



Peer Feedback Template

Review a Classmate's Workout Video

TYPE

**Peer
Review**

YEAR
LEVEL

7 - 10

TIME

**15-20
min**

BUILT BY **CONNECTEDPE**



Video Details

Fill in before you start reviewing

YOUR NAME (REVIEWER)

CREATOR'S NAME

DATE

WORKOUT TYPE

NUMBER OF EXERCISES



Section 1 — First Impressions

Watch the whole video once before answering

What stood out about this workout? What was your first reaction?

.....



Section 2 — Fitness Knowledge Check

For each exercise, write what YOU think it targets — then compare with the creator

#	EXERCISE	YOUR ANSWER: COMPONENT	YOUR ANSWER: MUSCLES	AGREE? ✓/X
1				
2				
3				
4				
5				
6				

Tip: Write YOUR answers FIRST without looking at the creator's labels. Then compare — if you disagree, discuss it together!



Section 3 — Technique Review

Rate the creator's exercise form (1 = needs work → 5 = excellent)

1 2 3 4 5

Overall form quality — correct positions and posture



Control — smooth, steady movements (not rushed)



Full range of motion — complete movements, not half-reps



☀️ One exercise with GREAT form:

.....

📝 One exercise that could IMPROVE:

.....



Section 4 — Workout Design

Evaluate how well the workout is put together

Does the workout cover a good variety of fitness components?

Yes Somewhat No

Explain:

Is the exercise order logical? (e.g., warm-up → main → cool-down)

Yes Somewhat No

Explain:

Would you enjoy doing this workout?

Yes! Maybe Not really

Why?

☀️ Two Stars — things done well

Star 1:

.....

Star 2:

.....

☀️ One Wish — a suggestion

Wish:

.....



Section 6 — Overall Rating

Circle the number that best represents your overall impression

1

Needs significant work

2

Getting there

3

Solid effort

4

Really good

5

Outstanding work!



**Plan it. Perform it.
Prove you understand it.**

Workout Producer — available on the App Store

A CONNECTEDPE RESOURCE