

GRADING RUBRIC

Mat Room Fitness Routine Presentation

Date: _____

Instructor(s): _____

For this project, your group will select exercise cards and put together a **CIRCUIT** to demonstrate to the class and then have the class try it out. You are responsible for teaching, demonstrating, setting up equipment and music, and motivating your participants during activity!

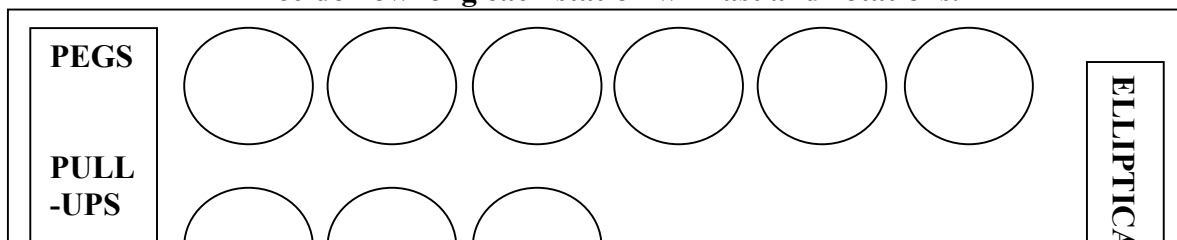
Step 1: CHOOSE THE EXERCISES: (5 points)

Choose your exercise cards and choose your optional exercises and then WRITE them in the table below with the MUSCLES they use.
You must have a total of 7 exercises.

Exercise Equipment Category:	Exercises Chosen:	Muscles Used (List 1 or 2):
*Stability Ball (Choose 1)		
*Step Boxes (Choose 2)		
*Medicine Ball (Choose 1)		
*Resistance Bands (Choose 2)		
*Optional: Pegs or Pull-up Bars Jump Ropes Make-up your own!		
<p>*You need to do a “cool-down” of stretching of your choice at end (2min). *Take one Body Composition Card to teach the class at beginning.</p>		

Step 2: DESIGN YOUR CIRCUIT: (5 points)

Put the exercises in ORDER for your circuit on the mat room map and number them.
Decide how long each station will last and rotations.



Check with the teacher after you have completed the design circuit

Step 3: WRITE UP INSTRUCTIONS

Groups will type a copy of the “Mat Room Fitness Routine” which will look like the following:

CHOOSE TYPIST _____:

Mat Room Fitness Routine

Instructor(s): _____

Equipment: _____

Time: At each station _____ Overall workout time _____

Set(s): How many times the circuit is completed: _____

Introduction Card Name: _____

Circuit: Station 1 – Exercise _____ Muscle _____

Station 2 – Exercise _____ Muscle _____

Station 3 – Exercise _____ Muscle _____

Station 4 – Exercise _____ Muscle _____

Station 5 – Exercise _____ Muscle _____

Station 6 – Exercise _____ Muscle _____

Station 7 – Exercise _____ Muscle _____

Cool Down: List what stretches you will be using (2minutes minimum)

#1 – _____ #4 - _____

#2 – _____ #5 - _____

#3 - _____ #6 - _____

Review Card Name: _____

Step 4: PRACTICE! (10 points)

Practice each exercise; know each muscle group worked. Decide who will demonstrate what stations and who will speak at each. Practice your presentation!

You are responsible for using your class time wisely for your daily grade.

Step 5: PRESENTATION DAY Grading Rubric (30 points)

- _____ **Demonstration:** (10 points)
Take the class through each station. Explain the exercise, name muscles.
- _____ **Run the Circuit:** (10 points)
Run the timer, calls out rotations, and walks around helping others with technique and motivating participants.
- _____ **3 Phases of Exercise:** (2 pts.)
Circuit has the 3 phases of exercise and is within 15-20 min. timeframe:
1-Warm-up (automatic), 2-Activity/Circuit, and 3-Cool down (2min.)
- _____ **Instruction/Leadership Time:** (3 pts.)
Each instructor leads or demonstrates equally.
- _____ **Teaching Voices:** (3 pts.)
Instructors use clear, loud teaching voices and commands.
- _____ **Ready to Teach:** (2 pts.)
The instructors are prepared and ready to go on their teaching day.
- _____ **Appropriate Music:**
Bring your own music. Appropriate for the school and fits the activity. (OR you can always use the PE music library or radio.)
- _____ **Typed Presentation:**
Groups have typed up a final copy of the “Mat Routine” following the format provided. (5 pts)

Your Presentation Score = _____ Project Overall Score out of 50 = _____

Grading Scale: 50-45 = A	44-40 = B	39-35 = C	34-31 = D	30-below = F
---------------------------------	-----------	-----------	-----------	--------------