**Comprehensive Culminating Rubric Assignment**

**1a.** From the rubric attached, pick ONE (1) strength (specific bullet) that you felt was your most successful or your greatest growth. Provide, in detail, one authentic (real) example from class of how you demonstrated that behaviour.

e.g**: #14 Initiate change in partners or peer groups to address imbalances...**: *I frequently try to work with peers outside my peer group. During the touch football game, there was clearly going to be an imbalance of skill, so I changed teams to even things out and give the other team some help. Also, during the basketball unit, when you asked us to make our own teams, I asked Jimmy Smith, a weaker player, to join our team.*

**1b.** From the rubric attached, pick ONE (1) specific bullet that you felt was your least successful. What obstacles or challenges prevented you from reaching success in this category? How might you have addressed this challenge or obstacle?

**2.** How did the shape of your matrix change over the 3 assessments? Explain why this may have happened.

**3a.** Use your recordings from your workbook of your 3 Fitness Evaluations performed (beginning, middle and end of semester) and provide detail and reasons (rationale) for each of the following:

i) What was your strongest category?

ii) What was your weakest category?

**3b**. Compare your three (3) Fitness Evaluations considering Cardiovascular Fitness, Muscular Strength, Muscular Endurance and Flexibility.

i) In which category (ies) did you improve?

ii) What did you do throughout the semester that supported this improvement? (consider in class focus and home extension opportunities)

iii) In which category (ies) did you not improve?

iv) What do you think were obstacles or challenges that prevented you from improving? How could you have overcome or controlled the challenge so that you could have demonstrated improvement?

**4**. Using only one sentence, state how decision making impacts fitness goal achievement.

**5.**  Using only one sentence, provide a personal statement on your belief of the impact of healthy active living on your overall well-being.