

Sample Physical Education Assessment for Grade 7 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 7

Assessment Task

Self-Assessment: Learners will be able to successfully self-assess in an individual-performance activity.

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 any individualised performance activity, such as track and field.

In a track and field unit, provide learners with instruction and practice opportunities for a number of different events that could include:

- sprints
- hurdles
- long jump
- high jump
- shot put
- relays

At the conclusion of the unit, the learners will complete a self-assessment worksheet on at least one of the events.

Example of skill cues for long jump:

- fast approach to the runway
- take off on two feet
- hit the board, but don't go over it (scratch)
- use arms to get high in the air after take off
- land with momentum forward

Directions

Complete the following tasks identified below regarding your performance in the Track and Field Unit.

Track and Field Self-Assessment

Name:

Physical Activity:

Based on the track and field event you identified above, complete the following questions:

- 1. Describe the components of the track and field event you listed above that you feel you performed correctly:**
- 2. Describe the components of the track and field event you listed above for which you feel you still need additional practice to move toward skill mastery:**

Scoring guide: Learners need to complete all items in the Track and Field Self-Assessment 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).