

## **Sample Physical Education Assessment for Grade 11 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 11

### Assessment Task

Short Answer: Learners will be able to successfully select a fitness technology product and a social media site, and identify how they contribute to support a healthy lifestyle.

### 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 focused on the use of technology and social media to support a healthy, active lifestyle.

Provide opportunities for class discussions or out-of-class research on how the following contributes to a healthy lifestyle:

#### Technology

- computers
- apps
- treadmills, rowers or steppers

#### Social media sites

- Facebook
- Twitter
- Instagram

### Directions

Select a fitness/healthy lifestyle product.

- Identify fitness technology product.
- How would you use it to support a healthy lifestyle?
- Identify a social media site that can contribute to a healthy lifestyle.
- Explain how you could use social media to support a healthy, active lifestyle.

Complete the table below.

### Technology and Social Media Impacts Healthy Lifestyles

Name \_\_\_\_\_

Fitness Technology Product	How you would use it to support a healthy lifestyle?	Social Media Site	How you would use it to support a healthy lifestyle?

Scoring guide: All categories 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).