

## LMS Wellness Core/Cardio Rubric

<b>Core Cardio Scale</b>			
	<b>20 min</b>	<b>18 min</b>	<b>16 min</b>
<b>4</b>	18 min	16 min	14 min
<b>3</b>	16 min	14 min	12 min
<b>2</b>	14 min	12 min	10 min
<b>1</b>	below 13:59	below 11:59	below 9:59
	<b>70-80%</b>	<b>80-90%</b>	<b>90-100%</b>

<b>20b. Assess individual fitness levels.</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>0</b>
	<p>Student demonstrates advanced knowledge and skills of the learning standard.</p> <p>Student meets the minutes for a 4, without constant corrective feedback.</p>	<p>Student demonstrates mastery of knowledge and skills of the learning standard.</p> <p>Student meets the minutes for a 3, without constant corrective feedback.</p>	<p>Student demonstrates foundational knowledge and skills of the learning standard with support. (possible instructional support)</p> <p>Student meets the minutes for a 4, 3 or 2, with constant corrective feedback.</p>	<p>Student progresses towards understanding the learning standard and requires guidance and support.</p> <p>Student doesn't meet the minutes for a 4, 3 or 2.</p>	<p>Student does not provide evidence to assess understanding of the learning standard.</p>

\*Student grade is based of each day's total workout time and the percentage of time they spent in the appropriate Heart Rate zone.

\*All core/cardio grades are subject to being made up by the student before or after school if they unsatisfied with their score.