Name:

Date:

School:

Facilitator:

8.01 Personal Cardio Plan Rubric

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ****Category**** | ****10-8 points**** | ****7-5 points**** | ****4-0 points**** | ****Score/Comments**** |
| Personal Cardio Plan Activities | * Student included at least 3 cardio activities in their personal cardio fitness plan with high degree of effectiveness.
* Student explained the duration of each exercise with high degree of effectiveness.
* Student explained the distance covered, planned repetitions, and intensity level of each exercise with high degree of effectiveness.
 | … with considerable effectiveness…  | … with some or limited effectiveness…  |      /10 |
| FITT Principal | Student explained how personal fitness plan will meet the FITT Principal with high degree of effectiveness. | … with considerable effectiveness…  | … with some or limited effectiveness…  |      /10 |
| Warm-Up/Cooldown | Student explained how their personal cardio plan will include 10 minutes of warm-up & cooldown exercises with high degree of effectiveness. | … with considerable effectiveness…  | … with some or limited effectiveness…  |      /10 |
| Pictures/Video demonstrating proper techniques | * Student included pictures or video performing the correct warm-up techniques with high degree of effectiveness.
* Student included pictures or video performing the correct cardio techniques with high degree of effectiveness.
* Student included pictures or video performing the correct cooldown techniques with high degree of effectiveness.
 | … with considerable effectiveness…  | … with some or limited effectiveness…  |      /10 |
| Reflection | * Student reflected on their personal cardio plan with high degree of effectiveness.
* The student was able to express how their cardio plan meets their SMART cardio goals with high degree of effectiveness
 | … with considerable effectiveness…  | … with some or limited effectiveness…  |      /10 |
|  |  |  | **TOTAL** | **/50** |