**Push-Up Rubric**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Process Criteria** | **Description of Performance on Each Criterion** | | | |  |
|  | **Needs Improvement - 1 pt** | **Average - 2 pts** | **Above Average-3pts** | **Outstanding - 4 pts** | **Your Score** |
| **Back straight** | Back did not remain straight at all during test | Back was straight rarely | Back was straight most of the time | Back was straight the whole time |  |
| **Pace with cadence** | Unable to maintain pace with cadence | Able to maintain pace for some of the test | Able to maintain pace for the majority of the test | Able to maintain pace for the entire test |  |
| **Elbows at 90˚ angle in down phase** | Arms do not bend to 90 degrees on any repetitions | Arms bend to 90 degrees on a few repetitions | Arms bend to 90 degrees on most repetitions | Arms bend to 90 degrees on all repetitions |  |
| **Arms straight in up phase** | Does not fully extend arms on any repetition | Extends arms fully on some repetitions | Extends arms fully on most of repetitions | Extends arms fully on all of repetitions |  |
| **Legs straight and parallel** | Unable to keep legs in proper position for all repetitions | Able to keep legs in proper position for some repetitions | Able to keep legs in proper position for most of repetitions | Able to keep legs in proper position for all repetitions |  |
| **Hands slightly wider than shoulder width** | Hands remain too wide or too close for all repetitions | Hands remain in proper position for some repetitions | Hands remain in proper position for most repetitions | Hands remain in proper position for all repetitions |  |
| **Head positioned slightly in front of hands** | Head remains behind hands for all repetitions | Head remains in proper position for some repetitions | Head remains in proper position for most repetitions | Head remains in proper position for all repetitions |  |
|  | | | | **Total Score:** |  |

**Total Push-Ups Performed: \_\_\_\_\_\_\_\_\_**