**Warm Up Assignment**

**NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| --- | --- | --- | --- | --- |
| **Expectation** | **Level 1** | **Level 2** | **Level 3** | **Level 4** |
| **C3.Responsible Practice:** Demonstrate an understanding of safe, ethical, and responsible personal practices. | Limited amount of body is warmed up. Few muscles are properly prepared. Limited focus and proper technique. | Some of the body is warmed up. Some muscles are properly prepared. Some focus and proper technique. | Most of the body is warmed up. Many muscles are properly prepared. Good focus and proper technique. | The entire body is warmed up. All muscles are properly prepared. Strong focus and thorough technique. |

Notes:

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