**VO2 Max Portfolio Assignment**

Students will be assessed on this assignment via a student portfolio that they will put together. The portfolio will be submitted electronically to Mr. Palombo by the deadline as determined by him. Students will have an introduction page that explains VO2 max, what their initial score was, how it correlates to their health, and what they may/may not need to do to improve upon. Students will participate in physical and nonphysical activities and catalog their progress in a spreadsheet that will be on Mr. Palombo’s website. During their data collection students will keep a journal of sorts to note questions/observations that they will turn in at the completion of the assignment. Finally, the students are going to be responsible to tie in their findings, and give a reflective/conclusion statement on the past month’s participation.

**How Students Will Be Assessed**

The students will be scored on a rubric that is found below.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 4 | 3 | 2 | 1 |
| Explanation of VO2 Max and how it correlates to the students health and specifically themselves | In their introduction sheet the student can clearly explain what VO2 max is, what factors contribute to the score, how to interpret their score results, and what is needed to maintain or improve their score | Student has three of the four items listed from Score 4  | Student has two of the four items listed from Score 4 | Student has one of the four items listed from Score 4 |
| Participation Rate in Physical Activity Assignments | Student participates in all daily physical activities (makes up for absent days), none activities are back-to-back, student displays legitimate effort and data in the physical activity record. | Student is missing one of the characteristics of Score 4, and has more than 75% of activities  | Student makes moderate effort, but is missing less than 50% of activities | Student makes limited effort in participating in activities, 50% or more missing |
| Participation Rate in Non-Physical Activity Assignments | Student participates in all daily non physical activities (makes up for absent days), takes and records heart rate before and after activity, student displays legitimate data in the physical activity. | Student has less than 100% but more than 75% of items described in Score 4 | Student has less than 75% but more than 50% of items described in Score 4 | Student has less than 50% of items described in Score 4 |
| SpreadsheetDaily Log | Spreadsheet is complete, well organized; student takes effort to help reader identify certain data sets (color code, key, etc.) student has chart/graph that coincides with their spreadsheet, daily log contains no errors. | Student is missing one aspect of Score 4 | Student is missing two aspects of Score 4 | Student is missing more than two aspects of Score 4 |
| Daily QuestionsObservations  | Student has unique questions and observations recorded for each day after physical activities | Student has a few repetitive questions, observations, or is missing a few daily questions or observations | Student has more than 3 repetitive questions, and is missing more than 3 daily questions or observations | Student has very limited or redundant questions observations |
| Student Reflection Statement | Student has a detailed reflective essay to conclude the assignment, essay is clear, with little or no errors, student ties in data into the reflection, student notes what could have been done differently for their own self, factors that contributed to the student’s results, and what the student can do to improve/maintain their VO2 max scores.  | Student is missing one of the items described in Score 4 | Student is missing two of the items described in Score 4 | Student is missing more than two items in Score 4 |
| Punctuality | Assignment is turned in at the conclusion of the time frame of the lesson  | Student is one day late. | Student is two days late. | Student is more than two days late. |