

Down To Earth: Mission Stellar Health

Design an Exercise Routine

Criteria	Accomplished	Proficient	Developing	Beginning
Standard/ Objective	Student designs a comprehensive indoor exercise routine inspired by astronaut workouts incorporating safe and accessible elements.	Student designs an indoor exercise routine inspired by astronaut workouts that includes some safe and accessible elements.	Student designs a partially complete exercise routine inspired by astronaut workouts with limited safe and accessible elements.	Student designs an incomplete exercise routine with few or no elements inspired by astronaut workouts and lacking safe and accessible elements.
Routine Components	Routine includes a well-balanced selection of activities (e.g., cardio, strength, flexibility) that effectively target multiple muscle groups and provide a range of health benefits.	Routine includes a variety of activities that target multiple muscle groups and provide some health benefits.	Routine includes a limited selection of activities that target few muscle groups and provide minimal health benefits.	Routine includes an insufficient or inappropriate selection of activities that do not effectively target muscle groups or provide health benefits.
Rationale	Provides a clear, detailed explanation for the selection of activities, highlighting how they are inspired by astronaut workouts and how they can improve health and well-being in the target community.	Provides a reasonable explanation for the selection of activities, showing some connection to astronaut workouts and potential health benefits.	Provides a limited explanation for the selection of activities, with minimal connection to astronaut workouts or health benefits.	Provides little to no explanation for the selection of activities, with no clear connection to astronaut workouts or health benefits.
Accessibility	Routine utilizes only readily available, low-cost, and safe materials that are easily accessible to the target community. The routine can be easily adapted and scaled to different age groups and fitness levels.	Routine utilizes mostly readily available, low-cost, and safe materials that are reasonably accessible to the target community. The routine can be adapted to different age groups and fitness levels with some modifications.	Routine utilizes some materials that may not be readily available, low-cost, or safe, limiting accessibility for the target community. The routine can be adapted to different age groups and fitness levels with significant modifications.	Routine utilizes materials that are not readily available, low-cost, or safe, severely limiting accessibility for the target community. The routine cannot be easily adapted to different age groups and fitness levels.