Assessments

Content Area: **Health & Phys Ed**
Course(s): **HEALTH 1**
Time Period: **Semester 1**
Length: **10 weeks**
Status: **Published**

Assessments

ASSESSMENTS: Health and PE

Formative:

- Exit Tickets
- Openings and Closings (Do-Nows/Warm-ups)
- Strategic Questioning - higher order thinking skills
- Group discussions
- Participation
- Google Forms
- Problem solving
- Self-reflection
- Research and investigation
- Structured observations
- Peer Review

Alternative:

- Exams on Google Forms/Google platform
- Seesaw Portfolios: video analysis
- Creative projects - student design
- Movement analysis
- Selected response
- Flipgrid video assessment

Benchmarks:

- Skills development: Define at the beginning of each activity. Evaluate throughout the unit.
- Diagnostic assessment by skill area: End of unit activity
- FitnessGram: Student self-evaluation
- Checklists/rating scales: Google Classroom feedback
- Progress monitoring: Student journals

Summative:

- End of Unit Chapter Tests
    - Multiple Choice
    - Short Answer Questions
    - Essay Questions
    - Free Response Questions
- Self-challenge and personal growth