

Attention: Teachers

Use this assessment rubric to assist with assessing the student comprehension of
Booster Session content.

	Working Towards (Basic)	At Standard (Sound)	Above Standard (High)	Well Above Standard (Outstanding)
Booster Session 1 Nutrients	Student demonstrates a basic understanding of vitamins and minerals in foods.	Student demonstrates a sound understanding of vitamins and minerals in foods. Student demonstrates this knowledge with some examples.	Student demonstrates clear understanding of vitamins and minerals in foods. Student effectively communicates positive impacts with examples and elaboration.	Student exhibits a thorough understanding of the health benefits associated with eating a balanced variety of foods. Student communicated positive impacts with evidence and elaborations.
Booster Session 2 Heart Health	Student displays a basic awareness of keeping the heart healthy by participating in physical activity.	Student provides a sound understanding of heart health and the benefits of physical activity for health and wellbeing.	Student demonstrates a knowledgeable understanding of heart health and the benefits of physical activity for health and wellbeing. Student creates a suitable circuit with appropriate exercises.	Student demonstrates a thorough understanding of heart health and the positive impacts from daily physical activity on health and wellbeing. Student designed and explained a suitable exercise circuit.
Booster Session 3 Sleep	Student displays a basic understanding of the benefits of a good night sleep.	Student adequately identifies sound reasons for a good night sleep. Student elaborates and provides convincing reasons for a positive sleep routine.	Student communicates effectively the benefits of a good night sleep. Student provides clear examples and elaborations to support a consistent sleep routine.	Student demonstrates a deep comprehension of the benefits of a good night sleep on health and wellbeing. Student provides knowledgeable examples and elaborations to support a consistent sleep routine.

