

Group Names: _____

Total Points: _____

Muscle Madness Project Based Learning Rubric

Project Content					
	Advanced	Proficient	Progressing	Missed Content	
	10-8 pts	7-5 pts	4-1 pts	0 pts	Points Received
Muscle facts: Location and function	Provides excellent and accurate information on the muscle location and the function of the muscle	Provides correct information on the muscle location and the function of the muscle	Provides inaccurate information on the muscle location and the function of the muscle	Did not include this in project	
Muscle Strength: provides options for developing muscular strength	Provides a variety of options (at least 3) for developing muscular strength	Provides 2 options for developing muscular strength	Provides only one or no option for developing muscular strength	Did not include this in project	
Muscular Flexibility: provides options for developing flexibility	Provides a variety of options (at least 3) for developing flexibility	Provides 2 options for developing flexibility	Provides only one or no option for developing flexibility	Did not include this in project	
Biomechanical Principles: provides sound techniques for lifts and stretches	Provides excellent and accurate information on stretching and lifting techniques	Provides correct information on stretching and lifting techniques	Omits or lacking information on stretching and lifting techniques	Did not include this in project	
Presentation					
	Advanced	Proficient	Progressing	Missed Content	
	10-8 pts	7-5 pts	4-1 pts	0 pts	Points Received
Introduction	Provides a thorough introduction that gives the audience the scope of the presentation	Provides the audience with a introduction that merely states the outcome	Provides a weak introduction or no introduction to the presentation	Did not include this in the presentation	
Knowledge Content	Content presented is thorough, factual and appropriate	Content is correct and appropriate	Content included several errors	Did not include this in the presentation	
Delivery	Speaks enthusiastically and confidently; makes eye contact with the audience	Speaks well without a script	Relies on script; no eye contact	Did not include this in the presentation	
Displays/technology	Provides pictures or video that depict an appropriate model and views for each lift and stretch	Provides pictures or video that depict the an appropriate model for almost most all of the lifts and stretches	Pictures or video include contraindicated techniques for lifts and stretches	Did not include this in the presentation	
Activities	Engages participants and all are active	Some participants are active and engaged	Few participants are active and engaged	Did not include this in the presentation	
Closure	Recaps the presentation by providing memorable information about the importance of muscular strength and flexibility and taking care of our bodies	Recaps the presentation by providing some aspects of the project	Recaps the presentation with a brief review	Did not include this in the presentation	

Total Points Received for Project: _____