



21st Century Learning Expectation

The PRHS student demonstrates self-awareness through the pursuit of personal wellness and appropriate social and personal interactions.

	3 Meets	4 Exceeds
Physical Fitness	<ul style="list-style-type: none"> • Student is prepared and participates in developmentally appropriate activities and makes an effort to improve his/her skills and abilities. 	<ul style="list-style-type: none"> • Student helps others to improve their skill or ability.
Social Skills	<ul style="list-style-type: none"> • Student is respectful and courteous to all individuals. 	<ul style="list-style-type: none"> • Student goes out of his/her way to help others.
Healthy Living	<ul style="list-style-type: none"> • Student demonstrates an understanding of healthy living concepts. • Student can determine validity and reliability of health information, products, and services. • Student demonstrate knowledge of the impact technology and media has on the health of individuals, families, and communities. 	<ul style="list-style-type: none"> • Students demonstrate the ability to practice health enhancing behaviors and avoid or reduce health risks. • Student demonstrates ability to access valid and reliable health information, products, and services. • Student utilize technology and media to promote positive health messages to greater school community