

YOGA PARTICIPATION RUBRIC

Skills	Excellent Participation Level 4 pts	Good Participation Level 3 pts	Fair Participation Level 2 pts	Poor Participation Level 1 pt	No Effort Skill Level 0 pts = Inc.
Readiness	<ul style="list-style-type: none"> ● Have proper clothing on - loose and comfortable ● Eager to try a new routine 	<ul style="list-style-type: none"> ● Have proper clothing on - loose and comfortable ● Usually ready and willing to try new routine 	<ul style="list-style-type: none"> ● Sometimes have the proper clothing on ● Rarely ready to try a new routine 	<ul style="list-style-type: none"> ● Wears blue jeans or tight fitting cloths ● Never ready to try a new routine 	No Effort
Participation throughout video	<ul style="list-style-type: none"> ● Always trying the moves in the routine ● Gets right back up when they fall ● Takes the routine seriously and helps others 	<ul style="list-style-type: none"> ● Tries the different moves in the yoga routines ● Not always gets right back up after falling ● Stalls some when going from one move to another 	<ul style="list-style-type: none"> ● Does ½ the routines throughout the hour ● Stalls a lot when transferring from one move to another ● Makes fun of the moves 	<ul style="list-style-type: none"> ● Rarely participates in the yoga routines ● Makes others laugh and not take it seriously 	No Effort
Attitude	<ul style="list-style-type: none"> ● Excellent Attitude throughout all the different yoga routines 	<ul style="list-style-type: none"> ● Good attitude throughout most the different yoga routines 	<ul style="list-style-type: none"> ● Fair attitude throughout some all the different yoga routines 	<ul style="list-style-type: none"> ● Poor attitude throughout all the different yoga routines 	No Effort