

5. The Shepherd Hill student understands and applies personal wellness skills – demonstrating appropriate health related decisions

	Exceeds Expectation	Meets Expectation	Working Toward Expectation	Below Expectation
Effort and Participation	Always works to potential by participating at a high level and following class safety procedures.	Frequently works to potential by participating at a high level and following class safety procedures.	Occasionally works to potential to meet minimum standard by participating at a high level and following class safety procedures.	Seldom works to potential by participating at a high level and following class safety procedures.
Class Readiness	Always on time, dressed appropriately or in possession of appropriate materials, and ready to participate.	Almost always on time, dressed appropriately or in possession of appropriate materials, and ready to participate.	The student is occasionally late or unprepared for class.	The student is frequently unprepared for class and thus unable to participate.
Lifestyle and Habits	Demonstrates insightful understanding of concepts necessary to promote one’s physical, mental, emotional, and social health and applies those concepts effectively.	Demonstrates adequate understanding of concepts necessary to promote one’s physical, mental, emotional, and social health and demonstrates adequate application of those concepts.	Demonstrates limited understanding of concepts necessary to promote one’s physical, mental, emotional, and social health and demonstrates inadequate application of those concepts.	Lacks understanding of concepts necessary to promote one’s physical, mental, emotional, and social health.
Comments				

Proficiency is attained at the “meets expectation” level.