ESSENTIAL LEARNINGS FOR HEALTHY ACTIVE LIVING - SUCCESS CRITERIA

SUBGROUPS	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Regular Active Participation	I rarely participate to the best of my ability. Participation is hindered by absences, consistent lates and forgetting gym clothes.	I sometimes participate to the best of my ability. Participation is hindered by absences, lates and forgetting gym clothes.	I usually participate to the best of my ability. I am present, on time, and changed most days.	I am changed, on time, and participate to the best of my ability EVERYDAY!
Improvement of Physical Fitness	I have limited willingness to engage in fitness development. Heart Rate: My heart rate was beating at a resting rate for most of the period. Breathing Rate: My breathing rate did not increase. Physical Change: There is minimal change with my muscles. I have not elevated my body temperature. I am not sweating , nor do I have a flushed face.	I have some willingness to improve my personal fitness. Heart Rate: My heart rate was still in my comfort zone, not elevated much. Breathing Rate: I'm breathing a little harder. Physical Change: My skin is warm and I have elevated my body temperature. I may be red faced and sweating. I have not challenged my muscles to work hard and feel tired.	I understand the need for active fitness development. Heart Rate: My heart rate is beating high but not for long durations of time or could beat at a higher intensity. Breathing Rate: I can carry on a conversation with some difficulty. My breathing is quite fast. Physical Change: My skin is warm and I have elevated my body temperature. I may be sweating and red faced. Muscles are tired but do not really feel fatigued or exhausted.	I demonstrate determined effort and intensity in my fitness development. " I ROCKED this class!"
Safe Play	I require encouragement to follow rules and instructions or to demonstrate respectful behaviour.	I sometimes have difficulty participating with proper etiquette or appropriate behaviour.	I follow rules and instructions.	I participate with etiquette and responsible, respectful behaviours. "A Class Act!" "My cell phone is NOT on my person."
Personal Living Skills (Attitude)	I need constant reminders not to argue and complain.	I need reminders to stay engaged in activities.	I am engaged in activities most of the time.	I engage positively in all activities.
Interpersonal Living Skills (Leadership)	I often interfere with the learning of others.	I am cooperative at times and require supervision to be a good teammate.	I am a good teammate and positive role model.	I am a leader and an even better teammate. "Call me Captain!"
Movement Skills	I demonstrate limited understanding of the movement skill principles of preparation, execution, and follow through.	I demonstrate some understanding of the movement skill principles of preparation, execution, and follow through.	I demonstrate considerable understanding of the movement skill principles of preparation, execution, and follow through.	I always demonstrate outstanding effectiveness in movement skills. "I aced it!"
Movement Strategies (Efficiency)	I apply few strategies and tactics and at the appropriate time.	I apply some strategies and tactics and some are applied at the appropriate time.	I apply most strategies and tactics and most are applied at the appropriate time.	I always demonstrate knowledge of the activity. "I get it!"