Name:

Date:

School:

Facilitator:

8.02 Personal Flexibility Plan Rubric

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ****Category**** | ****10-8 points**** | ****7-5 points**** | ****4-0 points**** | ****Score/Comments**** |
| Personal Flexibility Plan Warm-Up Activities | * Student included at least 5 warm-up activities in their personal flexibility plan with high degree of effectiveness.
* Student explained the duration of each exercise with high degree of effectiveness.
* Student explained the rest period and if a partner is needed with high degree of effectiveness.
 | … with considerable effectiveness…  | … with some or limited effectiveness…  |      /10 |
| Personal Flexibility Plan Cooldown Activities | * Student included at least 5 cooldown activities in their personal flexibility plan with high degree of effectiveness.
* Student explained the duration of each exercise with high degree of effectiveness.
* Student explained the rest period & if a partner is needed 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 |
| 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 cooldown techniques with high degree of effectiveness.
 | … with considerable effectiveness…  | … with some or limited effectiveness…  |      /10 |
| Reflection | * Student reflected on their personal flexibility plan with high degree of effectiveness.
* The student was able to express how their flexibility plan meets their SMART cardio goals with high degree of effectiveness.
 | … with considerable effectiveness…  | … with some or limited effectiveness…  |      /10 |
|  |  |  | **TOTAL** | **/50** |