

FITNESS TRAINING RUBRICS

Daily Warm up Routine

M- meeting Standard	Completes all exercises and drills all of the time
W- approaching Standard	Attempting to complete exercises and drills
N- not meeting Standard	Fails to attempt exercises and drills

Exercises:

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| <ul style="list-style-type: none"> • Jumping Jacks: 10 • Push-ups: 5-10 • Plank hold: 20 sec x 3 | <ul style="list-style-type: none"> • Crunches: 30 • Mountain Climbers:20 • Stretching |
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Warm-Up Game

M- meeting Standard	Takes a physically active part in game or activity all of the time
W- approaching Standard	Requires some reminding to participate in game or activity
N- not meeting Standard	Does not participate or takes constant reminding to participate in game or activity.

Fitness Stations

M- Meeting Standard	Student is engaged, on task and participates, correctly, in 80% or more of the stations
W- approaching Standard	Student is engaged, on task and participates, correctly, between 60% to 80% of the stations
N-Not meeting Standard	Student participates in less than 60% of the fitness stations; or elects not to participate

3 minute Jog

M- Meeting Standard	Student jogs, at his/her own pace the entire time or stops once, briefly
W- approaching Standard	Student stops two times during the jog
N-Not meeting Standard	Student stops more than twice; or elects not to jog

Students are encouraged to:

- Participate at best personal level
- Show a positive attitude toward self and others
- Deliver 100% effort
- Improves fitness and skill

* Teacher WILL always take into consideration pre-existing or acute medical conditions