

CrossFit P.E. - 'DESIGN A WOD' ASSIGNMENT

**** DUE TO COACH CORRINET: MONDAY, MAY 21st ****

This assignment will require you to program (create) your very own CrossFit WOD as if you were the coach for a CrossFit P.E. class. The athlete who submits the “best” overall WOD for each class will earn these honors:

- 1) The WOD will be completed by the athlete’s entire class for their last WOD of the semester
- 2) The athlete’s WOD and athlete’s photo (w. permission) will be posted on the Wiseburn CrossFit class blog post

In determining which workout is the ‘best,’ my judges will be looking for the following criteria:

- *High Intensity: Does the workout provide a high level of intensity for every athlete?*
- *Variance: Are there multiple movements, sequences, and muscle groups targeted to prevent the WOD from being boring and/or unsafe?*
- *Functional Movements: Does the WOD incorporate the use of movements learned in class?*
 - *Scalable: Can ALL athletes be successful in completing the WOD to standard?*
- *Logistics of equipment (use of equipment is not required): Will athletes be waiting for equipment?*

****WHILE YOU MAY LOOK AT OTHER WODs IN YOUR JOURNAL OR ELSEWHERE FOR IDEAS AND INSPIRATION, YOUR WOD MUST BE 100% NEW AND ORIGINAL (YOUR’S)!!!****

GRADING POLICY:

-This Assignment is worth 10% of your total semester grade

-This assignment is due at the very beginning of your CrossFit PE class on Monday, May 21st

-No late assignments will be accepted. You may submit your assignment early.

-Being absent on the due date is not an acceptable excuse for you to miss your deadline. Submit your assignment via email if you are absent on your due date.

-The following rubric will be used to grade your assignment:

LEVEL 5 (100%)	LEVEL 4 (85%)	LEVEL 3 (75%)	LEVEL 2 (50%)	LEVEL 1 (0%)
-Submitted on time -WOD is specific and written clearly with all required components -Explanation/Defense is articulate, fully explains thought process used, and convinces me to select this workout as a winner!	-Submitted on time -WOD is specific and written clearly with all required components -Explanation/Defense is articulate, somewhat explains thought process used, and only somewhat convinces me to select this workout as a winner!	-Submitted on time -WOD is somewhat vague and/or missing some minor components -Explanation/Defense is weak and does not explain thought process/does not convince me to select this workout as a winner	-Submitted on time -Assignment (WOD portion and/or Explanation/Defense portion) is incomplete.	-Assignment not submitted to Coach Corrinet (hard copy or electronically) on time (at the very beginning of your CrossFit PE class on Monday, May 21st).

**** ASSIGNMENT ON BACK ****

NAME _____ PLATOON _____ TLC TEACHER NAME _____

WOD NAME: _____

WRITE YOUR ENTIRE WOD IN THE SPACE BELOW:

(Be sure it is specific and written clearly so I understand...)

EXPLAIN/DEFEND YOUR WOD IN THE SPACE BELOW:
(What was your thought process and why do you think it is a strong workout for the class???)

SELL IT TO ME/CONVINCE ME IF YOU REALLY WANT TO EARN FULL CREDIT AND BE THE WINNING WOD!!!