

Sample Physical Education Assessment for Grade 10 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 10

Assessment Task

Exit Slip: Learners will be able to successfully identify issues related to exercising in heat, humidity, and cold, providing at least one strategy for each.

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 focuses on the effect of environmental conditions on exercise.

Provide instructions regarding negative effects of climate on the body:

- Heat exhaustion: triggered by prolonged exposure to heat/humidity. While not as life threatening as heat stroke, exhaustion symptoms include profuse sweating and rapid pulse.
- Heat stroke: This most serious form of heat injury is usually triggered by exercising in high temperatures. Heatstroke can occur if your body temperature rises to 104 degrees or higher. Symptoms include: hot skin, no sweating, rapid pulse, nausea/vomiting.
- Frost bite: During the early stage of frostbite, your skin will become cold, numb and white, and you may feel a tingling sensation. Intermediate stage: skin feels hard and frozen. Advanced stage: The skin becomes white, blue or blotchy, and the tissue underneath feels hard and cold to touch.
- Hypothermia: Normal body temperature averages 98.6 degrees. With hypothermia, core temperature drops below 95 degrees.

Tips for exercising in hot weather:

- Try early morning workouts.
- Wear loose, light-coloured, light-weight clothing.
- Make sure you are hydrated.
- Watch for heat zone, ozone or air pollution advisories.
- Pay attention to how your body feels.

Tips for exercising in cold weather:

- Warm up properly.
- Dress in layers.
- Hands, feet, and ears need protection.
- Consider the effects of the wind.
- Hydration.

Tips for exercising in high humidity:

*Humidity prevents your sweat from evaporating, reducing your body's ability to cool. Advanced symptoms include: nausea, stitches, breathing shallow and uneven.

- Get acclimated to the humidity.
- Increase your fluid intake.
- Pay attention to heat/humidity alerts.

Directions

At the end of class, complete the Exit Slip provided.

Exit Slip

Name: _____

Please answer the following question(s).

1. Identify one issue related to exercising in heat and what you could do to reduce potential risks if you had to exercise on a hot day.
2. Identify one issue related to exercising in high humidity and what you could do to reduce potential risks if you had to exercise on a humid day.
3. Identify one issue related to exercising in the cold and what you could do to reduce potential risks if you had to exercise on a very cold day.

Scoring guide: All Criterion must be successfully accomplished to meet 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).