

***Binder grading rubric***

***Revised 12/16/2010***

Binder includes:

1. Leaders Information

○ Title page		
○ Dividers	7 items	5
○ Semester calendar	5-6 items	4
○ ACHS leaders program	3-4 items	3
○ What is a Leader	2 items	2
○ Physical Education procedures	1 item	1
○ Attendance procedure	0 item	0

2. Lesson Plan

○ Teaching assignment sheet	6 items	5
○ Expectation for assigned teaching day	4-5 items	4
○ Your own fitness lesson plan	3 items	3
○ Your sport lesson plan day 1	2 items	2
○ Sport lesson plan day 2	1 item	1
○ Teaching day graded rubric	0 item	0

3. Sport Unit Handouts

○ Archery	8-9 items	5
○ Basketball	6-7 items	4
○ Dance	4-5 items	3
○ Eclipse	2-3 items	2
○ Football	1 item	1
○ Skating	0 item	0
○ Soccer		
○ Softball		
○ Volleyball		

4. Sport quizzes

○ Archery	8-9 items	5
○ Dance	6-7 items	4
○ Eclipse	4-5 items	3
○ Football	2-3 items	2
○ Skating	1 item	1
○ Soccer	0 items	0
○ Softball		
○ Volleyball		
○ Common assessment		

5. Warm-up activities		
○ Benefits of a warm-up explanation	10-11 items	5
	8-9 items	4
	5-7 items	3
	3-4 items	2
	1-2 items	1
	0 items	0
6. Cool-down activities	8 items	5
○ Benefits of a cool-down explanation	6-7 items	4
	4-5 items	3
	2-3 items	2
	1 item	1
	0 item	0
7. Fitness activities	9-10 items	5
	7-8 items	4
	5-6 items	3
	3-4 items	2
	1-2 items	1
	0 items	0
8. Fitness Themes		
○ Fitness goals		
○ Health related components		
○ Skill related components	8-9 items	5
○ Push-ups strength/endurance	6-7 items	4
○ Sit-ups strength/endurance	4-5 items	3
○ Sit and reach flexibility	2-3 items	2
○ Principles of training	1 item	1
○ Fit	0 item	0
○ Target heart rate sheet		
	Total points _____/40__	

\*Your binder must be in the order listed above. If items are not in correct order, 5 points will be deducted from the total score.