



Muscles and Target Exercise Project

Objective: Identify common terms for the muscle groups, and provide/explain exercises to target specific muscle groups.

Process:

- Students will be in groups of four and assigned a muscle group.
- Groups will collaborate to create a powerpoint that provides FOUR exercises to target their assigned muscle group.
- Groups will present their powerpoint and lead the class in the exercises.
- Individually, students will create a 3-D full-body model and label all muscles. See examples provided.

Each person in the group is responsible for:

- Using class time wisely to prepare powerpoint
- Working collaboratively with one another to create and present powerpoint (each person in group presents slides and be the EXPERT on their slides).
- Students must upload the powerpoint to TEAMS assignment area before presenting.

Powerpoint Checklist

- ✓ Title slide with the name and pic of your muscle and the names of the members in your group
- ✓ (4) Different slides with an exercise each targeted to improve muscle strength, endurance, balance or flexibility. Be sure to include proper form of the exercise by including pics, gifs, and/or links to youtube. Also, monitor students' form when leading exercises.
- ✓ Slides on common injuries to the assigned muscle, including ways to prevent injury (how to stretch the muscle before or after exercise) and how to treat common injury.
- ✓ A slide which includes a picture for each group member's 3-D model, a description of materials used, and duration of time it took to create the model.

*Use bullet points on slides. Do not use paragraphs and lots of writing. Use color, graphics, pics and/or transitions for visual appeal.

For the 3-D **full-body model (not just the muscle group assigned), students will create their own individual model using any materials they choose. It may not be drawn, and you may not use the computer. This is a hands-on component. Each muscle on the body model should be labeled with the common term.

Rubric

	0 points	3 points	5 points
Title Slide	Title/ Diagram Slide not included	Diagram/Pic of muscle included but not labeled	Includes name of muscle, diagram, and names of members of group
Slides contain four exercises to target muscle and include proper form	Slides do not include four exercises, and do not include proper form	Slides include 4 exercises, but only a few include proper form	All four exercises are targeted to muscle and include proper form
Slides contains ways to stretch, prevent injury and treat injury	Slides do not include way to stretch muscle, prevent or treat injury	Slides may present stretching, but do not address how to treat injury.	Slides address stretching of muscles, ways to prevent injury, and ways to treat injury
Final slide includes a pic of each group member's 3-D model w/ details of materials used	Slides do not include each member's 3-day model	Some members provided a pic of their model w/ little to no description	All group members include a pic of their 3-D model w/ detailed description of materials used and time spent working on model

***Use of Class time graded separately

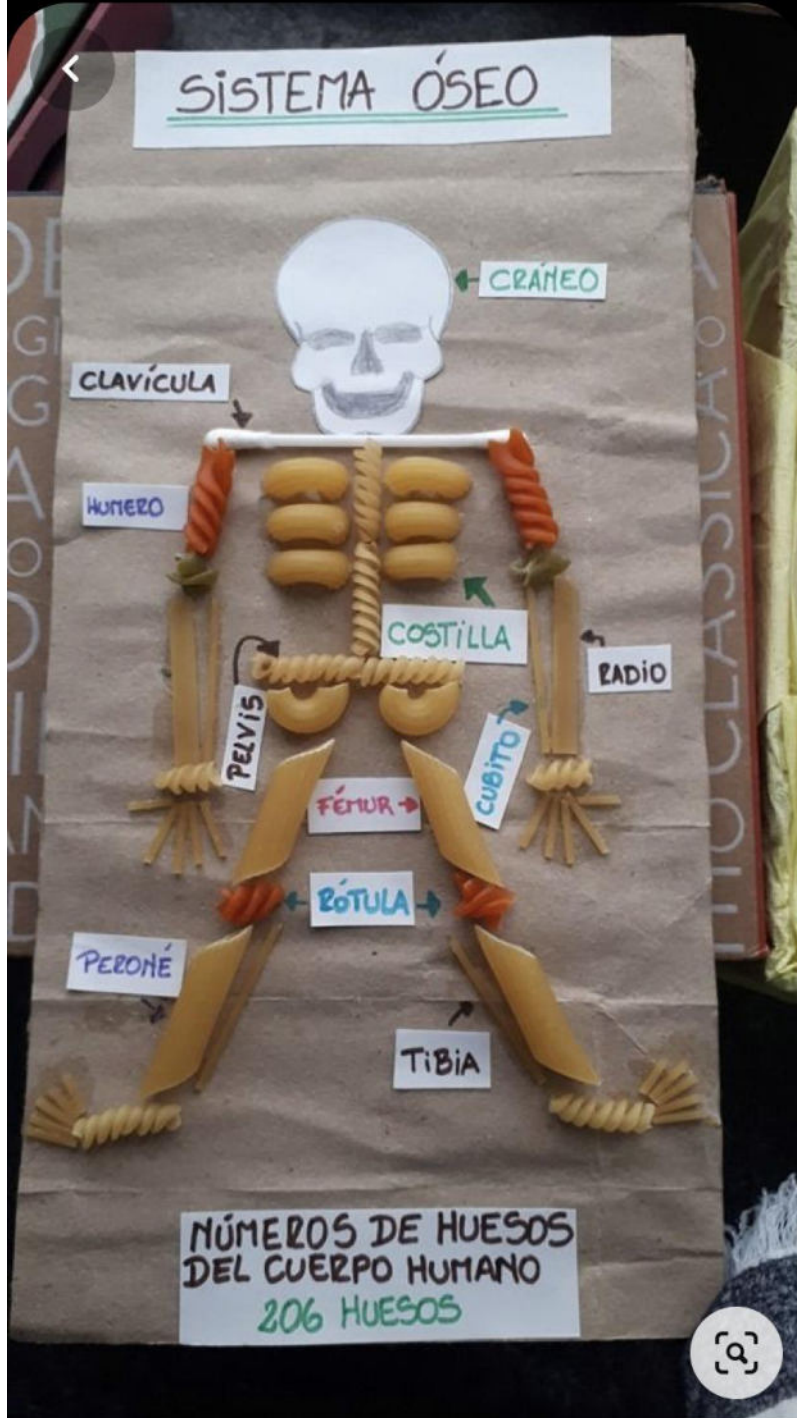
	0 points	3 points	5 points
Work cooperatively with group members	Individuals do not complete work, nor work cooperatively with group members	Individuals do not work cooperatively, and are disrespectful to each other	Individuals in each group are respect of each other and cooperate to complete project
Ask for assistance when needed	Individuals in group need assistance, but do not ask help from the teacher		Individuals request help when needed
Use class time to work on project	Individuals do not work on project during class time - Off task and socialize		Individuals use class time to complete project
Powerpoint Presentation uploaded to Teams Assignment Area before due date	Powerpoint was not uploaded to Teams	Powerpoint was uploaded to Teams, but past due date	One group member uploaded the powerpoint to Teams on time and included name of group members in the comments



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