



## Assessment Rubric 1.1 – Hydration and Body Composition

| Name:<br>Class:   | A   | B   | C   | D   | E  |
|---|---|---|---|---|--|
| <p><b>Outcome Knowledge and Understanding:</b><br/>Students know and understand health and physical activity concepts that enable informed decisions for a healthy, active lifestyle.</p>   | The student was able to accurately shade in the correct percentage of water present in both the brain and the body. | The student was able to accurately shade in the correct percentage of water present in both the brain and the body. | The student was able to accurately shade in the correct percentage of water present in both the brain and the body. | The student attempted to shade in the correct percentage of water present in either the brain and the body. | The student attempted to shade in the correct percentage of water present in either the brain and the body.        |
| <p><b>Context</b><br/>Growth and Development</p>  | The student was able to write at least 10 reasons why staying hydrated is important to maintaining a healthy body.  | The student was able to write 7-9 reasons why staying hydrated is important to maintaining a healthy body.          | The student was able to write 4 – 6 reasons why staying hydrated is important to maintaining a healthy body.        | The student was able to write 2 -3 reasons why staying hydrated is important to maintaining a healthy body. | The student was able to write less than 2 reasons why staying hydrated is important to maintaining a healthy body. |
| <p><b>Syllabus</b><br/>Years 5 and 6<br/>Ways to keep healthier and safer</p>   |   |   |   |   |  |
| <p><b>What is being assessed?</b><br/>Using the Human Body and the Human Brain worksheet, students shade the approximate percentage that water makes up, and around their work they can write some notes on why water and being hydrated are important.</p> | The student was able to list 3 or more ways to stay hydrated.   | The student was able to list 3 or more ways to stay hydrated.   | The student was able to list 2 or more ways to stay hydrated.   | The student was able to list 2 or more ways to stay hydrated.   | The student was unable to list 2 or more ways to stay hydrated.  |

### Comment :

