

Name: _____

Nutrition and Exercise Performance Task Rubric

Nutrition and Exercise Performance Task Rubric: Written Wellness Plan					
	4 (Excellent)	3 (Proficient)	2 (Adequate)	1 (Limited)	INS (Insufficient)
Expresses a simple written message in French	The wellness plan is written completely in French.	The wellness plan is written mostly in French.	The wellness plan is written partially in French.	The wellness plan is written completely in English.	No mark given due to insufficient evidence of student performance.
Quality of wellness plan	Includes all balanced meals and a variety of activities that will enhance the athlete's performance.	Includes mostly balanced meals and some activities that will enhance the athlete's performance.	Includes some balanced meals and activities the athlete already does.	Does not include balanced meals and does not include activities that will enhance the athlete's performance.	

Nutrition and Exercise Performance Task Rubric: Oral Presentation					
	4 (Excellent)	3 (Proficient)	2 (Adequate)	1 (Limited)	INS (Insufficient)
Expresses a simple oral message in French	Presentation is done completely or almost completely in French.	Presentation is done partially in French.	Presentation is done using some French.	Presentation is done completely in English.	No mark given due to insufficient evidence of student performance.

Comments:

