



### **Grading Rubric: Routine**

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
1. Is the routine aesthetically pleasing to the eye?	Made me cry ☹! Four or more aspects were not beautiful!	Two to three instances were not beautiful	One instance was not beautiful	Made me cry ☺! All aspects were beautiful!
2. 1-3 minutes in duration	1:44 or less; 3:16 or more	1:45- 2:14	2:15 – 2:45 duration	2:46-3:15 duration
3. Incorporates counter balance and tension, inverted and upright, symmetrical and non-symmetrical balances at multiple levels (2 or more).	Three or more balance components missing	Two balance components missing	One balance component missing	All balance components used
4. Demonstrates all 3 axis of rotation.	0 axis of rotation demonstrated	1 axis of rotation demonstrated	2 axis of rotation demonstrated	All 3 axis of rotation demonstrated
5. Utilizes a minimum of 3 types of traveling.	0 types of traveling demonstrated	1 type of traveling demonstrated	2 types of traveling demonstrated	3 or more types of traveling demonstrated
6. Does the routine ‘flow’?	3 or more transitions are not smooth	2 transitions are not smooth	1 transition is not smooth	All parts of the routine flow together smoothly
7. Incorporates 1 unique traveling motion.	<b>0 NO</b>		<b>2 YES</b>	
<b>Total</b>				
<b>/26 + Ave. of Self and Peer Scores /4 + Menu Score /16 = /46</b>				

### Grading Rubric: Self & Peer Evaluation

On a scale of 1-4, please rate yourself and your group members on their level of involvement, hard work and responsibility in contributing to your final gymnastics project.

- 1: irresponsible:** contributed little and was not cooperative and helpful at all
- 2: fair:** contributed some and / or was cooperative and helpful some of the time
- 3: good:** worked hard and / or was cooperative most of the time
- 4: outstanding:** worked very hard and was cooperative all of the time

\*These scores will be kept confidential, so please be honest in your assessments of your peers and yourself.

<b>My Name</b>	<b>My Score</b>
<b>Team Member Names</b>	<b>Score</b>
<b>Total (calculated by instructor)</b>	
<b>Average of your score and your team members assessment of you: /4</b>	

### Grading Rubric: Menu

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	<b>Missing 5 or more components</b>	<b>Missing 3-4 components</b>	<b>Missing 1-2 components</b>	<b>All information is included in menu</b>
<b>Traveling Content</b>				
<b>Rotation Content</b>				
<b>Static Balance Content</b>				
<b>Menu Presentation</b>	<u><b>Greasy spoon!</b></u> Poor! Sloppy presentation that is poorly done (spelling, grammatical, graphics are all poor)	<u><b>Do You Really Want To Eat Here?</b></u> Fair! Considerable errors in presentation (spelling, grammatical, graphics).	<u><b>Pretty Nice But Not The Ritz</b></u> Good! Minor errors in presentation (spelling, grammatical, graphics). It looks nice!	<u><b>5 Star Restaurant</b></u> Beautiful! No errors and presentation looks like a very attractive restaurant menu.
<b>Total: /16</b>				