

HEART ZONES EDUCATION CIRCUIT TRAINING RUBRIC

		Expand and apply knowledge of physical self				Test and measurement worksheet				Discover and appreciate that individual growth rates vary and affect motor performance				Participation				
		Self-directed in HZE program	Able to apply HZE program	Has to be encouraged to apply HZE program	Not engaged in HZE program	Excellent	Good	Fair	Not turned in	Self-directed in goal setting	Able to set goals	Needs help setting goals	Not able to set goals	Best effort at all times	Best effort most of the time	Best effort occasionally	Choosing to take it easy	Grade
Last name	First name	4	3	2	1	4	3	2	1	4	3	2	1	4	3	2	1	
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