

# KWANTLEN PARK PHE 8-9 MIDWAY REPORT

<b>Student Name:</b>		<b>Student #</b>		<b>Homeroom:</b>	
<b>Teacher:</b>		<b>Date:</b>			

COMPETENCY BREAKDOWN		ASSESSMENT				
		Extending	Proficient	Developing	Emerging	Insufficient
<b>Physical Literacy and Fitness</b>	Student can develop, refine and apply fundamental movement patterns in a variety of physical activities and environments (i.e. running, jumping, throwing, etc.).					
	Student can develop and apply a variety of movement concepts and strategies in different physical activities (i.e. body awareness).					
	Student can monitor and adjust exertion levels during physical activity (i.e. heart rate).					
	Student can demonstrate fair play, safety, and leadership.					
	Student can perform proper technique for functional movements in fitness activities.					
<b>Healthy and Active Living</b>	Student can describe how participation in physical activity can influence health and fitness.					
	Student can participate in physical activity designed to enhance and maintain health components of fitness.					
	Student can identify strategies for promoting healthy eating choices in different settings.					
	Student can assess factors that influence healthy choices and their potential effects.					
	Identify and apply strategies to pursue personal healthy-living goals.					
	Reflect on outcomes of personal healthy-living goals and assess strategies.					

<b>Social and Community Health</b>	Student can identify strategies for developing and maintaining healthy relationships.					
	Student can create strategies for promoting the health and well-being of the school and community.					
	Student can propose strategies for avoiding and/or responding to unsafe or exploitive situations.					
	Student can propose strategies for responding to discrimination and bullying.					
<b>Mental Well-Being</b>	Student can describe and assess strategies for promoting mental well-being for self, and others.					
	Student can describe and assess strategies for managing problems related to mental well-being and substance use.					
	Student can create and assess strategies for managing physical, emotional, and social changes during puberty and adolescence.					
	Student can explore and describe the impact of transition and change on identities.					

<b>STUDENT REFLECTIONS</b>		<b>WORK HABIT</b>	<b>GRADE</b>
Describe <b>two</b> areas where you have shown competency/understanding and <b>one</b> area that you want to work on in the next term. Explain what you will do to improve.			
			
			
			

\*Insufficient evidence indicates that assessment is not possible because your child did not complete sufficient evidence to be assessed, or that your child has not demonstrated understanding or proficiency in that competency area \*Blank spaces indicate areas that have not yet been assessed..

