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**Fractions Foldable Grading Rubric**

<b>Expectations</b>	<b>3</b>	<b>2</b>	<b>1</b>
*Keywords are present with definitions. Key concepts are also present and correct.	All keywords and definitions are present and correct, as well as key concepts.	One keyword is present and correct, as well as key concepts.	No keywords are present or correct, as well as key concepts.
*Workman is shown (careful work, legible handwriting and attention to detail).	Student's handwriting is legible and is neat and carefully done.	Student's handwriting is generally neat, but some more care could have been taken.	Student's handwriting is somewhat difficult to read and decipher. However the foldable is complete to a degree.
*All information is correct in each subtable within the fractions foldable.	Meets all expectations and has a complete and detailed understanding of the information important to the topic.	Meets most of the expectations and has an incomplete understanding of the topic with minor exceptions about some of the information. However, the student maintains a basic understanding of the topic.	Meets none of the expectations and has so many misconceptions and errors on the assignment that no judgment can be made as to whether the student understands the material.

Points Earned: \_\_\_\_\_/9

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# Rubric For Fractions Grade 4

**Sebastian Brünink**



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web jul 12 2023 for example let s say your starting cadence is 150 and your target is 170 you shouldn t try to hit 170 after your first cadence measurement instead try to increase your cadence by about five percent on two or three runs per week so in that first week shoot for a 157 cadence

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largely determined by how fast we run having said that most of us naturally select a cadence lower than the optimum and would benefit from retraining to a higher step rate

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web over the past few years studies have emerged that highlight the role of cadence to correct common running related injuries rris as little as a five percent increase in step rate while keeping running velocity constant has been shown to reduce shock absorption at the level of the knee by 20 percent additionally increasing cadence by 10

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web oct 17 2023 recreational runners tend to have a cadence between 150 to 180 strides per minute spm faster runners as we ve seen often have a higher cadence for example eliud kipchoge the marathon world record holder is known to achieve a cadence of 190 200spm in general 170 180spm is considered a great running cadence

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