5., 6., & 7. Exercise

5. Muscular Strength Improvement:

Utilizing “The Men’s or Women’s Health Big Book of Exercises” by Adam Campbell. The student and teacher of record will develop a muscular strength improvement exercise plan. The attached log should be used to record the student’s performance. The student will be graded on their performance and effort. The OPHS Phys. Ed. Grading Rubric should be used.

6. Muscular Flexibility Improvement:

Utilizing “The Men’s or Women’s Health Big Book of Exercises” By Adam Campbell. The student and teacher of record will develop a muscular flexibility improvement exercise plan. The attached log should be used to record the student’s performance. The student will be graded on their performance and effort. The OPHS Phys. Ed. Grading Rubric should be used.

7. Cardiovascular Improvement:

Utilizing “Aerobics Program for Total Well Being: Exercise, Diet, and Emotional Balance” By Kenneth Cooper. The student and teacher of record will develop a cardiovascular improvement exercise plan. The attached log should be used to record the student’s performance. The student will be graded on their performance and effort. The OPHS Phys. Ed. Grading Rubric should be used.

***Rubric:***

***LEVEL 5: GRADE = 100***

***The student always demonstrates self-control and the utmost respect for others. The student models fair play, leadership and empathy towards others, and conducts him/herself safely and appropriately.***

***LEVEL 4: GRADE = 90***

***The student consistently shows self-control and respect for others.***

***He/she consistently demonstrates fair play and assumes responsibility for conducting***

***the activity safely and appropriately.***

***LEVEL 3: GRADE = 80***

***The student maintains self-control and respect for others. The student meets the participation requirements but may show inconsistencies in following the rules and etiquette of the activity.***

***LEVEL 2: GRADE = 70***

***The student needs reminders regarding fair play, rules, and etiquette. Teacher intervention may be required, although the student generally shows respect for others and a willingness to participate.***

***LEVEL 1: GRADE = 60***

***The student does not maintain self-control, inhibiting the learning process for others.***

***The student does not respond to teacher intervention.***

***His/her actions do not contribute to a safe and healthy environment.***