

Effort Grading Rubric

Students are to participate at a level that elevates their heart rate and challenges themselves and others. Students are to show a positive attitude and appreciate the activities at which they are engaged.

5 Points	Participates with a high degree of enthusiasm and makes an outstanding effort.
4 Points	Participates with enthusiasm and makes a good effort.
3 Points	Participates with some enthusiasm and makes some effort.
2 Points	Participates with very little enthusiasm and makes almost no effort.
1 Point	Participates with no enthusiasm and makes no effort.
0 Points	Refuse to participate.