

Names: _____

Exercise Routine & Heart Rate Challenge

Directions: Your group is to create an exercise routine that can be completed without any equipment, anywhere. This exercise routine will help others to improve their quality of life by exercising their whole body, including their heart. Follow the rubric below to achieve all points for the project. Complete this project in Google Slides and turn in to Google Classroom.

Category	Excellent	Adequate	Poor	Total
Exercise	5 different exercises that focus on 5 different muscle group/areas were created (10 points)	5 different exercises were created, with some overlap of body muscle groups being worked (7 points)	3 or less exercises were created and they focus on the one muscle group (4 points)	____/10
Pictures (Best pictures will be from you doing the exercise)	At least 2 pictures are included for a visual on how to complete each of the 5 exercises. Pictures clearly demonstrate the phases of the exercise (30 points)	At least 2 pictures are included for a visual on how to complete each of the 5 exercises. Pictures vaguely demonstrate the phases of the exercise (21 points)	1 picture is included for a visual on how to complete each of the 5 exercises. Pictures only show 1 phase of the exercise. (12 points)	____/30
Written Description (how to complete the exercise)	A very detailed and clear description of how to complete each exercise is written. After reading the description, there is no uncertainty on how to complete the exercise (50 points)	A detailed description of how to complete each exercise is written. After reading the description, there is slight uncertainty on how to complete the exercise (35 points)	A description of how to complete each exercise is written. After reading the description, there is much uncertainty on how to complete the exercise (20 points)	____/50
Frequency (time or reps)	For each exercise, a number of reps or a time frame is listed for how to complete the exercise. The frequency is appropriate for the given exercise (10 points)	For each exercise, a number of reps or a time frame is listed for how to complete the exercise. The frequency is semi-appropriate for the given exercise (7 points)	For each exercise, a number of reps or a time frame is listed for how to complete the exercise. The frequency is very inappropriate for the given exercise (4 points)	____/10
Google Slides	Each slide should include all criteria listed above: 1. Exercise Name 2. Pictures 3. Exercise description 4. Reps or time to complete (Project should be 5 slides long)			
Total				____/100