



DAILY INTENSITY GRADE

10 POINTS-Classroom Performance

- * PERFORMS AT A HIGH LEVEL FOR THE DURATION OF THE PERIOD FOLLOWING THE PRESCRIBED ORDER MOVEMENTS.
- * TRAINING LEVEL IS AN INTENSE EFFORT THROUGHOUT THE WORKOUT USING THE APPROPRIATE AND CHALLENGING LOAD FOR EACH MOVEMENT.
- * NO TALKING WITH THINGS UNRELATED TO YOUR WORKOUT.
- * 100% TOTAL FOCUS FROM BEGINNING TO END. THIS FOCUS INCLUDES SPOTTING AND INVESTMENT IN PARTNER.
- * YOU ARE PUSHING YOURSELF AND YOUR PARTNER
- * YOU GO FROM ONE SET TO THE NEXT WITH ONLY A LONG ENOUGH BREAK FOR YOUR PARTNER TO GO OR CATCH YOUR BREATH (30 SECONDS TO 1 MINUTE)
- * THE WEIGHT YOU ARE USING IS THE PROPER % YOUR WORKOUT DICTATES ALONG WITH THE REPS AND SETS IT ASKS FOR.

7 POINT

- * PERFORMS AT A MODERATE LEVEL OF INTENSITY FOR THE MAJORITY OF THE PERIOD AND FOLLOWS PRESCRIBED WORKOUT.
- * TRAINING LEVEL IS AVERAGE FOR A MAJORITY OF THE WORKOUT.
- * CONVERSATION ABOUT NON-RELATED TRAINING TAKES UP A MODERATE PART OF THE CLASS.
- * THERE IS INCONSISTENCY IN PARTNER ENGAGEMENT AND SPOTTING.
- * INAPPROPRIATE BREAKS IN WORKOUT AFFECT LEVELS OF INTENSITY.
- * INCONSISTANT WITH PROPER % THE WORKOUT PROGRAM DICTATES.
- * FOLLOWS THE WORKOUT BUT PERFORMS AT AN AVERAGE INTENSITY
- * YOU INCREASE YOUR WEIGHT ONLY WHEN YOU FEEL LIKE IT OR ARE TOLD TO AND NOT WHEN YOUR SUPPOSE TO
- * YOU PERFORM YOUR WORKOUT BUT THERE IS MODERATE CONVERSATION GOING ON.

5 POINTS

- * PERFORMS AT A BELOW AVERAGE FOR THE MAJORITY OF THE PERIOD.
- * FOLLOWS THE WORKOUT BUT PERFORMS AT HALF INTENSITY.
- * INCREASES WEIGHT ONLY WHEN INSTRUCTOR IS WATCHING OR HAS ASKED ATHLETE TO INCREASE WEIGHT AND NOT WHEN THEY ARE SUPPOSED TO.
- * ATHLETE TO INCREASE WORKOUT BUT THERE IS LARGE AMOUNT CONVERSATION GOING ON.
- * ATHLETE SKIPS MOVEMENTS AND CHOOSES MOVEMENT THEY ONLY WANT TO DO.

0 POINTS

- * YOU HAVE CHOSEN NOT TO DRESS OUT
- * YOU HAVE BECOME A DISTRUPTION TO THE OTHER STUDENTS

Classroom Behavior

* ATTENDANCE – if you are absent you will not receive points for that particular day. However if you choose to make up the points you can perform 45 minutes of an approved physical workout to gain 8 out of the 10 points back. Simply communicate with the teacher that you would like this option

* LATENESS – if you are late (unexcused) it will be handled with a short physical activity to compensate for your lateness. If lateness continues beyond two times a quarter, another **option** for the teacher will be to deduct points from your daily grade or to write a referral.

* PREPARATION – Non-Dresses will be assigned room maintenance, cleaning and other duties as directed. If you are ill or injured you will still be expected to dress out and an alternative assignment/workout **may** be given..