

Rough Draft Evaluation Rubric- POC

NAME _____

Personal Health Plan Presentation Draft

Criteria	Level 1 (50–59%)	Level 2 (60–69%)	Level 3 (70–79%)	Level 4 (80–100%)
Knowledge & Understanding (K) Understanding of health concepts related to exercise, sleep, and nutrition	Demonstrates limited understanding of healthy lifestyle concepts. Information is incomplete, unclear, or inaccurate.	Demonstrates some understanding of healthy lifestyle concepts. Some information is accurate and explained.	Demonstrates considerable understanding of healthy lifestyle concepts with clear explanations and mostly accurate details.	Demonstrates thorough understanding of healthy lifestyle concepts with detailed, accurate, and insightful explanations.
Thinking (T) Quality and organization of planning	Plan shows limited organization or detail. Goals and ideas may be unclear.	Plan shows some organization and planning. Goals and ideas are somewhat clear.	Plan is organized and thoughtful with clear goals and supporting details.	Plan is highly organized, detailed, and thoughtful with clear, realistic goals and strong supporting details.
Application (A) Realistic connection to personal lifestyle and routines	Healthy choices are unrealistic or show limited connection to the student's daily life.	Some healthy choices connect to the student's daily life and routines.	Healthy choices are realistic and clearly connected to the student's personal lifestyle and routines.	Healthy choices are highly realistic, detailed, and strongly connected to the student's personal lifestyle and routines.

Communication (C) Completeness and organization of rough draft materials	Rough draft is incomplete or difficult to follow. Several required sections are missing.	Rough draft includes some required sections and shows basic organization.	Rough draft is complete, organized, and easy to follow with clear ideas and planning.	Rough draft is highly organized, detailed, and polished with all required components clearly prepared for the final presentation.
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Rough Draft Observation Checklist

Knowledge & Understanding (K)

Understanding of health concepts

- Benefits of exercises explained
 - Healthy sleep strategies explained
 - Healthy eating choices explained
 - Understanding of health concepts shown
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Thinking (T)

Quality and organization of planning

- Clear exercise goal included
- Exercise schedule includes time and frequency
- Sleep improvement plan is organized
- Weekly food plan is planned out clearly
- One-day menu included
- Ideas are logical and detailed

Application (A)

Connection to personal lifestyle and routines

- Exercise plan fits student's real schedule/life
 - Sleep strategies are realistic for the student
 - Food choices connect to student's actual habits
 - Personal examples and routines included
 - Goals appear realistic and achievable
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Communication (C)

Completeness and organization of rough draft

- All required sections completed
- Information organized clearly
- Slides/poster rough draft started
- Ideas are easy to follow
- Draft is ready for teacher feedback and revision on time