**HFR Knowledge Assessment**

**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_TA: \_\_\_\_\_\_\_\_\_\_\_\_\_HFR LEVEL: \_\_\_\_\_**

**Activity: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ TYPE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Notes:**

**HEALTH, FITNESS & RECREATION RUBRIC**

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| --- | --- | --- | --- | --- | --- |
| **CRITERIA** | **Clearly below acceptable standard****1 - 2** | **Does not clearly meet the acceptable standard****3 - 4** | **Clearly meets the acceptable standard****5 - 6** | **Approaches the standard of excellence****7 - 8** | **Meets the standard of excellence****9 - 10** |
| **CRITICAL THINKING****Synthesis of Learning Guide & Internet Resources****PERSONAL REFLECTION**  | * **Little** or **no** synthesis of learning guide and internet resources.
* **Little** or **no** evidence of personal reflection.
 | * Synthesis of learning guide and internet resources

**not clearly evident**.* Personal reflection is

**not clearly evident**. | * **Adequate** synthesis of learning guide and internet resources.
* **Adequate** evidence of personal reflection.
 | * **Generally effective** synthesis of learning guide and internet resources.
* **Generally effective** evidence of personal reflection.
 | * **Clear and effective** synthesis of learning guide and internet resources.
* **Clear and effective** evidence of personal reflection.
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