**Warm-Up Point Sheets**

Team Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Use this form is to assess the Teams Warm-ups during the Unit. Fill in the box with the appropriate numbered criteria. Please answer each question fairly and accurately.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Warm-up Criteria** | **Never** | **Sometimes** | **Most of the time** | **Always** |
| Teams picked safe stretches for the warm-up |  |  |  |  |
| The cardiovascular endurance component is used |  |  |  |  |
| The flexibility component is used |  |  |  |  |
| .The muscular strength component is used |  |  |  |  |
| The muscular endurance component is used. |  |  |  |  |

Team Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Use this form is to assess the Teams Warm-ups during the Unit. Fill in the box with the appropriate numbered criteria. Please answer each question fairly and accurately.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Warm-up Criteria** | **Never** | **Sometimes** | **Most of the time** | **Always** |
| Teams picked safe stretches for the warm-up |  |  |  |  |
| The cardiovascular system is used |  |  |  |  |
| The flexibility component is used. |  |  |  |  |
| The muscular strength component is used |  |  |  |  |
| The muscular endurance component is used |  |  |  |  |