

Grade 6 Health Proficiency Scale

	1 = Novice	2 = Partially Proficient	3 = Meeting Expectations	4 = Exceeding Expectations
Communication	Identify interpersonal communication skills needed in a health-related situation with help and support.	Describe interpersonal communication skills needed in a health-related situation.	Demonstrate interpersonal communication skills in a health-related situation. (4.8.1, 4.8.2, 4.8.3, 4.8.4, 4.8.5)	Analyze and demonstrate effective and non-effective interpersonal communication skills in a health-related situation.
Goal-Setting	Identify a strategy to attain a goal with help and support.	Identify strategies to attain a personal health goal and describe how the goal can change.	Apply strategies to attain a personal health goal and describe how the goal can change. (6.8.1, 6.8.2, 6.8.3)	Develop and evaluate a variety of goal setting practices in health decision-making for both short-term and long-term goals.
Health Concepts & Influences	Identify how a health behavior or influence affect mental, emotional, physical, or social health in adolescence with help and support.	Identify how different health behaviors and influences affect mental, emotional, physical, or social health in adolescence.	Describe how different health behaviors and influences affect mental, emotional, physical, and social health in adolescence. (1.8.1, 1.8.2, 1.8.3, 1.6.5, 1.8.7, 1.8.8, 1.6.9, 1.6.10, 1.8.13, 2.8.1, 2.8.2, 2.8.3, 2.8.4, 2.8.5)	Analyze how different health behaviors and influences are interconnected when affecting mental, emotional, physical, and social health in adolescence.
Healthy Decision Making	Identify the steps of the decision-making process to make a health-related decision with help and support.	Describe the steps of the decision-making process to make a health-related decision.	Utilize the decision-making process to make a health-related decision. (5.8.1, 5.8.2, 5.8.3, 5.8.4, 5.8.5, 5.8.6, 5.8.7)	Evaluate a variety of consequences of decision making in health behaviors for oneself and how they affect others.
Healthy Practices	Identify a health behavior to improve health with help and support.	Describe health behaviors to improve health where one can assume responsibility for oneself.	Analyze health behaviors to improve health where one can assume responsibility for oneself. (7.8.1, 7.8.2, 7.8.3)	Analyze and make a variety of connections between one's health behaviors and health risk.