

Healthy and Wise

Coordinated Health Rubric

Use this rubric to evaluate how well you are coordinating health education, physical education and physical activity, nutrition/cafeteria services, and parental involvement.

<p>Excellent</p> <p><i>Health Education</i> <i>Physical Education and Physical Activity</i> <i>Nutrition Services</i> <i>Parental involvement</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> More than 100 minutes per week of health instructional time. <input type="checkbox"/> More than 90 percent of the student's physical education classroom time is spent in physical activity. <input type="checkbox"/> School nutrition services help students identify healthy choices in the school meal program and enhance objectives of classroom instruction on a regular basis. <input type="checkbox"/> Parents are provided weekly opportunities to participate in health and physical education lessons or activities.
<p>Good</p> <p><i>Health Education</i> <i>Physical Education and Physical Activity</i> <i>Nutrition Services</i> <i>Parental involvement</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> At least 75 minutes per week of health instructional time. <input type="checkbox"/> At least 80 percent of the student's physical education classroom time is spent in physical activity. <input type="checkbox"/> School nutrition services make efforts to help students identify healthy choices in the school meal program and enhance objectives of classroom instruction frequently. <input type="checkbox"/> Parents are provided monthly opportunities throughout the year to participate in health and physical education lessons or activities.
<p>Average</p> <p><i>Health Education</i> <i>Physical Education and Physical Activity</i> <i>Nutrition Services</i> <i>Parental involvement</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> At least 50 minutes per week of health instructional time. <input type="checkbox"/> At least 75 percent of the student's physical education classroom time is spent in physical activity. <input type="checkbox"/> School nutrition services help students identify healthy choices in the school meal program and enhance objectives of classroom instruction when asked. <input type="checkbox"/> Parents are provided opportunities throughout the year to participate in health and physical education lessons or activities limited times throughout the year.
<p>Poor</p> <p><i>Health Education</i> <i>Physical Education and Physical Activity</i> <i>Nutrition Services</i> <i>Parental involvement</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Less than 50 minutes per week of health instructional time. <input type="checkbox"/> At least 50 percent of the student's physical education classroom time is spent in physical activity. <input type="checkbox"/> School nutrition services do not make efforts to identify healthy choices in the school meal program and do not enhance objectives of classroom instruction. <input type="checkbox"/> Parents have few opportunities if any to participate in health and physical education lessons or activities throughout the year.

