



PHYSICAL EDUCATION

FUNDAMENTAL MOVEMENT SKILLS

PERFORMANCE ASSESSMENT SUPPORT MATERIAL

UNDERARM THROW

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.

Underarm throw

Preparation

- Stance is square to the intended direction of the throw
- Eyes are focused on the target
- Ball is held in the fingers of the throwing hand in front of the body
- Extended throwing arm swings back behind the body, then forward in a full shoulder rotation

Execution

- Opposite leg to throwing arm steps forward toward the target
- Throwing arm swings forward with a smooth, continuous action
- Position of ball release is appropriate to the distance from the target

Completion

- Straight throwing arm swings through in the direction of the intended target