

Grade 1 PE & Health Proficiency Scale Trimester 1

	Novice	Approaching	Proficient	Advanced
Health Concepts	Identifies a way how school or community helps my health and one way to seek help with structured support.	Identifies how school or community helps my health and how to seek help.	Identifies how school and community help my health and how to seek help. (1.2.3, 1.2.5, 1.2.6, 2.2.2)	Not Assessed
Demonstrating Health Skills	Identifies what to do in a dangerous situation with structured support.	Describes what to do in a dangerous situation.	Demonstrates what to do in a dangerous situation. (1.2.4, 3.2.1, 3.2.2)	Not Assessed
Motor Skills and Movement Patterns	Demonstrates with structured help and support some of the attributes of skills including jumping forward using arms and bent knee when landing, walking up to the ball when kicking it forward, catch a self-toss and teacher toss ball, hitting a light-weight object with open palm, transferring weight from one body part to another, and following my teacher doing combinations to music.	With help and support, demonstrates basic elements of skills including jumping forward using arms and bent knee when landing, walking up to the ball when kicking it forward, catch a self-toss and teacher toss ball, hitting a light-weight object with open palm, transferring weight from one body part to another, and following my teacher doing combinations to music.	Demonstrates multiple skills including jumping forward using arms and bent knee when landing, walking up to the ball when kicking it forward, catch a self-toss and teacher toss ball, hitting a light-weight object with open palm, transferring weight from one body part to another, and following my teacher doing combinations to music. (S1, S2)	Demonstrates consistently jumping forward and up using arms body and correct landing, run up to a ball and kick it forward, catch self-toss by using hands, hit an object up repeatedly, and transfers weight from feet to different body parts.
Engagement	Participates occasionally throughout the lesson. Student will be given 2 reminders before given a mark and receive 6 or more marks during the trimester.	With help and support, participates actively throughout the entire lesson. Student will be given 2 reminders before given a mark and receive 5 marks during the trimester.	Actively participates in warm-up, cool-down and skill-building activities; being resilient by making an effort to improve skills and knowledge to help achieve a health-enhancing level of physical activity and fitness. (S3, S5)	Shows initiative and provides a model for actively participating in warm-up, cool-down and skill-building activities; being resilient by making an effort to improve skills and knowledge to help achieve a health-enhancing level of physical activity and fitness.

<p style="text-align: center;">Responsibility</p>	<p>With help and support, occasionally follows rules and procedures and is respectful towards others. Student will be given 2 reminders before given a mark and receive 6 or more marks during the trimester.</p>	<p>With help and support, respectful towards others by following agreed-upon rules and procedures, collaborating in activities, and accepting constructive feedback. Student will be given 2 reminders before given a mark and receive 5 marks or less during trimester.</p>	<p>Demonstrates respect for self and others by following agreed-upon rules and procedures, collaborating in activities, and accepting constructive feedback from others in a variety of physical activity contexts. (S4)</p>	<p>Shows initiative and provides a model for demonstrating respect for self and others by following agreed-upon rules and procedures, collaborating in activities, and accepting constructive feedback from others in a variety of physical activity contexts.</p>
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Grade 1 PE & Health Proficiency Scale Trimester 2

	Novice	Approaching	Proficient	Advanced
Health Concepts	Understands that behaviors impact one's health.	Identifies a behavior that affects my health.	Identifies how my behavior affects my health. (1.2.1, 1.2.2, 5.2.1)	Not Assessed
Demonstrating Health Skills	Understands choosing healthy practice impacts one's health.	Identifies choices that promote health.	Demonstrates choice healthy practices that promote health including choosing between healthy and unhealthy food. (5.2.2, 6.2.2, 7.2.2)	Not Assessed
Motor Skills and Movement Patterns	Demonstrates with structured help and support some of the attributes of skills including using correct form when hopping, galloping, jogging, and sliding, tapping a ball with the inside of a foot while walking, throwing underhand with correct footing and follow through, dribbling continuously with dominant hand, strike a ball upward with a short-handle implement, and jumping repeatably with a jump rope.	With help and support, demonstrates basic elements in isolation or practice setting using correct form when hopping, galloping, jogging, and sliding, tapping a ball with the inside of a foot while walking, throwing underhand with correct footing and follow through, dribbling continuously with dominant hand, strike a ball upward with a short-handle implement, and jumping repeatably with a jump rope.	Demonstrates in isolation or practice setting using correct form when hopping, galloping, jogging, and sliding, tapping a ball with the inside of a foot while walking, throwing underhand with correct footing and follow through, dribbling continuously with dominant hand, strike a ball upward with a short-handle implement, and jumping repeatably with a jump rope. (S1, S2)	Demonstrates consistently using the correct form when skipping and jumping, foot dribbling the ball with control, throwing underhand with correct form, hand dribbling with dominant hand in a mature pattern, repeatedly striking a object upward, and performing repeated jumps with a jump rope in mature pattern,
Engagement	Participates occasionally throughout the lesson. Student will be given 2 reminders before given a mark and receive 6 or more marks during the trimester.	With help and support, participates actively throughout the entire lesson. Student will be given 2 reminders before given a mark and receive 5 marks during the trimester.	Actively participates in warm-up, cool-down and skill-building activities; being resilient by making an effort to improve skills and knowledge to help achieve a health-enhancing level of physical activity and fitness. (S3, S5)	Shows initiative and provides a model for actively participating in warm-up, cool-down and skill-building activities; being resilient by making an effort to improve skills and knowledge to help achieve a health-enhancing level of physical activity and fitness.

