Physical Activity Poster Project Rubric

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **0** | **3** | **6** | **Score** |
| **Includes the components of the respiratory system.** (define) | None of the components of the respiratory system are included | Some of the components of the respiratory system are included | All of the components of the respiratory system are included |  |
| **Includes the components of the circulatory system.** (define) | None of the components of the circulatory system are included | Some of the components of the circulatory system are included | All of the components of the circulatory system are included |  |
| **Includes three types of exercise** (define)  **-aerobic**  **-anaerobic**  **-flexibility** | None of the exercises are included and defined | Some of the exercises are included and defined | All of the exercises are included and defined |  |
| **Includes an image/photo example of each type of exercise** | No photo/image examples are displayed on the poster | Some image/photo examples are displayed on the poster | All necessary image/photo examples are displayed on the poster |  |
| **Presentation**  **-Color**  **-Pictures** | None of the sections are fully complete | Some of the sections are fully complete | All sections of the project are fully complete |  |
| **Timeliness** | Project was not handed in or handed in past the assigned due date(s) | Project was handed in one day late | Project was handed in by the assigned date and time |  |

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Assigned date\_\_\_\_\_\_\_\_\_\_\_\_\_ Due date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_