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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 passes  Side passes left  Side passes right  Partner curl up  Overhead Press  Squat press  Pumpkin Smashes  Waist Wraps  Back-to-Back passes  Back-to-Back figure 8’s  Plank Rolls | | | **Sandbell (Circle 6)**  Flips  Thruster (Squat and Press)  Kettle Bell Slams  Partner Curl Ups  Thruster Toss (Squat and Toss)  Plank slides  Rabbit Flips  Side Slams  Lunge Twists  Swings  Sandbell 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:** | | | | |  |