

ENDURANCE AND MOBILITY SESSION PT RUBRIC			
LEARNER'S NAME: (Rank, Last, First, MI)	FACILITATOR'S (Rank, Last, First, MI)	DATE:	
PERFORMANCE STEPS		Points Possible	Points Awarded
PREPARATION (ATP 7-22.02, pages 3-1 thru 3-18)			
1. Produces and provides a complete hard copy of the Deliberate Risk Assessment Worksheet DD Form 2977		1	
2. Briefs the overall risk assessment level to the team/squad		1	
3. Forms team into the extended rectangular formation (Uncovered formation)		1	
4. Bend and Reach (Correct: starting position, commands w/minimal pauses, performance, cadence, & 5 repetitions)		3	
5. Rear Lunge (Correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions)		3	
6. High Jumper (Correct: starting position, commands w/minimal pauses, performance, cadence, & 5 repetitions)		3	
7. Row (Correct: starting position, commands w/minimal pauses, performance, cadence, & 5 repetitions)		3	
8. Squat Bender (Correct: starting position, commands w/minimal pauses, performance, cadence, & 5 repetitions)		3	
9. Windmill (Correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions)		3	
10. Forward Lunge (Correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions)		3	
11. Prone Row (Correct: starting position, commands w/minimal pauses, performance, cadence, & 5 repetitions)		3	
12. Bent-Leg Body Twist (Correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions)		3	
13. Push-Ups (Correct: starting position, commands w/minimal pauses, performance, cadence, & 5 repetitions)		3	
HIP STABILITY DRILL (HSD) (ATP 7-22.02, pages 4-1 thru 4-4)			
14. Lateral Leg Raise (Correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions)		3	
15. Medial Leg Raise (Correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions)		3	
16. Bent-Leg Lateral Raise (Correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions)		3	
17. Single-Leg Tuck (Correct: starting position, commands w/minimal pauses, performance, cadence, 5 repetitions)		3	
18. Single-Leg Over (Correct: starting position, commands w/minimal pauses, performance, 20-30 seconds (silent count))		3	
MILITARY MOVEMENT DRILL 1 and 2 (ATP 7-22.02, pages 8-1 thru 8-5)			
19. Forms or moves team/squad into the extended rectangular formation (Covered formation) and assumes correct starting position (right side of the formation)		3	
20. Verticals (Correct: Commands w/minimal pauses, starting position, performance and repetitions)		3	
21. Laterals (Correct: Commands w/minimal pauses, starting position, performance and repetitions)		3	
22. Shuttle Sprint (Correct: Commands w/minimal pauses, starting position, performance and repetitions)		3	
23. Power Skip (Correct: Commands w/minimal pauses, starting position, performance and repetitions)		3	
24. Crossovers (Correct: Commands w/minimal pauses, starting position, performance and repetitions)		3	
25. Crouch Run (Correct: Commands w/minimal pauses, starting position, performance and repetitions)		3	
26. Properly uncovers formation or moves to an alternate location IOT conduct the Recovery phase. (extended rectangular formation)		3	
RECOVERY (ATP 7-22.02, pages 16-1 thru 16-13)			
27. Overhead Arm Pull (Correct: starting position, commands w/minimal pauses, performance, 20-30 seconds (silent count))		3	
28. Rear Lunge (Correct: starting position, commands w/minimal pauses, performance, 20-30 seconds (silent count))		3	
29. Extend and Flex (Correct: starting position, commands w/minimal pauses, performance, 20-30 seconds (silent count))		3	
30. Thigh Stretch (Correct: starting position, commands w/minimal pauses, performance, 20-30 seconds (silent count))		3	
31. Single-Leg Over (Correct: starting position, commands w/minimal pauses, performance, 20-30 seconds (silent count))		3	
32. Groin Stretch (Correct: starting position, commands w/minimal pauses, performance, 20-30 seconds (silent count))		3	
33. Calf Stretch (Correct: starting position, commands w/minimal pauses, performance, 20-30 seconds (silent count))		3	
34. Hamstring Stretch (Correct: starting position, commands w/minimal pauses, performance, 20-30 seconds (silent count))		3	
END SESSION			
35. Assembles the formation to the right		1	
36. Conducts after action review (AAR)		1	
37. Calls team to attention		1	
38. Dismisses the team		1	
TOTAL SCORE			
Evaluation Guidance: Learners must score 70 or more points to receive a GO . Each step's point value is all or nothing.			
Comments			
FACILITATOR'S DIGITAL SIGNATURE:			
LEARNER'S DIGITAL SIGNATURE:			

EXTENDED RECTANGULAR FORMATION	
With the squad/team in formation, at the position of attention: 1. Command "Extend to the left, MARCH." 2. Command "Arms downward, MOVE." 3. Command "Left, FACE." 4. Command "Extend to the left, MARCH." 5. Command "Arms downward, MOVE." 6. Command "Right, FACE." 7. Command "From front to rear, COUNT OFF." 8. Command "Even number to the left, UNCOVER."	
Strength and Mobility Session	Endurance and Mobility Session
Preparation Drill (PD) (pages 3-1 thru 3-18) Bend and Reach Windmill Rear Lunge Forward Lunge High Jumper Prone Row Rower Bent-Leg Body Twist Squat Bender Push-Up	Preparation Drill (PD) (pages 3-1 thru 3-18) Bend and Reach Windmill Rear Lunge Forward Lunge High Jumper Prone Row Rower Bent-Leg Body Twist Squat Bender Push-Up
Shoulder Stability Drill (SSD) (pages 4-4 thru 4-8) I Raise T Raise Y Raise L Raise W Raise	Hip Stability Drill (HSD) (pages 4-1 thru 4-4) Lateral Leg Raise Medial Leg Raise Bent-Leg Lateral Raise Single-Leg Tuck Single-Leg Over
Conditioning Drill 1 (CD 1) (pages 5-1 thru 5-9) Power Jump V-Up Mountain Climber Leg-Tuck And Twist Single-Leg Push-Up	Military Movement Drill 1 (MMD1) (pages 8-1 thru 8-2) Verticals Laterals Shuttle sprint
Conditioning Drill 2 (CD 2) (pages 5-9 thru 5-12) Turn and Lunge Supine Bicycle Half Jacks Swimmer 8-count T push-up	Military Movement Drill 2 (MMD 2) (pages 8-3 thru 8-5) Power Skip Crossovers Crouch Run
Recovery Drill (RD) (pages 16-1 thru 16-13) Overhead Arm Pull Rear Lunge Extend and Flex Thigh Stretch Single-Leg Over Groin Stretch Calf Stretch Hamstring Stretch	Recovery Drill (RD) (pages 16-1 thru 16-13) Overhead Arm Pull Rear Lunge Extend and Flex Thigh Stretch Single-Leg Over Groin Stretch Calf Stretch Hamstring Stretch