

Flexibility Performance Assessment

Name _____

You have been asked by a local gym to design poster for display in the gym which will help people understand more about flexibility. Your poster must have the following five types of information:

- definition of flexibility
- types of flexibility
- benefits of flexibility
- what determines flexibility
- exercises to improve flexibility

The best posters will be displayed in a local public gym. All posters that meet the minimum requirements sets forth by your commandant will be displayed in our school gym.

Your poster should be at least 18 X 24 inches.



FLEXIBILITY: MAKING A POSTER RUBRIC

CACC Standard 4D

Name of Cadet _____ Rank _____ Date _____

Category	4 = Excellent	3 = Good	2 = Fair	1 = Poor
Graphics-Relevancies	All graphics are related to the topic and make it easier to understand. All borrowed graphics have a source citation	All graphics are related to the topic and most make it easier to understand. All borrowed graphics have a source citation	All graphics are related to the topic. Most borrowed graphics have a source citation	Graphics do not relate to the topic OR borrowed graphics do not have a source citation
Labels	All items of importance on the poster are clearly labeled with labels that can be read from at least 3 feet away	Almost all items of importance on the poster are clearly labeled with labels that can be read from at least 3 feet away	Several items of importance on the poster are clearly labeled with labels that can be read from at least 3 feet away	Labels are too small to view OR no important items were labeled
Required Elements	The poster includes all required elements (types of flexibility, definition of flexibility, benefits of flexibility, what determines flexibility and exercises to improve flexibility) as well as additional information	All required elements are included on the poster	All but one of the required elements are included on the poster	Several required elements were missing
Knowledge Gained	Student can accurately answer all the questions related to facts in the poster and processes used to create the poster	Student can accurately answer most questions related to facts in the poster and processes used to create the poster	Student can accurately answer about 75% of questions related to facts in the poster and processes used to create the poster	Student appears to have insufficient knowledge about the facts or processes used in the poster
Attractiveness	The poster is exceptionally attractive in terms of design, layout and neatness	The poster is attractive in terms of design, layout and neatness	The poster is acceptably attractive though it may be a bit messy	The poster is distracting, messy or very poorly designed. It's not attractive
Title	Title can be read from 6 feet away and is very attractive	Title can be read from 6 feet away and describes content well	Title can be read from 4 feet away and describes the content	Title is too small and/or does not describe the content of the poster
Mechanics	Capitalization and punctuation are correct throughout the poster	There is one error in capitalization or punctuation	There are two errors in capitalization or punctuation	There are more than two errors in capitalization or punctuation
Grammar	There are no grammatical mistakes on the poster	There is one grammatical mistake on the poster	There are two grammatical mistakes on the poster	There are more than two grammatical mistakes on the poster
Use of Class Time	Used time well during each class period. Focused on getting the project done. Never distracted others	Used time well during each class period. Usually focused on getting the project done and never distracted others	Used some of the time well during each class period. There was some focus on getting the project done but distracted others sometime	Did not use class time to focus on the project OR often distracted others