

Sample Physical Education Assessment for Grade 6 Learners

Sample Physical Education Assessment

This user-friendly sample assessment allow teachers to measure performance and knowledge across all physical education standards. Teachers can use this sample as is, modify it to fit a curriculum, or use it to create an original assessment that is more appropriate for the school’s teaching environment and needs.

Assessment Tools

There are various tools available for gathering data on a learner’s knowledge and performance. Selecting the appropriate tool depends on the tool’s ability to provide evidence specific to the benchmark and performance criteria. This assessment should be part of a cohesive assessment plan, which ties learning and teaching together.

How to Use the Sample Assessment

When viewing the sample assessment, teachers should remember the context of their teaching environment (e.g., space, number of students, availability of equipment). Select, modify or create assessments that fit the program and provide the most robust information on what learners know and are able to do.

Grade 6

Assessment Task

Checklist: Learners will be able to successfully demonstrate rhythm and pattern in a selected dance.

Guidelines

Teachers can use the sample as is, modify it to fit a curriculum, or use it to create an original assessment that is more appropriate to the school's teaching environment and needs.

This example is for learners to demonstrate the correct rhythm and pattern in any of the following dance forms: folk, social, creative, line or world dance.

Provide various practice opportunities for learners to master the correct rhythm and patterns in a variety of dance forms (folk, social, creative, line, social).

- Pattern used in a rhythm or dance unit is the sequence of movement (e.g., four repeating eight-count phrases); transition between movements.
- Rhythm is time spent between two movements that repeat itself within a familiar pattern.

Directions

Make a tally mark under the Rhythm and Pattern column each time the learner demonstrates incorrect rhythm and pattern during the selected dance form.

Dance and Rhythm Checklist

Name	Rhythm	Pattern	Successful Rhythm	Successful Pattern
Example	I	IIII	Yes	No

Scoring guide: Learners must score two or fewer errors in each component (rhythm, pattern) to achieve this benchmark.

This scoring guide is an example; the teacher should determine appropriate passing scores for the assessment depending on the context of their teaching environment (e.g., time, space, number of students, and availability of equipment).