


VÍDEO ESCALFAMENT 2n D'ESO

| | Assoliment excel·lent | Assoliment notable | Assoliment satisfactori | No assolit |
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| 01. Warm-up parts to be observed | The warm-up session includes all the parts which must be observed (muscle activation, joints mobility, flexibility). | The warm-up session includes only two of the parts which must be observed (muscle activation, joints mobility, flexibility). | The warm-up session includes only one of the parts which must be observed (muscle activation, joints mobility, flexibility). | The warm-up session does not follow any of the criteria explained in class or the task is not sent to the teacher. |
| 02. Required tasks acceptability | All the exercises are appropriate for the required warm-up | Most of the exercises and activities are appropriate for the required warm-up. | A few exercises and activities are appropriate for the required warm-up. | Almost any exercise is appropriate for the required warm-up. |
| 03. Involvement of all the members of the group | There is a good balance on the explanations and guidance given by the students throughout the warm-up session. | There is enough balance on the explanations and guidance given by the students but some participate more than others. | Only one member of the group takes responsibility for the the explanations and guidance. | There is not enough organization when giving the explanations and guidance for the warm-up activities. |
| 04. Inclusion of all the activities | All the required activities are included (muscle activation, 10 joints mobility tasks, 10 flexibility tasks and 1 game) | Most of the required activities are included (muscle activation, 10 joints mobility tasks, 10 flexibility tasks and 1 game) but some details are missing. | One part is not included on the warm up or there are less than the required tasks in each part | Most of the required parts are not included on the warm up |
| 05. Video editing originality | Video editing is great, very original and all the required parameters are included. | Video editing is quite adequate, very original and all the required parameters are included. | Video editing is correct but not really original. All the required parameters are included. | Video editing is not correct, lacks of originality and some of the required parameters are missing. |



Comments

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|  INSTITUT DE GURB | 25/03/2020 | Aprovat | Pàgina 2 de 2 |
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