

Strength Training Performance Rubric



RUBRIC SCORE	Exercise Completion & Proper Lift Time	Proper Lift Progression	Full Range of Motion	Weight Lift Log Completion
4	<ul style="list-style-type: none"> Student completes all exercises listed on weight lift sheet or demonstrated by instructor. Lift completion 20+ minutes. 	<ul style="list-style-type: none"> Demonstrates proper progression throughout whole lift. <p><i>Selects appropriate weight & reps for each exercise.</i></p>	<ul style="list-style-type: none"> Demonstrates full range of motion during all exercises. 	<ul style="list-style-type: none"> Completes weight log accurately each day. Teacher signs lift log that day.
3	<ul style="list-style-type: none"> Student completes 8/10 exercises. Lift completion 15-19 minutes 	<ul style="list-style-type: none"> Demonstrates proper progression on 8/10 lifts. 	<ul style="list-style-type: none"> Demonstrates full range of motion during 8/10 exercises. 	<ul style="list-style-type: none"> Completes most of lift log each day. Teacher signs lift log that day.
2	<ul style="list-style-type: none"> Student completes 6/10 exercises. Lift completion less than 15 minutes. 	<ul style="list-style-type: none"> Demonstrates proper progression on 6/10 lifts. 	<ul style="list-style-type: none"> Demonstrates full range of motion during 6/10 exercises. 	<ul style="list-style-type: none"> Completes some of lift log each day. Teacher signs lift log that day.
1 Poor Effort ~ Redo	<ul style="list-style-type: none"> Student completes 5 or less lifts in 10 minutes or less. 	<ul style="list-style-type: none"> Demonstrates proper progression on 5 or less lifts. 	<ul style="list-style-type: none"> Demonstrates full range of motion during 5 or less exercises. 	<ul style="list-style-type: none"> Lift log is not completed. No teacher signature.

This rubric is used to assess each student's strength training knowledge and performance. It is important that students complete all exercises, show proper progression and properly fill out their weight lift log each time they strength train (lift) in PE class. Strength training has many benefits for students: improves strength, increases bone density, improves self esteem, better sports performance, etc. Understanding the basics provides students with the knowledge needed to lift safely. Strength Training is extremely important to living a healthy life.

