

Practical Assessment – Group Work

My 5-Minute Exercise Plan

Name(s): _____

Date: _____

Goal

I can choose and show different types of exercise.

Part 1: Group Plan

In your group (2–3 students), plan a **5-minute workout**.

You must include:

- ✓ 1 **Cardio** exercise
 - ✓ 1 **Strength** exercise
 - ✓ 1 **Flexibility OR Balance** exercise
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Write Your Plan

Cardio Exercise:

Strength Exercise:

Flexibility / Balance Exercise:

Explain Your Plan (1–2 sentences)

Why did you choose these exercises?

Part 2: Demonstration

Show your workout to the class:

- Do each exercise for **30–60 seconds**
- Say:
 - the name of the exercise
 - the type (cardio, strength, etc.)

Example:

“This is jumping jacks. It is cardio. It helps the heart.”

Part 3: Self-Assessment (Student Reflection)

✓ Put a ✓ in the box:

I can:

- choose correct types of exercise
 - explain my exercises
 - work well with my group
 - try my best during the activity
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Reflection (1–2 sentences)

What did you do well?

What can you improve next time?

Part 4: Peer Feedback

One good thing about another group:

One suggestion:

Rubric

Criteria	Level 1	Level 2	Level 3	Level 4
Understanding	Limited	Some	Good	Strong
Exercise Choice	Incorrect	Partly correct	Correct	Very appropriate
Communication	Unclear	Basic	Clear	Very clear/confident
Collaboration	Limited	Some	Good	Excellent