



Mission X

Physical Activity Points Rubric

Challenge Team: _____

Challenge Physical Activity: _____

Date: _____

Performance Indicator	20	15	10	5	0	Total Points
Activity Completion	100% of the activity was completed by the team.	75% of the activity was completed by the team.	50% of the activity was completed by the team.	25% of the activity was completed by the team.	0% of the activity was completed by the team.	
Fitness Accelerations	100% of the students completed a Fitness Acceleration.	75% of the students completed a Fitness Acceleration.	50% of the students completed a Fitness Acceleration.	25% of the students completed a Fitness Acceleration.	0% of the students completed a Fitness Acceleration.	
Effort	100% of the students are consistent in giving best effort and strive to improve on learned skills.	75% of the students are consistent in giving best effort and strive to improve on learned skills.	50% of the students are consistent in giving best effort and strive to improve on learned skills.	25% of the students are consistent in giving best effort and strive to improve on learned skills.	0% of the students are consistent in giving best effort and strive to improve on learned skills.	
Space Understanding	100% of the students understand how this activity relates to health and fitness in space and on Earth. They relate to the information and can explain it back.	75% of the students understand how this activity relates to health and fitness in space and on Earth. They relate to the information and can explain it back.	50% of the students understand how this activity relates to health and fitness in space and on Earth. They relate to the information and can explain it back.	25% of the students understand how this activity relates to health and fitness in space and on Earth. They relate to the information and can explain it back.	0% of the students understand how this activity relates to health and fitness in space and on Earth. They relate to the information and can explain it back.	
Teamwork and Fun	100% of the students enjoyed working together as a team and wanted to do more of this type of activity.	75% of the students enjoyed working together as a team and wanted to do more of this type of activity.	50% of the students enjoyed working together as a team and wanted to do more of this type of activity.	25% of the students enjoyed working together as a team and wanted to do more of this type of activity.	0% of the students enjoyed working together as a team and wanted to do more of this type of activity.	

Total (Maximum Total = 100) _____

Mission X team leaders should submit their team total points via the website every week.
 Log in at www.trainlikeanastronaut.org to submit a team report.



Mission X

Educational Activity Points Rubric

Challenge Team: _____

Challenge Activity: _____

Date: _____

Performance Indicator	20	15	10	5	0	Total Points
Hypothesis (Prediction)	100% of the students developed a clear, complete hypothesis.	75% of the students developed a clear, complete hypothesis.	50% of the students developed a clear, complete hypothesis.	25% of the students developed a clear, complete hypothesis.	0% of the students developed a clear, complete hypothesis.	
Safety Rules	100% of the students followed all of the safety rules.	75% of the students followed all of the safety rules.	50% of the students followed all of the safety rules.	25% of the students followed all of the safety rules.	0% of the students followed all of the safety rules.	
Data and Conclusion	100% of the student recorded all data and completed the conclusion.	75% of the student recorded all data and completed the conclusion.	50% of the student recorded all data and completed the conclusion.	25% of the student recorded all data and completed the conclusion.	0% of the student recorded all data and completed the conclusion.	
Space Understanding	100% of the students understand how this activity relates to health and fitness in space and on Earth. They relate to the information and can explain it back.	75% of the students understand how this activity relates to health and fitness in space and on Earth. They relate to the information and can explain it back.	50% of the students understand how this activity relates to health and fitness in space and on Earth. They relate to the information and can explain it back.	25% of the students understand how this activity relates to health and fitness in space and on Earth. They relate to the information and can explain it back.	0% of the students understand how this activity relates to health and fitness in space and on Earth. They relate to the information and can explain it back.	
Teamwork and Fun	100% of the students enjoyed working together as a team and wanted to do more of this type of activity.	75% of the students enjoyed working together as a team and wanted to do more of this type of activity.	50% of the students enjoyed working together as a team and wanted to do more of this type of activity.	25% of the students enjoyed working together as a team and wanted to do more of this type of activity.	0% of the students enjoyed working together as a team and wanted to do more of this type of activity.	

Total (Maximum Total = 100) _____

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