PET 451
Secondary Fitness Lab
Muscular Fitness Activities’ Rubric

This rubric is to be submitted with your muscular fitness 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