistently and independently articulates the advantages of focusing on the development of core strength as a means to support active living as well as performance in movement activities.	Frequently articulates the advantages of focusing on the development of core strength as a means to support active living as well as performance in movement activities.	Occasionally articulates the advantages of focusing on the development of core strength as a means to support active living as well as performance in movement activities.	Has not articulated the advantages of focusing on the development of core strength as a means to support active living as well as performance in movement activities.
Consistently and independently explains the concept of core strength training as it relates to the body muscular system.	Frequently explains the concept of core strength training as it relates to the body muscular system.	Occasionally explains the concept of core strength training as it relates to the body muscular system.	Has not explained the concept of core strength training as it relates to the body muscular system.

Skill Related Fitness – 9.4

Active Living, Skillful Movement, Relationships

Name: _____

Date: _____

Level Four	Level Three	Level Two	Level One
Consistently and independently implements pre-assessment and post-assessment strategies for determining progress in a self-selected component of skill-related fitness.	Frequently implements pre-assessment and post-assessment strategies for determining progress in a self-selected component of skill-related fitness.	Occasionally implements pre-assessment and post-assessment strategies for determining progress in a self-selected component of skill-related fitness.	Has not implemented pre-assessment and post-assessment strategies for determining progress in a self-selected component of skill-related fitness.
Consistently and independently, researches, designs and implements a detailed plan to improve one self-selected skill-related component of fitness.	Frequently designs and implements a detailed plan to improve one self-selected skill-related component of fitness.	Occasionally designs and implements a detailed plan to improve one self-selected skill-related component of fitness.	Has not designed and implemented a detailed plan to improve one self-selected skill-related component of fitness.
Consistently and independently critiques personal plan to determine what worked well and what did not work well.	Frequently critiques personal plan to determine what worked well and what did not work well	Occasionally critiques personal plan to determine what worked well and what did not work well.	Has not critiqued personal plan to determine what worked well and what did not work well.
Consistently and independently makes conclusions about personal strengths and weaknesses in skill-related components of fitness through participation in skillful movement activities.	Frequently makes conclusions about personal strengths and weaknesses in skill-related components of fitness through participation in skillful movement activities.	Occasionally makes conclusions about personal strengths and weaknesses in skill-related components of fitness through participation in skillful movement activities.	Has not made conclusions about personal strengths and weaknesses in skill-related components of fitness through participation in skillful movement activities.

Notes:

Complex Skills – 9.5

Active Living, Skillful Movement, Relationships

Name: _____

Date: _____

Level Four	Level Three	Level Two	Level One
Consistently and independently applies principles of practice to a plan to improve performance in self-selected complex skill.	Frequently applies principles of practice to a plan to improve performance in self-selected complex skill.	Occasionally applies principles of practice to a plan to improve performance in self-selected complex skill.	Has not applied principles of practice to a plan to improve performance in self-selected complex skill.
Consistently and independently uses feedback to determine strengths and weaknesses in self-selected complex skills.	Frequently uses feedback to determine strengths and weaknesses in self-selected complex skills.	Occasionally uses feedback to determine strengths and weaknesses in self-selected complex skills.	Has not used feedback to determine strengths and weaknesses in self-selected complex skills.
Consistently and independently creates and implements a plan to improve performance in each of 4 selected complex movement skills.	Frequently creates and implements a plan to improve performance in each of 4 selected complex movement skills.	Occasionally creates and implements a plan to improve performance in each of 4 selected complex movement skills.	Has not created and implements a plan to improve performance in each of 4 selected complex movement skills.
Consistently and independently provides meaningful feedback on skill performance of self and others that can be a focus for improvement.	Frequently provides meaningful feedback on skill performance of self and others that can be a focus for improvement.	Occasionally provides meaningful feedback on skill performance of self and others that can be a focus for improvement.	Has not provided meaningful feedback on skill performance of self and others that can be a focus for improvement.
Consistently and independently researches, represents and applies the biomechanical principles of selected skills to correct errors.	Frequently researches, represents and applies the biomechanical principles of selected skills to correct errors.	Occasionally researches, represents and applies the biomechanical principles of selected skills to correct errors.	Has not researched, represented and applied the biomechanical principles of selected skills to correct errors.
Consistently and independently identifies all the components of fitness that are significant influences on the performance of particular complex skills.	Frequently identifies all the components of fitness that are significant influences on the performance of particular complex skills.	Occasionally identifies all the components of fitness that are significant influences on the performance of particular complex skills.	Has not identified all the components of fitness that are significant influences on the performance of particular complex skills.
Consistently and independently discusses and practices mental imagery.	Frequently discusses and practices mental imagery.	Occasionally discusses and practices mental imagery.	Has not discussed and practices mental imagery.

