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| **Student Designed Workout: Medicine Ball/Sandbell** |
| **Group Captain (Leader):**  |
| **Group Members:**  |
| **Step 1:** Select type of equipment(circle):  |
| **Medicine Ball** | **Sandbell** |
| **Step 2:** Select **6** exercises to include in your workout. Select activities that work different muscles or offer a progression based on level of difficulty.  |
| **Medicine Ball (Circle 6)**Chest passesSide passes leftSide passes rightPartner curl upOverhead PressSquat pressPumpkin SmashesWaist WrapsBack-to-Back passesBack-to-Back figure 8’sPlank Rolls | **Sandbell (Circle 6)**FlipsThruster (Squat and Press)Kettle Bell SlamsPartner Curl UpsThruster Toss (Squat and Toss)Plank slidesRabbit FlipsSide SlamsLunge TwistsSwingsSandbell Push Ups |
| **Step 3:** Record your workout in the order that you will complete it **(minimum 3 sets of 10 reps**).  |
| Exercise #1: |
| Exercise #2:  |
| Exercise #3:  |
| Exercise #4: |
| Exercise #5:  |
| Exercise #6:  |
| **Step 4:** Complete workout together as a group with Captain leading.  |
| **Step 5:** Assess workout and make adjustments.  |
| **Step 6:** Video plan: Make a plan for what your video presentation is going to look like. Practice. |
| **Step 7:** Use link in Canvas to record your final workout to **Flipgrid™.**  |
| **Grading Rubric** |
|  | **3** | **2** | **1** | **0** |
| **Group Work** | All members are engaged all the time in working together in an effective and cooperative manner. | All members are engaged most of the time in working together in an effective and cooperative manner. | Group members are having a difficult time working in an effective and cooperative manner. | No cooperation is present in the group. |
| **Workout Design** | Contains 6 exercises that uses correct technique and offers variety and works multiple parts of the body.  | Contains 6 exercises that uses correct technique and offers variety and works most parts of the body.  | Contains 6 exercises but little variety and targets the same parts of the body.  | Contains less than 6 exercises. |
| **Presentation** | Workout video is extremely creative and completed with no flaws.  | Workout video is well done and completed with a couple of errors.  | Workout video is fair but has numerous errors.  | Workout video is incomplete or not submitted.  |
| **Final Grade:**  |  |