

Student Sample - Level 4 – Grade 3 Health – My Active Community

HEALTH, PHYSICAL EDUCATION & LANGUAGE ARTS RUBRIC MY ACTIVE COMMUNITY

Level Criteria	Excellent	Proficient	Adequate	Limited *	Insufficient / Blank *
List physical activities (D3-8)	Provides a detailed and credible list of the physical activities chosen by all family members. <i>The survey reveals a comprehensive list of activities for each family member.</i>	Provides a clear and reasonable list of the physical activities chosen by all family members.	Provides a partial and somewhat plausible list of the physical activities chosen by all family members.	Provides a sketchy list of the physical activities chosen by all family members.	No score is awarded because there is insufficient evidence of student performance based on the requirements of the assessment task.
Explain choices (W-3.1, D3-8)	Provides comprehensive explanation for choices. <i>Student provides a variety of reasons why family members choose the activities they do.</i>	Provides detailed explanation for choices	Provides superficial reasons for choices	Provides little or no explanation for choices	
Enhance presentation (4.3.2)	Uses visuals to skillfully and effectively illustrate ideas and information. <i>Illustrations consistently represent the activities identified in the survey.</i>	Uses visuals to appropriately illustrate ideas and information.	Uses visuals to partially illustrate ideas and information.	Uses visuals that do little to support ideas and information.	
Present orally (D-3.8, 4.3.1, 4.3.3) <i>Unable to comment on oral presentation based on product submitted</i>	Presents orally using an animated voice and appropriate volume, adhering consistently to the pre-established plan	Presents orally using an enthusiastic voice and controlled volume, and closely follows the pre-established plan	Presents orally with inconsistent attention to expression and volume, and generally follows the pre-established plan	Presents orally with little attention to voice, volume, or the pre-established plan	

* When work is judged to be limited or insufficient, the teacher makes decisions about appropriate intervention to help the student improve.

Do you do physical activities?

My family does. Welcome Carrie, teachers and fellow students of grade three.

~~X~~ My dad likes to golf at the local golf course where he has a membership. My dad also likes to play hockey which he has done since he was seven years old.

My mom likes to go to the gym to exercise. The gym is close to our house also we do not have exercise equipment at home.

My brother like to take swimming lessons at the local pool to help him learn water safety. My brother also likes to play soccer because he has the time and energy.

I like to do gymnastics because I have good instructors and the club has lots of equipment. I also enjoy soccer because it is challenging and I get to meet new friends.

My family and I enjoy many activities that Draton Valley has to offer.

Our family is an active family.

Physical Activity Survey

1. What exercises or physical activities does our family do?
 Dad -
 mom -
 [redacted] -
 [redacted] -

2. Why do we choose these activities?

	Activity	Why they choose this activity
mom	golf gym	to stay in shape because I enjoy it
	ski curling	because It is a nice outdoor sport
[redacted]	swimming soccer	so that cole can be a stronger swimmer so he can play with other kids
Dad	hockey golf	I love it good sport
	water ski horse shoes	It is a good challenge It is a fun game
	soccer gymnastics	because it is fun and you meet new people and learn new things









