

Name: _____ Date: _____ Period: _____

The Developing Child
Unit 6 The Child from Seven to Twelve
Thematic Project: Develop an Exercise Program

Evaluation Rubric

Directions Use the Self-Evaluation Guidelines below to assess the content of your Unit Thematic Project. Rate your performance and give yourself a score for each Criterion. Then give your answers and this completed Evaluation Rubric to your teacher to evaluate.

Self-Evaluation Guidelines

Exemplary (10–8 points)	Satisfactory (7–4 points)	Poor (3–0 points)
<ul style="list-style-type: none"> • Includes all of the required content elements • Very well organized • All details provided • No grammatical errors • Creatively designed and executed 	<ul style="list-style-type: none"> • Includes some of the required content elements • Well organized • Many general details provided • Few grammatical errors • Neatly typed or handwritten 	<ul style="list-style-type: none"> • Includes few or none of the required content elements • Disorganized • Few or no details provided • Many grammatical errors • Typos or illegible handwriting

Criteria	Exemplary (10–8 points)	Satisfactory (7–4 points)	Poor (3–0 points)	Student Score	Teacher Score
Content					
Conduct research to learn the fitness needs for seven- to twelve-year-olds.					
Talk with someone who knows about the fitness needs of seven- to twelve-year-olds.					
Take notes during your talk.					
Develop an exercise program that provides for the needs of seven- to twelve-year-olds.					
Develop an outline to use to present your exercise program.					
Present your exercise program to the class.					
Mechanics					
Evaluate the organization of writing.					
Evaluate the level of detail.					
Check for accuracy of spelling and grammar.					
Evaluate neatness and legibility.					
Total					