



PHYSICAL EDUCATION

FUNDAMENTAL MOVEMENT SKILLS

PERFORMANCE ASSESSMENT SUPPORT MATERIAL

JUMP FOR HEIGHT

IMPORTANT INFORMATION

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Assessment of practical student performance in Physical Education

Authentic assessment must include tasks that are worthwhile, significant and meaningful as well as involve the ongoing process of recording, monitoring and reflection to assist learning, monitor learning, set learning goals and help identify further practice opportunities in order for these to be achieved. Final assessment at the end of a teaching unit on the selected activity may be completed through monitoring of progress together with formalised assessment tasks.

When assessing students' performance in a practical context, a teacher should refer to observation points for individual and game skills in the selected activity.

Assessment of **individual skills**

Observation points for a skill must be taken into account holistically rather than by focussing on a detailed anatomy of its parts before deciding on a mark. It is essential that, when assessing individual skills, observations reflect the quality of a student's movement when performing. The teacher must take into account four elements in the demonstration of a skill: consistency, precision, fluency and control.

Final assessment of the skill performance, range of marks (assessment scale) and level of attainment will be guided by the achievement standards for the appropriate year level as set out by the School Curriculum and Standards Authority.

Jump for height

Preparation

- Eyes are looking forward and slightly upward
- Body is upright
- Knees bend as arms are drawn back behind the body

Execution

- Legs begin to straighten for propulsion
- Arms swing forward and upward in time with the straightening of the legs

Completion

- Hips, knees and ankles bend on landing for cushioning
- Contact with the ground is made with balls of the feet