



PHYSICAL EDUCATION

FUNDAMENTAL MOVEMENT SKILLS

PERFORMANCE ASSESSMENT SUPPORT MATERIAL

FORWARD ROLL

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.

Forward roll

Preparation

- Squatting with feet together
- Fingers spread, hands reaching slightly forward and placed flat on the floor shoulder-width apart
- Knees are together and between the arms
- Chin is tucked onto the chest

Execution

- Legs extend together and equally to begin forward movement
- Roll onto the floor with back of head then shoulders making initial contact
- Some weight is maintained on the arms
- Body remains in the tucked position until feet contact the floor

Completion

- Arms reach forward to maintain momentum
- Body begins extension until standing position is achieved

Safety considerations

- Weight must NEVER be placed on the top of the head
- Support may be provided by guiding the chin onto the chest and a gentle push to begin the rolling movement