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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 5  Use 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 5  Use 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 5  Use the Rate of Perceived Exertion Scale (On Teams) to rate how hard you worked:   1. 2 3 4 5 |

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