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| **Workout #1****\*\*Create your own 15 minute workout\*\***Warm Up Exercises:\*30-60 seconds each\*1)2)3)Workout Exercises:\*30-60 seconds each\*1)2)3)4)5)6)7)**X 3 reps**Cool Down Exercises:\*30-60 seconds each\*1)2)3)One PRO of this workout:One CON of this workout:I rate this workout: 1 2 3 4 5Use the Rate of Perceived Exertion Scale (on Teams) to rate how hard you worked: 1 2 3 4 5 | **Workout #2****\*\*Create your own 15 minute workout\*\***Warm Up Exercises:\*30-60 seconds each\*1)2)3)Workout Exercises:\*30-60 seconds each\*1)2)3)4)5)6)7)**X 3 reps**Cool Down Exercises:\*30-60 seconds each\*1)2)3)One PRO of this workout:One CON of this workout:I rate this workout: 1 2 3 4 5Use the Rate of Perceived Exertion Scale (on Teams) to rate how hard you worked: 1 2 3 4 5 | **Workout #3****\*\*Create your own 15 minute workout\*\***Warm Up Exercises:\*30-60 seconds each\*1)2)3)Workout Exercises:\*30-60 seconds each\*1)2)3)4)5)6)7)**X 3 reps**Cool Down Exercises:\*30-60 seconds each\*1)2)3)One PRO of this workout:One CON of this workout:I rate this workout: 1 2 3 4 5Use the Rate of Perceived Exertion Scale (On Teams) to rate how hard you worked:1. 2 3 4 5
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Workout Reflection:

1. What was your favourite workout this week? Why?
2. What was your least favourite workout this week? Why?

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| **Skill Unit:** Unit Skills: What are the topics covered in the sport videos?1)2)3)4)5)6)7)8)Skill Questions | **PHE Health Lesson** \*\*Find a YouTube video (ex. TedTalk) that discusses a health topic that interests you (ex. diet, sleep, exercise, screen time, mental health, sexual health). Provide the link to the video, along with a short summary and 3 facts your learned by watching the video.Title:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Link: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Summary:Facts:1)2)3) |

**Marking Rubric**

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| Criteria | 0 | 1 | 2 | 3 |
| Workout Questions | Uncompleted/inaccurate workout Title, Exercise List. Incomplete Pro and Con descriptions. Incomplete workout Rating and RPE. | Completed and accurate workout Title, but lacking detail in area such as Exercise list/Pro and Con or workout rating/ RPE. | Completed and accurate Workout Title. Completed Exercise list, Pro & Con, exercise rating and RPE, but lacking detail in the PRO and Con rating. | Completed and accurate workout Title, Exercise List. Completed and Descriptive Pro and Con of Workout. Completed workout Rating and RPE. |
| Workout Reflection | Incomplete workout reflection. Unanswered or poorly answered. | Workout reflection questions answered to minimal levels. More thought and details needed. Or not all questions answered. | Workout reflection questions answered with some detail, but more thought and detail needed. | Thought and detail was put into workout reflection – detailing the why of favourite and least favourite workouts.  |
| PE Unit Skills | Unanswered or incomplete answers to skill based questions. | Skill questions answered, but lacking details. Minimal levels of effort in answering questions. OR some missing answers. | All skill questions answered with some detail, but more thought and detail needed. | Completed and accurate answers to skill based questions with details. |
| Health Assignment | Incomplete answers to health questions. Too many missing details in summary piece. | Health questions/reflection complete, but to minimal levels. Lacking thought and/or details. Or not all questions answered. | Health questions/ reflection completed, but lacking some thought or detail. | Completed and thoughtful answers to health questions/reflection. Details given. |

Total Mark: /12