

## **SPRING BREAK Activity Challenge**

Name: \_\_\_\_\_

Block: \_\_\_\_\_

### **Week 1 Activity Challenge SPRING BREAK**

Date:	Activity & Location	Duration/Time:	Effort (0-5)

*For "effort" score, look at and use the JOPE Performance Scale on the back of this sheet.*

### **Week 2 Activity Challenge SPRING BREAK**

Date:	Activity & Location	Duration/Time:	Effort (0-5)

*For "effort" score, look at and use the JOPE Performance Scale on the back of this sheet.*

### **ASSESSMENT & EVALUATION**

*Fully Meeting /5 - assignment complete, detail and personal thought/perspective is evident*

*Meeting /4 - assignment complete, could include more evident detail and personal thought*

*Minimally Meeting /2.5 -missing parts of assignment, minimal detail, no personal thought evident*

# JOPE PERFORMANCE SCALE

***HOW HARD YOU'RE WORKING!***

***Effort/Performance Marking Scale***

Score:	"Descriptive"	Criteria
<b>5</b>	Maximum Effort	<ul style="list-style-type: none"><li>• Extreme Effort—cannot talk or socialize</li><li>• Always moving during the activity</li><li>• Flushed Face and/or sweating heavily</li><li>• Breathing heavily through the mouth</li><li>• Very tired—cannot continue on</li></ul>
<b>4</b>	Vigorous Effort	<ul style="list-style-type: none"><li>• Strong Effort—talking between breaths</li><li>• Moving during most of the activity</li><li>• Flushed face and/or beginning to sweat</li><li>• Breathing through the mouth</li><li>• Tired—needs to slow down pace</li></ul>
<b>3</b>	Moderate Effort	<ul style="list-style-type: none"><li>• Good Effort—able to talk during activity</li><li>• Moves during some of the activity</li><li>• Feeling warm and/or beginning to sweat</li><li>• Breathing through nose</li><li>• Feeling tired—but has ability to do more</li></ul>
<b>2</b>	Mild Effort	<ul style="list-style-type: none"><li>• Inconsistent Effort—ability to socialize</li><li>• Little movement during activity/sedentary</li><li>• Normal body temperature/no sweating</li><li>• Breathing easily through nose</li><li>• Not feeling tired—has ability to do more</li></ul>
<b>1</b>	Minimum Effort	<ul style="list-style-type: none"><li>• No Effort—excessive socialization</li><li>• No movement during activity/sits out</li><li>• No change in body/no sweating</li><li>• No change in breathing</li><li>• Not feeling tired</li></ul>