

7. A confident individual who pursues healthy lifestyles

	Benchmark If we view the learning result as the 'goal,' what can a student do at the end of his or her time in this age grouping or division?	Assessment How can this be measured? <i>or</i> How is it already measured?
Early Childhood (5-year-old)	<ul style="list-style-type: none"> Identify foods that are healthy Understand personal hygiene (washing hands, brushing teeth) Understand physical play and the benefits of enjoying it Name the main parts of the body 	<ul style="list-style-type: none"> Observations Photographs Anecdotal Dialog
Lower School G 1/2 (7-years old)	<ul style="list-style-type: none"> Make simple choices that improve their health and well-being Practice basic hygiene Understand how some diseases are spread and can be controlled Understands that rules are established to help keep people safe Identify people who can help keep them safe and healthy 	<ul style="list-style-type: none"> Observations Photographs Anecdotal Dialog Self reflection
Lower School G 3-5 (10-year old)	<ul style="list-style-type: none"> Understand the role of physical activity and healthy eating to health and well-being Awareness of body systems Recognize the different physical risks in different situations Judge what kind of physical contact is acceptable or unacceptable Understand the role of safety rules and basic safety procedures Evaluate social and ethical dilemmas that they encounter in life Prepare for change (to Middle School) 	<ul style="list-style-type: none"> Observations of attitudes Photographs Anecdotal Dialog Rubrics
Middle School G 6-8 (14-year-old)	<ul style="list-style-type: none"> Knowledge to set realistic personal goals Choose a balanced diet and exercise to maintain health and well-being Knowledge of basic first aid Recognize and reduce risk in order to minimize harm to self and others Describe the features of positive relationships and different types of relationships Understanding of human body systems 	<ul style="list-style-type: none"> Performance Self reflection Peer reflection Observation based on MYP rubrics Knowledge tests
High School G 9-12 (18-year-old)	<ul style="list-style-type: none"> Self discipline in diet and exercise Understands how the media portrays young people, body image and health issues Understands the characteristics of emotional and mental health Evaluates the benefits and risks of health and lifestyle choice Knows where to obtain health information and sources of emergency help Understands how to use basic first aid in an emergency Understands parenting skills and qualities and their importance to family life Understands the impact of family or social problems and the need to adapt to change 	<ul style="list-style-type: none"> Performance Self reflection Peer reflection Observation based on MYP rubrics IB assessments