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| **4** | **4-Points:** Student participates 100% of the time to the best of their ability, completes all stretches, warmups, and workouts. Student shows the ability to do the lifts with correct form, correct range of motion, correct counts 100% of the time. Student stays on task the whole class period. |
| **3** | **3-Points:** Student participates 75%, or most of the time, completes most of the stretches, warmups, and workouts. Student shows the ability to do the lifts with correct form, correct range of motion, correct counts most of the time. Student stays on task most of the class period. |
| **2** | **2-Points:** Student participates 50%, or part of the time, completes some of the stretches, warmups, and workouts. Student shows the ability to do the lifts with correct form, correct range of motion, correct counts some, or half of the time. Student stays on task some or half of the class period. |
| **1** | **1-Point:** Student participates 25% of the time, rarely completes any of the stretches, warmups, and workouts. Student rarely shows the ability to do the lifts with correct form, correct range of motion, or correct counts. Student rarely stays on task during the class period. |
| **0** | **0 – Points:**  Student fails to do any of the above, or student was defiant or disrespectful and/or dismissed from classroom. Or student was absent from class and needs to do a 30 minute make up before/after school in a TIMELY manner. Student needs to get workout from Mr. Ripke, complete the workout and then return the workout to Mr. Ripke to receive credit. |

Classroom Procedures/Policies Rubric

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| **4** | **4 – Points:** Student is dressed appropriately for class, on time, has a positive attitude, uses appropriate language, displays appropriate behavior, shows knowledge and awareness of the rules set forth by teacher, student can read the board and know what is expected from the workout, Demonstrates these behaviors 100% of the time. |
| **3** | **3 – Points:** Student is dressed appropriately for class, on time, has a positive attitude, uses appropriate language, displays appropriate behavior, shows knowledge and awareness of the rules set forth by teacher, student can read the board and know what is expected from the workout, Demonstrates these behaviors 75% or most of the time. Tardy = -1 pts. |
| **2** | **2 – Points:** Student does not dress down appropriately for class, on time, has a positive attitude, uses appropriate language, displays appropriate behavior, shows knowledge and awareness of the rules set forth by teacher, student can read the board and know what is expected from the workout, Demonstrates these behaviors some or half of the time. Not dressed down = -2 pts. |
| **1** | **1 – Point:** Student does not dress down appropriately for class, not on time, has a negative attitude, lack of respect for the teacher or fellow students or the weight room equipment, use of inappropriate language, displays inappropriate behavior, shows a lack of knowledge and awareness of the rules set forth by teacher, student can’t read the board and know what is expected from the workout. |
| **0** | **0 – Points:** Student fails to do any of the above, or student was defiant or disrespectful and/or dismissed from classroom. Or student was absent from class and needs to do a 30 minute make up before/after school in a TIMELY manner. Student needs to get workout from Mr. Ripke, complete the workout and then return the workout to Mr. Ripke to receive credit. |