**Anatomical Movements Project**

DANCE/MOVEMENT demonstration! To practice the terms that associate with body movements, your team (of up to 4 people) will need to work out a dance OR find, create, and demonstrate yoga poses (minimum of 5 poses), or an Exercise Routine that show ALL of the movement terminology presented in class. Live performance or Video- the choice is yours!

* 1. You may video the performance and edit using YouTube editor (Free and easy). This is a great option for adding in the terminology over your video instead of making “Cue Cards.”
  2. You may perform live- but should have “cue cards” for the class to see the terminology as it is performed.
  3. You will have **2** in class work days on this project. Do NOT waste time. Points will be deducted from individual members of the group who are observed wasting time.

Terms that must be demonstrated:

1. Flexion
2. Extension
3. Hyperextension
4. Rotation
5. Abduction
6. Adduction
7. Circumduction
8. Dorsiflexion
9. Plantarflexion
10. Inversion
11. Eversion
12. Supination
13. Pronation
14. Opposition

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| |  | | --- | | **Rubric: Anatomical Movements Project**  Teacher Name: **Mrs. Robinson**    Student Names:     \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |

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| CATEGORY | **4** | **3** | **2** | **1** |
| **Content** | Contains ALL of the movement terms displayed on the assignment page. | Contains MOST of the terms on the assignment page (95%) | Contains MANY of the terms on the assignment page (75%) | Contains SOME of the terms on the assignment page (60%) |
| **Enthusiasm** | Presentation generates a **strong** interest and enthusiasm about the topic in others. Music enhances the performance. Group is in sync This presentation is fun and interesting! | Presentation generates an interest and enthusiasm about the topic in others. Music enhances this performance, but it may not match up totally with the movements. Overall product is satisfactory but not stellar. | Presentation is used to try to generate enthusiasm, but lacks quality. May or may not have music. | Did not generate much interest in topic being presented. |
| **Preparedness** | Students are completely prepared and have obviously rehearsed. | Students seem pretty prepared but might have needed a couple more rehearsals. | The students are somewhat prepared, but it is clear that rehearsal was lacking. | Students do not seem at all prepared to present. |
| **Class Time** | Class time is used wisely. All students are working toward a common goal and have assigned roles in the group. | Class time is mostly used wisely. Students are on task 75% of the time, roles are defined. | Class time is used only when prompted by the teacher. Some students are off task and the group does not seem to have clear roles. | Students are off task more than on task. Roles do not seem clear in the group. |
| **Clarity** | ALL of the movements are performed correctly and demonstrated clearly.  Video subtitles or cue cards are used for each movement(s) demonstrated | MOST of the movements are performed correctly and demonstrated clearly (85%)  Video subtitles or cue cards are used for most movements demonstrated. | MANY of the movements are performed correctly and demonstrated clearly (75%)  Video subtitles or cue cards are used for many movements demonstrated. | SOME of the movements are performed correctly and demonstrated clearly (60%)  Video subtitles or cue cards are used for some movement demonstrated. |