Games, Tactics & Strategies – 9.6

*Active Living, **Skillful Movement**, Relationships*

Name: _____

Date: _____

Level Four	Level Three	Level Two	Level One
Consistently and independently fully engages in a variety of game situations to practice the application of tactics, strategies, rules and skills of play.	Frequently fully engages in a variety of game situations to practice the application of tactics, strategies, rules and skills of play.	Occasionally fully engages in a variety of game situations to practice the application of tactics, strategies, rules and skills of play.	Has not fully engaged in a variety of game situations to practice the application of tactics, strategies, rules and skills of play.
Consistently and independently considers tactical and strategic options, as well as appropriate application of the rules and skills of the games, both full and lead up.	Frequently considers tactical and strategic options, as well as appropriate application of the rules and skills of the games, both full and lead up.	Occasionally considers tactical and strategic options, as well as appropriate application of the rules and skills of the games, both full and lead up.	Has not considered tactical and strategic options, as well as appropriate application of the rules and skills of the games, both full and lead up.
Consistently and independently demonstrates an understanding of effective tactical and strategic decisions to be used in given game situations.	Frequently demonstrates an understanding of effective tactical and strategic decisions to be used in given game situations.	Occasionally demonstrate an understanding of effective tactical and strategic decisions to be used in given game situations.	Has not demonstrated an understanding of effective tactical and strategic decisions to be used in given game situations.
Consistently and independently works towards a level of automation in the application of tactical decisions while participating in game situations.	Frequently works towards a level of automation in the application of tactical decisions while participating in game situations.	Occasionally works towards a level of automation in the application of tactical decisions while participating in game situations.	Has not works towards a level of automation in the application of tactical decisions while participating in game situations.



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Alternate Environment – 9.7

Active Living, Skillful Movement, Relationships

Name: _____

Date: _____

Level Four	Level Three	Level Two	Level One
Consistently and independently fully engages in a variety of alternate environment activities to practice the application of tactics and strategies.	Frequently fully engages in a variety of alternate environment activities to practice the application of tactics and strategies.	Occasionally fully engages in a variety of alternate environment activities to practice the application of tactics and strategies.	Has not fully engaged in a variety of alternate environment activities to practice the application of tactics and strategies.
Consistently and independently demonstrates responsible behaviours which support the enjoyment of and sustained involvement in, alternate environment activities.	Frequently demonstrates responsible behaviours which support the enjoyment of and sustained involvement in, alternate environment activities.	Occasionally demonstrates responsible behaviours which support the enjoyment of and sustained involvement in, alternate environment activities.	Has not demonstrated responsible behaviours which support the enjoyment of and sustained involvement in, alternate environment activities.
Consistently and independently demonstrates an understanding of how to prepare and preserve the natural environment when using it for activities.	Frequently demonstrates an understanding of how to prepare and preserve the natural environment when using it for activities.	Occasionally demonstrates an understanding of how to prepare and preserve the natural environment when using it for activities.	Has not demonstrated an understanding of how to prepare and preserve the natural environment when using it for activities.
Consistently and independently analyzes requirements and creates and implements plans to engage in 'new-to-me' alternate environment activities.	Frequently analyzes requirements and creates and implements plans to engage in 'new-to-me' alternate environment activities.	Occasionally analyzes requirements and creates and implements plans to engage in 'new-to-me' alternate environment activities.	Has not analyzed requirements and created and implemented plans to engage in 'new-to-me' alternate environment activities.

Notes:

Body Management – 9.8

Active Living, Skillful Movement, Relationships

Name: _____

Date: _____

Level Four	Level Three	Level Two	Level One
Consistently and independently participates in a variety of social dances or cultural dances.	Frequently participates in a variety of social dances or cultural dances	Occasionally participates in a variety of social dances or cultural dances	Has not participated in a variety of social dances or cultural dances
Consistently and independently participates in body management activities alone and with others.	Frequently participates in body management activities alone and with others.	Occasionally participates in body management activities alone and with others.	Has not participated in body management activities alone and with others.
Consistently and independently assesses the physical, emotional, mental and spiritual well-being of participation in body management activities.	Frequently assesses the physical, emotional, mental and spiritual well-being of participation in body management activities.	Occasionally assesses the physical, emotional, mental and spiritual well-being of participation in body management activities.	Has not assessed the physical, emotional, mental and spiritual well-being of participation in body management activities.
Consistently and independently determines own preference for participation in body management activities for supporting various dimensions of the whole person.	Frequently determines own preference for participation in body management activities for supporting various dimensions of the whole person.	Occasionally determines own preference for participation in body management activities for supporting various dimensions of the whole person.	Has not determined own preference for participation in body management activities for supporting various dimensions of the whole person.

