

## Rubric: Perfect Week Assignment

### Expectations

As with all written assignments for this course, in addition to the criteria listed below, your work will also be assessed according to the standards found in the **Grade 12 Writing Standards**:

- Spelling, grammar, and organization all count.
- You must write in full sentences.

### Criteria

	Meets Expectations	Exceeds Expectations
<b>Writing and Organization</b>	Student's assignment adequately addresses most parts of the in the assignment question, and it is reasonably clear and organized. It includes APA citations for sources of information when sources are necessary.	Student's assignment thoroughly addresses all parts of the assignment question, and it is very well written, clear and organized. When necessary, it includes correct APA citations for all sources.
	<b>3–4</b>	<b>5</b>
<b>Incorporating the Wellness Guides</b>	Student's assignment demonstrates a satisfactory ability to incorporate the recommendations from the wellness guides: <ul style="list-style-type: none"> <li>• Most food and beverages are described in sufficient detail, including specific types, amounts and preparation methods, to enable assessing compliance with most recommendations.</li> <li>• Food and beverage selections mostly align with the recommendations in <i>Canada's Food Guide</i>.</li> <li>• Activities are described in enough detail, including specific types, duration and intensity (where appropriate) to show that they meet the Canadian 24-hour Movement Guidelines with only one or two minor exceptions.</li> </ul>	Student's assignment demonstrates a superior ability to incorporate the recommendations from the wellness guides: <ul style="list-style-type: none"> <li>• All food and beverages are described in detail, including specific types, amounts and preparation methods, and clearly align with the recommendations in <i>Canada's Food Guide</i>, including the relative proportions of foods from different groups and the types of foods selected.</li> <li>• All activities are described clearly, including specific types, duration and intensity (where appropriate); they clearly meet all of the <i>Canadian 24-hour Movement Guidelines</i>.</li> </ul>
	<b>3–4</b>	<b>5</b>
<b>Balancing the Seven Dimensions of Wellness</b>	Student's assignment mostly explains how their choices and activities would promote balance among most of the seven dimensions of wellness. Most dimensions are explained with enough details and examples of supporting activities.	Student's assignment clearly explains how their choices and activities would promote balance among all seven dimensions of wellness.
	<b>3–4</b>	<b>5</b>