

JUNIOR/SENIOR RUBRIC

Requirements	Exceeds Expectations (4 points)	Meets Expectations (3 points)	Developing Expectations (2 points)	Does Not Meet Expectations (1 point)
Focus on the Topic	Maintain a focus on discussion of the specific topic and issue in the prompt throughout the essay. Present a thesis that establishes a focus on the writer's position on the issue.	Maintain a focus on the general topic in the prompt throughout the essay and attempt a focus on the specific issue of the prompt. Present a thesis that establishes the focus on the topic.	Maintain a focus on the general topic in the prompt throughout the essay.	Maintain a focus on the general topic in the prompt through most of the essay.
Develop a Position	Develop most ideas fully, using some specific and relevant reasons, details, and examples. Show clear movement between general and specific ideas and examples.	Develop ideas by using some specific reasons, details, and examples. Show some movement between general and specific ideas and examples.	Offer limited development of ideas using a few general examples; resort sometimes to merely repeating ideas. Show little movement between general and specific ideas and examples.	Offer a little development, with one or two ideas; if examples are given, they are general and may not be clearly relevant; resort often to merely repeating ideas.
Organize Ideas	Provide unity and coherence throughout the essay, sometimes with a logical progression of ideas. Use relevant, though at times simple and obvious, transitional words and phrases to convey logical relationships between ideas. Present a somewhat developed introduction and conclusion.	Provide an adequate but simple organization with logical grouping of ideas in parts of the essay but with little evidence of logical progression of ideas. Use some simple and obvious, but appropriate, transitional words and phrases. Present a discernible introduction and conclusion with little development.	Provide a simple organization with logical grouping of ideas in parts of the essay. Use some simple and obvious transitional words, though they may at times be inappropriate or misleading. Present a discernible, though underdeveloped, introduction and conclusion.	Provide a discernible organization with some logical grouping of ideas in parts of the essay. Use a few simple and obvious transitions. Present a discernible, though minimally developed, introduction and conclusion.
Using Language	Show competent use of language by which to communicate ideas	Show adequate use of language by which to communicate	Show a basic control of language by which to communicate	Show limited control of language by which to communicate
Nutrition and Fitness Worksheet – 3 days	Day 1, 2, and 3 worksheets are organized and complete.	Day 1 and 2 worksheets are organized and complete.	Day 1 worksheet is organized and complete.	Worksheet is incomplete.

My Daily Food Plan Worksheet

Junior/Senior Physical Education

Name _____

Day (circle one)

1 2 3

Date _____

Period _____

Write in your food choices for today (drinks, snacks, etc – read your food labels)	Serving Size	Number of servings	Food Group, (G)grains, (V)vegetables, (F)fruits, (D)dairy, (P)protein	Calories	Fat Grams or Calories from Fat	Totals
Breakfast						
1.						
2.						
3.						
4.						Total Breakfast Calories:
Lunch						
1.						
2.						
3.						
4.						Total Lunch Calories:
Dinner						
1.						
2.						
3.						
4.						Total Dinner Calories:

How did you do today? _____ Great _____ So-So _____ Not so Great

Exercise/Activity today? _____ How many calories did you burn? _____

Goal for tomorrow? _____