

## Let's Get Physical, Physical! PE Project

Sometimes you want to workout but don't know what to do or can't get yourself motivated to start moving. That's when you turn on an exercise video and let the people on screen tell you what to do. The whole time you might be laughing at their outfits, hair, and funny faces they're making but you're getting physically fit and having fun. (You actually have to workout along with them; just watching them doesn't count as physical exercise. You know who you are.) Maybe you've even thought that you could be the star of your own exercise video. Well, now's your chance! Your group of fitness instructors will plan, film, and star in a fabulous exercise video to get the entire high school moving, shaking, and getting physical. Who knows, maybe you're the next Richard Simmons (look him up)!

### Requirements:

- Video must be between 20 minutes in length. Actual working out must happen during this time. Do not include your funny bloopers or minutes or random music just to fill in the time.
- Physical activity is divided into four categories: flexibility, strength, endurance, and balance. Your video must provide instruction on all four.
- Every group member must be shown in the video and must provide instruction.
- Usage of verbal instructions on proper form.
- Explanation of the relevance and benefits of each exercise. These must be verbalized and/or written as on screen text.
- Appropriate music that gets the group moving and dictates the pace of the exercise.
- Stylize your video to set it apart from all the other fitness gurus. Choose things like cool and appropriate attire (no thong leotards, please!), scenic backgrounds, or imaginative personas.

Be sure to refer to the rubric often to make sure that you're meeting all the requirements and doing an awesome job.

**Videos are due on Wednesday, May 11.**

PE Project Rubric

Component	Awesome (4)	Good (3)	OK (2)	☹ (1)	Missing (0)
Video is at least 20 minutes; no more than 2 minutes is "filler time"					
Flexibility is defined; at least 15% of the content is devoted to increasing flexibility					
Strength is defined; at least 15% of the content is devoted to increasing strength					
Endurance is defined; at least 15% of the content is devoted to increasing endurance					
Balance is defined; at least 15% of the content is devoted to increasing balance					
Relevance and benefits (anatomy) are explained verbally and/or as on screen text; group members clearly understand why they are teaching the exercise and how it benefits the participants					
Verbal instructions are clear and easy to follow; participants were able to demonstrate proper form based on the instructions given					
All group members appear in the video and provide proper instruction; all members have a fair and equal amount of of time leading					
Music is appropriate to style of exercise, sets the pace of movements, and does not overpower the verbal instructions					
Entire video is entertaining and motivating; group members made strong effort to personalize the video and make it stand apart from the rest					
All group members worked well, shared ideas, listened to others, and contributed equally					

Total Points \_\_\_\_\_ / 44