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Volunteerism & Leadership – 9.9

Active Living, Skillful Movement, Relationships

Name: _____

Date: _____

Level Four	Level Three	Level Two	Level One
Consistently and independently uses a democratic decision-making process to select the best options for a group-led movement activity event.	Frequently uses a democratic decision-making process to select the best options for a group-led movement activity event.	Occasionally uses a democratic decision-making process to select the best options for a group-led movement activity event.	Has not used a democratic decision-making process to select the best options for a group-led movement activity event.
Consistently and independently analyzes the aspects that must be considered in order to run a movement activity event for others.	Frequently analyzes the aspects that must be considered in order to run a movement activity event for others.	Occasionally analyzes the aspects that must be considered in order to run a movement activity event for others.	Has not analyzed the aspects that must be considered in order to run a movement activity event for others.
Consistently and independently follows through with a personal commitment to carry out an aspect of organizing and running a movement activity event.	Frequently follows through with a personal commitment to carry out an aspect of organizing and running a movement activity event.	Occasionally follows through with a personal commitment to carry out an aspect of organizing and running a movement activity event.	Has not followed through with a personal commitment to carry out an aspect of organizing and running a movement activity event.
Consistently and independently collaborates with others in organizing, promoting, and running a movement activity event.	Frequently collaborates with others in organizing, promoting, and running a movement activity event.	Occasionally collaborates with others in organizing, promoting, and running a movement activity event.	Has not collaborated with others in organizing, promoting, and running a movement activity event.

Notes:

Influences – 9.10

Active Living, Skillful Movement, Relationships

Name: _____

Date: _____

Level 4	Level 3	Level 2	Level 1
Consistently and independently identifies the various mediums through which our understanding, beliefs, and attitudes regarding active living are influenced.	Frequently identifies the various mediums through which our understanding, beliefs, and attitudes regarding active living are influenced.	Occasionally identifies the various mediums through which our understanding, beliefs, and attitudes regarding active living are influenced.	Has not identified the various mediums through which our understanding, beliefs, and attitudes regarding active living are influenced.
Consistently and independently analyzes the impact of promotional strategies on active living.	Frequently analyzes the impact of promotional strategies on active living.	Occasionally analyzes the impact of promotional strategies on active living.	Has not analyzed the impact of promotional strategies on active living.
Consistently and independently explains the variety of benefits associated with participation in publicly promoted movement activity events such as a charity walk/run.	Frequently explains the variety of benefits associated with participation in publicly promoted movement activity events such as a charity walk/run.	Occasionally explains the variety of benefits associated with participation in publicly promoted movement activity events such as a charity walk/run.	Has not explained the variety of benefits associated with participation in publicly promoted movement activity events such as a charity walk/run.
Consistently and independently debates the influence of television on attitudes towards participation in movement activities and as a means of promoting mass participation in regular movement activity.	Frequently debates the influence of television on attitudes towards participation in movement activities and as a means of promoting mass participation in regular movement activity.	Occasionally debates the influence of television on attitudes towards participation in movement activities and as a means of promoting mass participation in regular movement activity.	Has not debated the influence of television on attitudes towards participation in movement activities and as a means of promoting mass participation in regular movement activity.



