

## Qualitative Analytic Rubric

Name of Team Members: \_\_\_\_\_

Fitness Component: \_\_\_\_\_ Date: \_\_\_\_\_

	4	3	2	1
<b>Fun, fun, fun!</b>	The station activity was extremely well planned, organized, and creative. Posters, the group title, music, etc., were fun and “catchy.” Participants appeared to have an outstanding time!	Much thought went into the planning and organization of this fitness station. The posters, group title, music, etc., were clever. Participants appeared to have fun the majority of the time.	Some thought went into the planning of this station. However, it was somewhat disorganized. Posters, music and group title lacked creativity. Participants seemed to have fun some of the time.	The station activity was disorganized. Little to no creativity was expressed in the posters, music, group title, actual activity, etc.
<b>Instructions</b>	The presenters did an excellent job teaching the key characteristics of the component, along with the <b>F.I.T.T.</b> principle. The directions were easy to follow. The presenters were well prepared and knew their material.	The presenters did a good job teaching the key characteristics of the component, along with the <b>F.I.T.T.</b> principle. The directions were easy to follow. The presenters were prepared and knew their material.	The presenters did a fair job teaching the key characteristics of the component, along with the <b>F.I.T.T.</b> principle. The directions were somewhat confusing. The presenters lacked knowledge on their subject material.	The participants were confused as to what to do at the station. The instructions were not clear. The presenters were not prepared and didn’t share information regarding the characteristics of the component and/or the <b>F.I.T.T.</b> principle.
<b>Teamwork</b>	The entire group was involved with the planning, creating, set-up/take-down, and teaching process.	The entire group was involved with the planning, creating, set-up/take-down, and teaching process the majority of the time.	Only part of the group played an active part in the planning, designing, set-up/take-down, and teaching process.	The students argued during the planning phase of the station. Equipment set-up and take-down was definitely an effort for this group.
<b>Time at the station</b>	While at the station the participants were kept active for the entire time. This is a high intensity, action-packed station!	While at the station the participants were kept active for the majority of the time. Participants worked at a medium-high intensity level.	While at the station the participants were actively involved some of the time. At the 2-minute mark, the participants were definitely ready to move on.	“Sitting around” occurred at this fitness station. The participants were ready to move to the next station after a short period of time.

Composite Score: \_\_\_\_\_ /16 points