

Student Evaluation in Unit Two: Strands of Wellness — Second Example

	Column ①	②	③	④	⑤
Evaluation in the Physical Activity and Fitness Strand					
Level A – extending knowledge about physical activity and fitness and connections to the other strands of wellness	40			33 1/3	
Level B – making an informed decision to increase physical activity and fitness for optimal wellness	20			33 1/3	
Level C – designing and carrying out an action plan of physical activity and fitness	36			33 1/3	
Physical Activity and Fitness mark within Unit 2				100	
Evaluation in the Stress Management Strand					
Level A – extending knowledge about stress management and how it is related to the other strands of wellness	63			30	
Level B – deciding on the best way to manage a stressor	25			30	
Level C – designing and carrying out a two-strand action plan of stress management and physical activity and fitness	36			40	
Stress Management mark within Unit 2				100	
Evaluation in the Leisure Strand					
Level A – extending knowledge about leisure and how it and the other strands of wellness are interrelated	50			50	
Level B – making an informed decision about which leisure activity will enhance personal well-being	25			50	
Level C	No action plan required	N/A	N/A	N/A	N/A
Leisure mark within Unit 2				100	
Evaluation in the Healthy Eating Strand					
Level A – extending knowledge about healthy eating and how it affects and is affected by the other strands of wellness	70			55	
Level B – deciding on one way to increase the frequency of healthy eating behaviours in student’s day-to-day life	25			45	
Level C	N/A	N/A	N/A	N/A	N/A
Healthy Eating mark within Unit 2				100	
Evaluation in the Relationships Strand					
Level A – extending knowledge about relationships and how they can have a positive and/or negative impact on well-being	55			60	
Level B – making an informed decision to initiate or maintain a relationship that supports personal wellness	25			40	
Level C	N/A	N/A	N/A	N/A	N/A
Relationships mark within Unit 2				100	

Column ① ② ③ ④ ⑤

Steps:

1. Complete the entries for Column ②.
2. Find the percentage for Column ③ by dividing Column ② by column 1, then multiplying by 100.
3. Multiply the percentage in Column ③ by the percentage weight (Column ④) expressed as a decimal (e.g., 33% = 0.33; 10% = 0.10). Round this number to one decimal point.
4. Add percentage marks in Column ⑤ to get the mark for the unit.