

Name \_\_\_\_\_

Unit D, Chapter 3

**Assessment Rubric    Topic 1: Keeping Fit**

<b>Total Score</b>	<b>Scoring Criteria</b>
<b>4</b>	Describes a wide variety of ways to exercise and rest.
<b>3</b>	Describes a few ways to exercise and rest.
<b>2</b>	Has difficulty describing ways to exercise and rest.
<b>1</b>	Is unable to describe ways to exercise and rest.

**Comments:**