# YOGA PARTICIPATION RUBRIC

<table>
<thead>
<tr>
<th>Skills</th>
<th>Excellent Participation Level 4 pts</th>
<th>Good Participation Level 3 pts</th>
<th>Fair Participation Level 2 pts</th>
<th>Poor Participation Level 1 pt</th>
<th>No Effort Skill Level 0 pts = Inc.</th>
</tr>
</thead>
</table>
| **Readiness**           | • Have proper clothing on - loose and comfortable  
                          • Eager to try a new routine | • Have proper clothing on - loose and comfortable  
                          • Usually ready and willing to try new routine | • Sometimes have the proper clothing on  
                          • Rarely ready to try a new routine | • Wears blue jeans or tight fitting clothes  
                          • Never ready to try a new routine | No Effort |
| **Participation throughout video** | • Always trying the moves in the routine  
                          • Gets right back up when they fall  
                          • Takes the routine seriously and helps others | • 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 | • Does ½ the routines throughout the hour  
                          • Stalls a lot when transferring from one move to another  
                          • Makes fun of the moves | • Rarely participates in the yoga routines  
                          • Makes others laugh and not take it seriously | No Effort |
| **Attitude**            | • Excellent Attitude throughout all the different yoga routines | • Good attitude throughout most the different yoga routines | • Fair attitude throughout some all the different yoga routines | • Poor attitude throughout all the different yoga routines | No Effort |