

## Sample Physical Education Assessment for Grade 12 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 12

### Assessment Task

Short Answer: Learners will be able to successfully list the benefits of staying physically active in college/career and explain how each of these benefits support future goals.

### 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 identifying the benefits of physical activity.

Provide instructions on the benefits of physical activity. Benefits include, but are not limited to:

- Increased energy level.
- Increased brain function.
- Reduced stress levels.
- Improved creative thinking.
- Improved work-life balance.
- Improved alertness and focus.
- Improved ability to work through struggles.

Discuss how the benefits of a physically active lifestyle can be maintained after high school; in college or career productivity.

### Directions

Select five of the seven benefits listed and provide one description for each explaining how staying physically active will contribute to these areas and support your future goals in college and/or career choices. Complete the template provided.

- Increased energy level.
- Increased brain function.
- Reduced stress levels.
- Improved creative thinking.
- Improved work-life balance.
- Improved alertness and focus.
- Improved ability to work through struggles.

## Benefits of Physical Activity for College or Career

Name \_\_\_\_\_

Physical Activity lifestyle benefits	Explain how physical activity currently provides this benefit to you.	How these will continue to benefit your college or career choice?	Complete

Scoring guide: To address this benchmark, learners will correctly complete this table including: five lifestyle benefits explaining how physical activity contributes to each benefit in your life, and how continuing to be active will benefit you through college and/or career path:

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).