



PHYSICAL EDUCATION DEPARTMENT

P.E Wings

Workout Video Assignment

For this assignment you will be required to make a workout video that you will have to show to the class. You will have to make this video appropriate for your age group, which would be the ages 13-18. It will also have to be no less than 30 minutes. This includes warming up and cooling down, which each should take about 5 minutes long. The actual work out should then be about 20 minutes, with maximum 1 minute breaks. You may make your video longer if you want, but this is the suggested time.

The attached rubric will explain the marking scheme for this assignment.

HAVE FUN!!

Rubric:

CATEGORY	4	3	2	1
Cooperation	Group delegates tasks and shares responsibility effectively all of the time. All group members showed enthusiasm and are synchronized in their movements.	Group delegates tasks and shares responsibility effectively most of the time. The group mostly showed enthusiasm and was synchronized.	Group delegates tasks and shares responsibility effectively some of the time. Showed little enthusiasm and synchronization.	Group often is not effective in delegating tasks and/or sharing responsibility. Did not show any enthusiasm in their performance and group members seemed to be doing their own thing.
Planning/Quality	Careful planning has gone into the work out. All exercises improve the content or "feel" of the video and are appropriate for the age level. The song is also a good selection.	Some planning has gone into the work out. Most enhance the content or "feel" of the video, but 1-2 seem to be added for no real reason. The song is a good selection.	Exercises that are chosen are appropriate for the topic, but some detract from the overall presentation. The song is a little inappropriate.	Exercises and song are not appropriate for the video.
Effectiveness	Video incorporates both upper and lower body exercises that are vigorous and would improve the user's aerobic ability.	Video includes most material needed to be successful but is lacking in one or two key elements. It is an adequate work out.	Video is missing more than two key elements. It would make an incomplete work out.	Video is lacking several key elements and has inaccuracies that make it a poor work out.
Originality	Presentation shows considerable originality and inventiveness. The content and ideas are presented in a unique and interesting way.	Presentation shows some originality and inventiveness. The content and ideas are presented in an interesting way.	Presentation shows an attempt at originality and inventiveness on 1-2 cards.	Presentation is a rehash of other people's ideas and/or graphics and shows very little attempt at original thought.
Content - Accuracy	All content throughout the presentation is accurate. There are no factual errors. Such as length, absence of a cool down/ warm up, or for a different age group.	Most of the content is accurate but there is one piece of information that might be inaccurate.	The content is generally accurate, but some pieces of information are clearly flawed or inaccurate.	Content is typically inaccurate or contains more than one factual error.

Total: ___/20