



# PHYSICAL EDUCATION

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FUNDAMENTAL MOVEMENT SKILLS

PERFORMANCE ASSESSMENT SUPPORT MATERIAL

RUN

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## 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.

## Run

### Technique

- Head remains stable in a 'natural' position, looking forward
- Upper body is stable in a comfortable, upright position
  
- Feet follow a relatively narrow path
- Leading foot should make contact with the ground almost directly below the hips
- Leading knee should be lifted high but comfortable
- Trailing foot is flicked close to backside
  
- Arms are bent close to 90°
- Hands are relaxed in a loose fist
- Arms move in a backward and forward motion, swinging from relaxed shoulders