

PRE-TEST HEALTH PLEASE CREATE A DOCUMENT USING YOUR NAME AND HOUR AS THE TITLE. PLEASE SHARE IT WITH ME GIVING PERMISSION TO EDIT/COMMENT MICHAEL.HENNESSEY@MYBEDFORD.US

MINIMUM 6 PARAGRAPHS We have covered CPR, mental and emotional wellness, drug and substance prevention, growth and development, conflict resolution, and personal safety/injury prevention this quarter. Using information we have discussed and learned, share with me the ways you will maintain a healthy lifestyle for yourself and within your community. Your focus should include as much information as possible, you may use outside resources, simply cite your URL/webpage/resources at the end of your paper. It may be written or complete on a google doc and emailed to michael.hennessey@mybedford.us. PLEASE COMPLETE THIS PRE-TEST NO LATER THAN FRIDAY.

A	B	C	D
neatly done, limited spelling/grammar errors, covered all points of the course topics. Demonstrated a personal understanding of health and wellness for lifelong lifestyles. Paper shows understanding above and beyond copy and paste information.	limited errors, covered most points of the course topics. Demonstrated a basic understanding of health and wellness. One or two general topics missing but overall understanding demonstrated.	Basic recall of course information errors which distract the reading, limited topics covered, some errors in content, disorganized, hard to follow. Missing a basic understanding of personal health and wellness and demonstrates limited topic knowledge.	Very disorganized and lacking content. full of informational errors, missing most or all topic areas. Completely disorganized and difficult to follow. Paper is wrinkled, generally is messy and shows little if any effort. Ideas are scattered and off topic throughout the paper.