

LMS Wellness

Resistance Training Rubric

<u>Active</u>			
	20 min	18 min	16 min
4	15 min	14 min	13 min
3	10 min	10 min	10 min
2	7 min	7 min	7 min
1	below 6:59	below 6:59	below 6:59
		60-70%	70-80%

<u>Healthy Heart Scale</u>			
	20 min	18 min	16 min
4	15 min	14 min	13 min
3	10 min	10 min	10 min
2	7 min	7 min	7 min
1	below 6:59	below 6:59	below 6:59
		70-80%	80-90%

Standard	4	3	2	1	0
<p>20a. Know and apply the principles and components of health-related fitness.</p>	<p>Student demonstrates advanced knowledge and skills of the learning standard.</p> <p>Every day in the weight room the Student...</p> <ul style="list-style-type: none"> • Has completed daily workouts • Uses appropriate lifting form • Uses equipment properly • Is safe at all times <p>* And has sufficient time in Heart Rate zone</p>	<p>Student demonstrates mastery of knowledge and skills of the learning standard.</p> <p>Every day in the weight room the Student...</p> <ul style="list-style-type: none"> • Has completed daily workouts <p>Almost all of the time the student...</p> <ul style="list-style-type: none"> • Uses appropriate lifting form • Uses equipment properly • Is safe at all times <p>* And has sufficient time in Heart Rate zone</p>	<p>Student demonstrates foundational knowledge and skills of the learning standard with support. (possible instructional support)</p> <p>Student completes these with teacher reminder</p> <ul style="list-style-type: none"> • Has completed daily workouts <p>With corrected feedback student...</p> <ul style="list-style-type: none"> • Uses appropriate lifting form • Uses equipment properly • Is safe at all times <p>* And has sufficient time in Heart Rate zone</p>	<p>Student progresses towards understanding the learning standard and requires guidance and support.</p> <p>Even with guidance and support student is unable to...</p> <ul style="list-style-type: none"> • complete daily workouts • use appropriate lifting form • use equipment properly • be safe at all times <p>* And doesn't sufficient time in Heart Rate zone</p>	<p>Student does not provide evidence to assess understanding of the learning standard.</p>

*Student grade is based off of both the minutes in Heart Rate rubric and the tasks of each standard.

<p>20c. Set goals based on fitness data and develop, implement and monitor an individual fitness improvement plan.</p>	<p style="text-align: center;">4</p> <p>Student demonstrates advanced knowledge and skills of the learning standard.</p> <p>Student will improve in every fitness test.</p> <ul style="list-style-type: none"> • Fitness gram tests <ul style="list-style-type: none"> ○ Pacer ○ Sit up ○ Push up ○ Modified pull ups ○ Mile run 	<p style="text-align: center;">3</p> <p>Student demonstrates mastery of knowledge and skills of the learning standard.</p> <p>Student will improve in at least 3 fitness tests.</p> <ul style="list-style-type: none"> • Fitness gram tests <ul style="list-style-type: none"> ○ Pacer ○ Sit up ○ Push up ○ Modified pull ups ○ Mile run 	<p style="text-align: center;">2</p> <p>Student demonstrates foundational knowledge and skills of the learning standard with support. (possible instructional support)</p>	<p style="text-align: center;">1</p> <p>Student progresses towards understanding the learning standard and requires guidance and support.</p> <p>Student improves in only 1 or 2 fitness tests.</p> <ul style="list-style-type: none"> • Fitness gram tests <ul style="list-style-type: none"> ○ Pacer ○ Sit up ○ Push up ○ Modified pull ups ○ Mile run 	<p style="text-align: center;">0</p> <p>Student does not provide evidence to assess understanding of the learning standard.</p> <p>Student shows no improvement in any fitness test and no goals are accounted for.</p>
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*Student grade is based off of both the minutes in Heart Rate rubric and the tasks of each standard.