

Mills Middle School- Physical Education Department  
Cardio Day Grading Rubric (6th, 7th & 8th Grade)

Cardio Day is every Thursday and worth 20% of the students overall grade. Activities are designed to meet the PE essential standards for moderate to vigorous physical activity and Physical Fitness State Testing.

Students will be graded on maintaining or improving zones from their personal best time or # of laps for each Cardio Day activity by using the rubric listed below.

Cardio Day Activities rotate weekly

1. Pacers
2. Track Mile
3. Bus Loop Lap
4. Backstop Lap

\*\*\*Scroll to next pages for Boys and Girls Cardio Day Rubrics\*\*\*

Credit	No Credit
The student's Cardio Day performance maintained or improved from their personal best.	The student's Cardio Day performance <b>DID NOT</b> maintain or improve from their personal best.

Girls Cardio Day Performance Zones			
Bus Loop Lap 20 Minute	Back Stop Lap	Track Mile	Pacers
3 Laps	3 Laps	7:00	60+
3 Laps	3 Laps	7:30	55
3 Laps	3 Laps	8:00	50
3 Laps	3 Laps	8:30	45
2 Laps	2 Laps	9:00	40
2 Laps	2 Laps	9:30	35
2 Laps	2 Laps	10:00	30
2 Laps	2 Laps	10:30	25
1 Lap	1 Lap	11:00	20
1 Lap	1 Lap	11:30	15
1 Lap	1 Lap	12:00	12
1 Lap	1 Lap	12:30	12
Incomplete	Incomplete	13:00	10
Incomplete	Incomplete	13:30	10
Incomplete	Incomplete	14:00	8
Incomplete	Incomplete	15:00+	8 or less

## Boys Cardio Performance Zones

Bus Loop Lap 20 minute	Back Stop Lap	Track Mile	Pacers
3 Laps	3 Laps	6:30	70+
3 Laps	3 Laps	7:00	65
3 Laps	3 Laps	7:30	60
3 Laps	3 Laps	8:00	55
2 Laps	2 Laps	8:30	50
2 Laps	2 Laps	9:00	45
2 Laps	2 Laps	9:30	40
2 Laps	2 Laps	10:00	35
1 Lap	1 Lap	10:30	30
1 Lap	1 Lap	11:00	25
1 Lap	1 Lap	11:30	20
1 Lap	1 Lap	12:00	20
Incomplete	Incomplete	12:30	15
Incomplete	Incomplete	13:00	15
Incomplete	Incomplete	13:30	10
Incomplete	Incomplete	14:00+	10 or less