

## Sample Physical Education Assessment for Grade 8 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 8

### Assessment Task

Worksheet: Learners will be able to successfully design a personal 10-day workout plan to implement overload and specificity training.

### 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.

Provide instructions on various physical fitness training principles that include:

- The overload principle
- The specificity principle

Provide guidance utilising a sample activity. For example, use mountain biking. Provide guidance on creating a daily workout plan that would include warm-up activities, aerobic activities and cool-down activities specific to the sample activity.

By the end of instruction, learners should be able to successfully design and implement a personal workout plan that includes stretching techniques and the overload and specificity training principles for a self-selected physical activity.

### Definitions

**Aerobic exercise:** any activity that will increase the rate of breathing and heart beat, and uses large muscle groups continuously.

**Cool-down activities:** low-intensity activity and stretching to help the body systems to return to its normal pre-activity state.

**Overload principle:** in order to keep making gains from an exercise program, the workload/activity must be increased.

**Specificity principle:** exercising a specific body part, component of the body, or specific skill will primarily develop that body part or skill.

**Strength training:** activities or exercises that build muscular strength and endurance through the use of resistance (own body weight, machines, and free weights).

**Warm-up activities:** low-intensity activity to increase blood flow to muscles, and increase core temperature.

## Directions

Learners will design a personal 10-day workout plan using the worksheet below. Learners will indicate where in the workout plan they plan to implement the overload and specificity training. The example below is for mountain biking. Have the learners create a workout plan utilising their selected activity.

## Sample Workout Plan Worksheet

	<b>Warm-Up Activities</b>	<b>Aerobic Activities</b>	<b>Strength Training Activities</b>	<b>Cool-Down Activities</b>
Day 1	2-min jog	15-min Stationary cycle	Leg Press 10 reps; 1 set	Stretches need to be specific to their self-selected activity.
Day 2	3-min jog	15-min Stationary cycle	None	
Day 3	4-min jog	15-min Stationary cycle	Leg Press 10 reps; 1 set	
Day 4	4-min jog	20-min Stationary cycle	None	
Day 5	4-min jog	20-min Stationary cycle	Leg Press 10 reps; 2 sets	
Etc. to Day 10	4-min jog	25-min Stationary cycle	None	

1. In your workout plan described above, indicate where you have used the overload training principle:
2. In your workout plan described above, indicate where you have used the specificity training principle:
3. Reflect on the effectiveness of overload and specificity principles you applied in your 10-day workout plan. Do they need to be adjusted? If so, how?

## Workout Plan Worksheet

	Warm-Up Activities	Aerobic Activities	Strength Training Activities	Cool-Down Activities
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Etc. to Day 10				

1. In your workout plan described above, indicate where you have used the overload training principle:
2. In your workout plan described above, indicate where you have used the specificity training principle:
3. Reflect on the effectiveness of overload and specificity principles you applied in your 10-day workout plan. Do they need to be adjusted? If so, how?

Scoring guide: The learners must complete all components of the 10-day workout plan worksheet 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).