**Warm-up Project (10 spark sheets)**

Write-up Points: /25

Presentation(s) Points: /25

Purpose of the warm-up:

What activity or work-out will follow this warm-up:

Aerobic (cardio) activities: (1) – 3 minutes

1.

Flexibility activities: correlates with planned activity (3) 30 seconds

1.

2.

3.

Muscular strength: (3)-30 seconds

1.

2.

3.

Warm – up Project Rubric

1. How well was the warm up presented?

0, 1, 2, 3, 4, 5

1. Creativity - Music, Props, New exercises

0, 2, 4, 6, 8, 10

1. Organized

0, 1, 2, 3, 4, 5

1. Full participation by all group members

0, 2, 4, 6, 8, 10

1. Typed description of the warm-up (on the 10 SPARK sheets)

0, 2, 4, 6, 8, 10

1. Warm up completed within the 7 minute time frame

0, 1, 2, 3, 4, 5

1. Was it a good warm up for the daily activity?

0, 1, 2, 3, 4, 5