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Prevention & Care – 9.11

Active Living, Skillful Movement, Relationships

Name: _____

Date: _____

Level Four	Level Three	Level Two	Level One
Consistently and independently identifies and applies the biomechanical concepts of efficient movement that are important for safe exercising.	Frequently identifies and applies the biomechanical concepts of efficient movement that are important for safe exercising.	Occasionally identifies and applies the biomechanical concepts of efficient movement that are important for safe exercising.	Has not identified and applied the biomechanical concepts of efficient movement that are important for safe exercising.
Consistently and independently demonstrates how to care for a variety of injuries, using safety precautions, which can occur during participation in physical activity in a variety of settings.	Frequently demonstrates how to care for a variety of injuries, using safety precautions, which can occur during participation in physical activity in a variety of settings.	Occasionally demonstrates how to care for a variety of injuries, using safety precautions, which can occur during participation in physical activity in a variety of settings.	Has not demonstrated how to care for a variety of injuries, using safety precautions, which can occur during participation in physical activity in a variety of settings.
Consistently and independently proposes and practices options for how to support injured joints.	Frequently proposes and practices options for how to support injured joints.	Occasionally proposes and practices options for how to support injured joints.	Has not proposed and practiced options for how to support injured joints.
Consistently and independently connects the understanding and skills being developed with career options associated with the prevention and care of activity-related injuries.	Frequently connects the understanding and skills being developed with career options associated with the prevention and care of activity-related injuries.	Occasionally the understanding and skills being developed with career options associated with the prevention and care of activity-related injuries.	Has not connected the understanding and skills being developed with career options associated with the prevention and care of activity-related injuries.

Notes:



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Respectful Behaviour – 9.12

Active Living, Skillful Movement, Relationships

Name: _____

Date: _____

Level Four	Level Three	Level Two	Level One
Consistently and independently analyzes the impact that various issues associated with participation in sport have on society in general and personal social behaviours specifically.	Frequently analyzes the impact that various issues associated with participation in sport have on society in general and personal social behaviours specifically.	Occasionally analyzes the impact that various issues associated with participation in sport have on society in general and personal social behaviours specifically.	Has not analyzed the impact that various issues associated with participation in sport have on society in general and personal social behaviours specifically.
Consistently and independently demonstrates a personal commitment to positive social behavior while participating in and watching movement activities.	Frequently demonstrates a personal commitment to positive social behavior while participating in and watching movement activities.	Occasionally demonstrates a personal commitment to positive social behavior while participating in and watching movement activities.	Has not demonstrated a personal commitment to positive social behavior while participating in and watching movement activities.
Consistently and independently describes the characteristics of specific positive role models who are involved in movement activities.	Frequently describes the characteristics of specific positive role models who are involved in movement activities.	Occasionally describes the characteristics of specific positive role models who are involved in movement activities.	Has not describes the characteristics of specific positive role models who are involved in movement activities.
Consistently and independently debates issues related to participation in movement activities that reflect individual standards for acceptable behavior in social situations.	Frequently debates issues related to participation in movement activities that reflect individual standards for acceptable behavior in social situations.	Occasionally debates issues related to participation in movement activities that reflect individual standards for acceptable behavior in social situations.	Has not debated issues related to participation in movement activities that reflect individual standards for acceptable behavior in social situations.

Notes:

Contemporary Culture – 9.13

Active Living, Skillful Movement, Relationships

Name: _____

Date: _____

Level 4	Level 3	Level 2	Level 1
Consistently and independently proposes and discusses connections between the types and levels of participation of self and others in movement activities.	Frequently proposes and discusses connections between the types and levels of participation of self and others in movement activities.	Occasionally proposes and discusses connections between the types and levels of participation of self and others in movement activities.	Has not proposed and discussed connections between the types and levels of participation of self and others in movement activities.
Consistently and independently expresses insights on how Canada's success at World level athletic competitions impacts movement activity options at the provincial and local level.	Frequently expresses insights on how Canada's success at World level athletic competitions impacts movement activity options at the provincial and local level.	Occasionally expresses insights on how Canada's success at World level athletic competitions impacts movement activity options at the provincial and local level.	Has not expressed insights on how Canada's success at World level athletic competitions impacts movement activity options at the provincial and local level.
Consistently and independently provides insight in response to questions such as "Has society gone too far in its concern for safety?" and "Is there a role for government to play in controlling the activity levels of its citizens?"	Frequently provides insight in response to questions such as "Has society gone too far in its concern for safety?" and "Is there a role for government to play in controlling the activity levels of its citizens?"	Occasionally provides insight in response to questions such as "Has society gone too far in its concern for safety?" and "Is there a role for government to play in controlling the activity levels of its citizens?"	Has not provided insight in response to questions such as "Has society gone too far in its concern for safety?" and "Is there a role for government to play in controlling the activity levels of its citizens?"
Consistently and independently explore and discuss contemporary opportunities and challenges that can influence personal standards and decisions related to participation in movement activities.	Frequently explore and discuss contemporary opportunities and challenges that can influence personal standards and decisions related to participation in movement activities.	Occasionally explore and discuss contemporary opportunities and challenges that can influence personal standards and decisions related to participation in movement activities.	Has not explored and discussed contemporary opportunities and challenges that can influence personal standards and decisions related to participation in movement activities.

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