

# THE ACHIEVEMENT CHART: Health and Physical Education, Grades 1–8

**Knowledge and Understanding** – Subject-specific content acquired in each grade (knowledge), and the comprehension of its meaning and significance (understanding)

Categories	Level 1	Level 2	Level 3	Level 4
	The student:			
<b>Knowledge of content</b> (e.g., facts, definitions, skills, principles and strategies, safe practices and procedures)	demonstrates limited knowledge of content	demonstrates some knowledge of content	demonstrates considerable knowledge of content	demonstrates thorough knowledge of content
<b>Understanding of content</b> (e.g., processes, techniques, ideas, relationships between concepts)	demonstrates limited understanding of content	demonstrates some understanding of content	demonstrates considerable understanding of content	demonstrates thorough understanding of content

**Thinking** – The use of critical and creative thinking skills and/or processes

Categories	Level 1	Level 2	Level 3	Level 4
	The student:			
<b>Use of planning skills</b> (e.g., identifying the problem, formulating questions and ideas, gathering and organizing information; developing fitness plans; selecting strategies)	uses planning skills with limited effectiveness	uses planning skills with some effectiveness	uses planning skills with considerable effectiveness	uses planning skills with a high degree of effectiveness
<b>Use of processing skills</b> (e.g., synthesizing information, evaluating risk and determining appropriate safety measures, revising fitness goals, detecting bias)	uses processing skills with limited effectiveness	uses processing skills with some effectiveness	uses processing skills with considerable effectiveness	uses processing skills with a high degree of effectiveness
<b>Use of critical/creative thinking processes</b> (e.g., goal setting, decision making, problem solving; analysing movement skills, strategizing, reflecting on learning and determining steps for improvement, critiquing)	uses critical/creative thinking processes with limited effectiveness	uses critical/creative thinking processes with some effectiveness	uses critical/creative thinking processes with considerable effectiveness	uses critical/creative thinking processes with a high degree of effectiveness

**Communication** – The conveying of meaning through various forms

Categories	Level 1	Level 2	Level 3	Level 4
	The student:			
<b>Expression and organization of ideas and information in oral, visual, and/or written forms</b> (e.g., demonstrations, role plays, conferences, presentations, posters, pamphlets, journals)	expresses and organizes ideas and information with limited effectiveness	expresses and organizes ideas and information with some effectiveness	expresses and organizes ideas and information with considerable effectiveness	expresses and organizes ideas and information with a high degree of effectiveness
<b>Communication for different audiences (e.g., peers, teammates, adults) and purposes (e.g., to inform, instruct, promote) in oral, visual, and/or written forms</b>	communicates for different audiences and purposes with limited effectiveness	communicates for different audiences and purposes with some effectiveness	communicates for different audiences and purposes with considerable effectiveness	communicates for different audiences and purposes with a high degree of effectiveness

Categories	Level 1	Level 2	Level 3	Level 4
<b>Communication – (continued)</b>				
	The student:			
<b>Use of health and physical education conventions, vocabulary, and terminology</b> (e.g., using and interpreting signals and body language; using correct terminology to discuss parts of the body, health-related components of fitness, phases of movement [preparation, execution, follow-through]) <b>in oral, visual, and/or written forms</b>	uses conventions, vocabulary, and terminology with limited effectiveness	uses conventions, vocabulary, and terminology with some effectiveness	uses conventions, vocabulary, and terminology with considerable effectiveness	uses conventions, vocabulary, and terminology with a high degree of effectiveness

**Application – The use of knowledge and skills to make connections within and between various contexts**

Categories	Level 1	Level 2	Level 3	Level 4
	The student:			
<b>Application of knowledge and skills</b> (e.g., movement skills, concepts, principles, and strategies, including teamwork, fair play, etiquette, leadership; training principles; health concepts; safe practices; social-emotional learning skills) <b>in familiar contexts</b> (e.g., physical activities, healthy living discussions)	applies knowledge and skills in familiar contexts with limited effectiveness	applies knowledge and skills in familiar contexts with some effectiveness	applies knowledge and skills in familiar contexts with considerable effectiveness	applies knowledge and skills in familiar contexts with a high degree of effectiveness
<b>Transfer of knowledge and skills to new contexts</b> (e.g., transfer of movement skills, strategies, and tactics from a familiar physical activity to a new activity, transfer of planning skills to contexts such as fitness, healthy eating, healthy sexuality, mental health)	transfers knowledge and skills to new contexts with limited effectiveness	transfers knowledge and skills to new contexts with some effectiveness	transfers knowledge and skills to new contexts with considerable effectiveness	transfers knowledge and skills to new contexts with a high degree of effectiveness
<b>Making connections within and between various contexts</b> (e.g., between active participation, learning in the health and physical education program, and healthy, active living; between health and physical education, other subjects, and personal experiences in and beyond school)	makes connections within and between various contexts with limited effectiveness	makes connections within and between various contexts with some effectiveness	makes connections within and between various contexts with considerable effectiveness	makes connections within and between various contexts with a high degree of effectiveness