PET 451
Secondary Fitness Lab
Cardiovascular Activities’ Rubric

This rubric is to be submitted with your cardiovascular activities (no rubric, -20 points). This is due at the beginning of the class meeting indicated on the tentative block schedule.

Components

/30  Context statement clearly indicates:
     /5  Grade level for whom activities are designed & number of students in class
     /5  Length of each class meeting (minutes) & number of meetings
     /10 Explanation of developmental appropriateness
     /10 Paragraph format, grammar, spelling, FORMAL WRITING, 1-2 pages

/140 Each activity sheet includes:
     /5  Activity name
     /5  Activity author
     /5  Health-related fitness component targeted
     /5  Length of each activity (minutes); should be a warm-up, not an entire lesson
     /20 Assessment identified for improvement of this fitness component; include all materials necessary for this assessment (e.g., checklist, rubric, etc.)
     /20 Brief description of activity (few sentences)
     /20 Safety considerations
     /20 Equipment necessary (items and number of each)
     /40 Organizational layout (diagram required)

/30 Overall quality, originality and completeness of activities

Additional comments:________________________________________________________________________________________

________________________________________________________________________________________

GRADE:_______/200