**Flex and Strength Warm Up Rubric** Teacher: Ms. Maday

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Requirements/Criteria**   **Points (1min.-5max)**

Students ability to provide clear explanation / cues 1 2 3 4 5

Students ability to provide variety and creativity 1 2 3 4 5

Students ability to provide proper demonstration 1 2 3 4 5

Students ability to provide accurate modifications 1 2 3 4 5

Students preparedness leading up to/ day of warm up 1 2 3 4 5

Students met the time requirement of 8 minutes minimum 1 2 3 4 5
to 10 minutes max.

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**Comments:**

**Final Grade:**