**JOURNALS**

* Journal topics will be assigned every 5th class period.
* Journal entries are to be completed during the allotted class time. If you do not finish, you must complete the entry outside of class.
* Journals will be checked on the day they are assigned.
* All journal entries should be kept in your Physical Conditioning/Aerobic notebook.
* Throughout the year, random journal entries will be collected to be graded as a quiz grade.
* The following rubric outlines the journal expectations and will be used to grade your journal entry.

**JOURNAL RUBRIC**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Developing** | **Proficient** | **Accomplished** | **Distinguished** |
| - Topic sentence is underlined and placed at or near the beginning of the opening paragraph.  - The topic sentence should clearly state the main idea/purpose of the entry. |  |  |  |  |
| - A minimum of two supporting paragraphs/ideas, making up the body of the journal entry.  - Each idea/paragraph should support the topic sentence/opening paragraph. |  |  |  |  |
| - A minimum of 150 words is required. |  |  |  |  |
| - Proper grammar, spelling, and punctuation are used. |  |  |  |  |