

Names: _____

Fitness Component Exercise Routine

Directions: Your group is to create an exercise routine that can be completed without any equipment, anywhere. Your exercise routine will include all of the fitness components to create a well balanced routine. 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
Exercises & matching fitness component	8 different exercises, 2 per fitness component (minus body composition), are created and properly matched (10 points)	8 different exercises, 2 per fitness component (minus body composition), are created and mostly properly matched (7 points)	8 different exercises are created but not from all components and not properly matched (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 8 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 8 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 8 exercises. Pictures only show 1 phase of the exercise. (12 points)	____/20
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
Checking heart rate	A very detailed explanation of how to check your heart rate during or after exercise with 1 picture is included (10 points)	A detailed explanation of how to check your heart rate during or after exercise is included but missing a picture (7 points)	A brief explanation of how to check your heart rate during or after exercise is including but is missing a picture (4 points)	____/10
Google Slides	Each slide should include all criteria listed above: 1. Exercise Name & fitness component 2. Pictures 3. Exercise description 4. Reps or time to complete (9 slides total: 8 with exercises, 1 with HR)			
Total				____/100