Responsibility	With help and support, occasionally follows rules and procedures and is respectful towards others. Student will be given 2 reminders before given a mark and receive 6 or more marks during the trimester.	With help and support, respectful towards others by following agreed-upon rules and procedures, collaborating in activities, and accepting constructive feedback. Student will be given 2 reminders before given a mark and receive 5 marks or less during trimester.	Demonstrates respect for self and others by following agreed-upon rules and procedures, collaborating in activities, and accepting constructive feedback from others in a variety of physical activity contexts. (S4)	Shows initiative and provides a model for demonstrating respect for self and others by following agreed-upon rules and procedures, collaborating in activities, and accepting constructive feedback from others in a variety of physical activity contexts.
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Grade 1PE & Health Proficiency Scale Trimester 3

	Novice	Approaching	Proficient	Advanced
Health Concepts	Identifies a characteristic of unhealthy relationships with help and support.	Identifies characteristics of unhealthy relationships.	Identifies characteristics of unhealthy relationships with family, peers, and other adults. (1.2.7, 4.2.3, 8.2.1)	Not Assessed
Demonstrating Health Skills	Identifies a way to tell a trusted adult if threatened or harmed with help and support.	Identifies ways to tell a trusted adult if threatened or harmed.	Demonstrates ways to tell a trusted adult if threatened or harmed and promote personal health. (4.2.4, 7.2.1)	Not Assessed
Motor Skills and Movement Patterns	Demonstrates with structured help and support some of the attributes of skills including using correct form when hopping, galloping, jogging, and sliding, tapping a ball with the inside of a foot while walking, throwing underhand with correct footing and follow through, dribbling continuously with dominant hand, strike a ball upward with a short-handle implement, and jumping repeatably with a jump rope.	With help and support, demonstrates basic elements of skills in isolation including using correct form when hopping, galloping, jogging, and sliding, tapping a ball with the inside of a foot while walking, throwing underhand with correct footing and follow through, dribbling continuously with dominant hand, strike a ball upward with a short-handle implement, and jumping repeatably with a jump rope.	Demonstrates in group setting using correct form when hopping, galloping, jogging, and sliding, tapping a ball with the inside of a foot while walking, throwing underhand with correct footing and follow through, dribbling continuously with dominant hand, strike a ball upward with a short-handle implement, and jumping repeatably with a jump rope. (S1, S2)	Demonstrates consistently using the correct form when skipping and jumping, foot dribbling the ball with control, throwing underhand with correct form, hand dribbling with dominant hand in a mature pattern, repeatedly striking a object upward, and performing repeated jumps with a jump rope in mature pattern,
Engagement	Participates occasionally throughout the lesson. Student will be given 2 reminders before given a mark and receive 6 or more marks during the trimester.	With help and support, participates actively throughout the entire lesson. Student will be given 2 reminders before given a mark and receive 5 marks during the trimester.	Actively participates in warm-up, cool-down and skill-building activities; being resilient by making an effort to improve skills and knowledge to help achieve a health-enhancing level of physical activity and fitness. (S3, S5)	Shows initiative and provides a model for actively participating in warm-up, cool-down and skill-building activities; being resilient by making an effort to improve skills and knowledge to help achieve a health-enhancing level of physical activity and fitness.

Responsibility	<p>With help and support, occasionally follows rules and procedures and is respectful towards others. Student will be given 2 reminders before given a mark and receive 6 or more marks during the trimester.</p>	<p>With help and support, respectful towards others by following agreed-upon rules and procedures, collaborating in activities, and accepting constructive feedback. Student will be given 2 reminders before given a mark and receive 5 marks or less during trimester.</p>	<p>Demonstrates respect for self and others by following agreed-upon rules and procedures, collaborating in activities, and accepting constructive feedback from others in a variety of physical activity contexts. (S4)</p>	<p>Shows initiative and provides a model for demonstrating respect for self and others by following agreed-upon rules and procedures, collaborating in activities, and accepting constructive feedback from others in a variety of physical activity contexts.</p>
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