

Name: _____ Date: _____ Period: _____

Food Nutrition and Wellness
Unit 1 Choose Wellness
Thematic Project: Study Physical Activities

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

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

Criteria	Unacceptable (0-3 points)	Satisfactory (4-7 points)	Exemplary (8-10 points)	Score
Describe your favorite sports and physical activities.				
Find out about places in your community you can participate in your favorite sports and physical activities.				
Write interview questions.				
Interview someone in a fitness-related profession about the effects of different types of physical activities on health and well-being.				
Make a presentation to your classmates on the findings of your research and interview.				
Mechanics				
Evaluate the organization of writing.				
Evaluate the level of detail.				
Check for accuracy of grammar.				
Evaluate neatness and legibility.				
Total				