



Health: Decision Making

Competency: Students will demonstrate the ability to use decision making skills to enhance health and reduce health risks.

Grade Level Competency: Kindergarten

Students will be able to use decision making skills to make choices that improve their health.

Criteria	Extending	Proficient	In Progress	Beginning
Healthy Choices Healthy Behaviors/Actions	A complex performance or application of learning that is transferred to new or novel situations beyond the content area, makes extended or abstract connections to authentic, real-world, multifaceted situations, and/or constructs entirely new ideas that are transformational.	I can identify situations when a health-related decision is needed. I can demonstrate healthy practices and behaviors to maintain or improve personal health.	I can recognize personal health-related decisions. I can recognize behaviors that maintain or improve personal health.	I can recognize healthy and unhealthy choices.

MDE grade level benchmarks embedded explicitly in the rubric

Kindergarten

- 0.3.5.1 Recognize that food provides energy for physical activity.
- 5.2.2 Differentiate between situations when a health-related decision can be made individually or when assistance is needed.
- 5.2.1 Identify situations when a health-related decision is needed.
- 7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.
- 1.2.1 Identify that healthy behaviors impact personal health.



Health: Decision Making

Competency: Students will demonstrate the ability to use decision making skills to enhance health and reduce health risks.

Grade Level Competency: Grades 1-2

Students will identify the positive impact physical activity has on their life, building their motivation to engage in physical activity that promotes high levels of confidence and personal enjoyment within and beyond the classroom.

Criteria	Extending	Proficient	In Progress	Beginning
Healthy Choices Healthy Behaviors/Actions	A complex performance or application of learning that is transferred to new or novel situations beyond the content area, makes extended or abstract connections to authentic, real-world, multifaceted situations, and/or constructs entirely new ideas that are transformational.	I can identify situations when a health-related decision is needed. I can demonstrate healthy practices and behaviors to maintain or improve personal health. <input type="checkbox"/> Grade 1 <input type="checkbox"/> Grade 2	I can recognize personal health-related decisions. I can recognize behaviors that maintain or improve personal health. <input type="checkbox"/> Grade 1 <input type="checkbox"/> Grade 2	I can recognize healthy and unhealthy choices. <input type="checkbox"/> Grade 1 <input type="checkbox"/> Grade 2



Health: Decision Making

Competency: Students will demonstrate the ability to use decision making skills to enhance health and reduce health risks.

Grade Level Competency: Grades 3-4

Students will be able to use decision making skills to make choices that improve their health.

Criteria	Extending	Proficient	In Progress	Beginning
Healthy Choices Healthy Behaviors/Actions	A complex performance or application of learning that is transferred to new or novel situations beyond the content area, makes extended or abstract connections to authentic, real-world, multifaceted situations, and/or constructs entirely new ideas that are transformational.	I can identify healthy options to health-related issues or problems. I can demonstrate a variety of healthy practices and behaviors to maintain or improve personal health. <input type="checkbox"/> Grade 3 <input type="checkbox"/> Grade 4	I can identify situations when a health-related decision is needed I can identify healthy practices and behaviors to maintain or improve personal health. <input type="checkbox"/> Grade 3 <input type="checkbox"/> Grade 4	I can identify situations when a health-related decision is needed <input type="checkbox"/> Grade 3 <input type="checkbox"/> Grade 4



Health: Decision Making

Competency: Students will demonstrate the ability to use decision making skills to enhance health and reduce health risks.

Grade Level Competency: Grades 5-6:

Students demonstrate the ability to make decisions that enhance personal health and promote the health of others.

Criteria	Extending	Proficient	In Progress	Beginning
Healthy Choices Healthy Behaviors/Actions	A complex performance or application of learning that is transferred to new or novel situations beyond the content area, makes extended or abstract connections to authentic, real-world, multifaceted situations, and/or constructs entirely new ideas that are transformational.	I can demonstrate a variety of healthy practices and behaviors to maintain or improve personal health. I can choose healthy options when making a decision. <input type="checkbox"/> Grade 5 <input type="checkbox"/> Grade 6	I can identify healthy options to health-related issues or problems. I can identify a variety of healthy practices and behaviors to maintain or improve personal health. <input type="checkbox"/> Grade 5 <input type="checkbox"/> Grade 6	I can identify situations when a health-related decision is needed. <input type="checkbox"/> Grade 5 <input type="checkbox"/> Grade 6



Health: Decision Making

Competency: Students will demonstrate the ability to use decision making skills to enhance health and reduce health risks.

Grade Level Competency: Grades 7-8

Students demonstrate the ability to make decisions that enhance personal health and promote the health of others.

Criteria	Extending	Proficient	In Progress	Beginning
Healthy Choices Healthy Behaviors/Actions	A complex performance or application of learning that is transferred to new or novel situations beyond the content area, makes extended or abstract connections to authentic, real-world, multifaceted situations, and/or constructs entirely new ideas that are transformational.	I can choose healthy alternatives over unhealthy alternatives when making a decision. I can analyze the outcomes of a health-related decision. <input type="checkbox"/> Grade 7 <input type="checkbox"/> Grade 8	I can choose healthy options when making a decision. I can explain the importance of assuming responsibility for personal health behaviors. <input type="checkbox"/> Grade 7 <input type="checkbox"/> Grade 8	I can identify healthy options to health-related issues or problems. I can identify between healthy and unhealthy alternatives to health-related issues or problems. <input type="checkbox"/> Grade 7 <input type="checkbox"/> Grade 8



Health: Decision Making

Competency: Students will demonstrate the ability to use decision making skills to enhance health and reduce health risks.

Grade Level Competency: Grades 9-12

Students will consistently make well-thought out decisions that enhance their own health and the health of those around them

Criteria	Extending	Proficient	In Progress	Beginning
Healthy Choices Healthy Behaviors/Actions	A complex performance or application of learning that is transferred to new or novel situations beyond the content area, makes extended or abstract connections to authentic, real-world, multifaceted situations, and/or constructs entirely new ideas that are transformational.	I can demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others. I can analyze the role of individual responsibility in enhancing health.	I can choose healthy alternatives over unhealthy alternatives when making a decision. I can analyze the outcomes of a health-related decision.	I can choose healthy options when making a decision.