FITNESS PERFORMANCE RUBRIC

SPARK™

MIDDLE SCHOOL

FITNESS

STUDENTS	SKILL/FITNESS PERFORMANCE • Participates in physical activity • Self-assesses heart rate using index and middle finger to find radial pulse • Demonstrates proper exercise technique (Choose 1 to assess) • Uses feedback to correct movement patterns	COGNITIVE KNOWLEDGE • Defines aerobic capacity • Identifies target heart rate • Describes basic principles of training • Analyzes movement patterns • Identifies major muscle groups • Describes basic concepts of nutrition	SELF/SOCIAL RESPONSIBILITY • Demonstrates safety awareness • Demonstrates self-responsibility • Accepts challenges • Cooperates with peers

Scale: 3 Demonstrates all cues all the time with no mistakes
2 Demonstrates 2 or more cues all the time with no mistakes
1 Demonstrates 1 cue all the time with no mistakes
0 Cannot demonstrate any of the cues