

**Grade 9 – Warm-Up Project**

**Stretches** are common exercises used in a warm up for sports. You are to create either:

* An information video,
* An information poster,

On stretching a particular part of your body as part of a warm up for sport. You may work with a partner. Make sure you agree with Mr. Douglas on both the body part you will be stretching and the partner you would like to work with.

Your project must include:

* Specific details on the muscles you are stretching.
* Exact instructions on how to do the stretches.
* More than one stretch. The stretches may be stationary and/ or dynamic.
* Explain why stretching correctly is important.
* Pictures/ video must be **original.**
* You must site your sources.

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| --- | --- | --- | --- | --- |
|  | **Level 1** | **Level 2** | **Level 3** | **Level 4** |
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| **Knowledge and Understanding** | Student’s assignment displayed limited knowledge of stretches and anatomy. | Student’s assignment displayed some knowledge of stretches and anatomy. | Student’s assignment displayed good knowledge of stretches and anatomy. | Student’s assignment displayed excellent knowledge of stretches and anatomy. |
| **Thinking and Inquiry** | Student did not show evidence of research. | Student showed some evidence of research. | Student showed evidence of research. | Student showed evidence of research and sited their sources. |

Stretching Warm-Up Assignment – grade 9 Name:

Marking Rubric

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Comments:

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