

# PHYSICAL EDUCATIONS PEO3060Y1

## INTERNAL ASSESSMENT ACTIVITY

### **ACHIEVEMENT STANDARD 91501 (VERSION 2) PHYSICAL EDUCATION 3.4**

**Analyse a physical skill performed by self or others.**

Level 3, Internal assessment

4 credits

### **STUDENT INSTRUCTIONS**

#### **Overview:**

This assessment is based on your physical performance. The level of achievement, merit and excellence will be awarded according to your final performance. The better you perform the higher your grade. You are required to perform a physical activity in an applied setting.

You will complete this assessment activity in conjunction with working through PEO3061 in My Te Kura and completing the Learning Journal.

NB: Consider safety at all times.

#### **Conditions:**

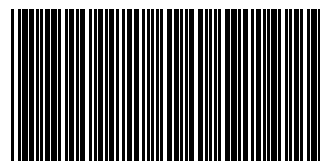
- This must be entirely your own work.
- You must not directly copy work from any source, and any sources you use must be referenced.
- Your supervisor must be present for at least part of the time that you carry out this work.
- Plagiarism detection software may be used to check this is your own work.

#### **You will need:**

- a video camera is required to record yourself performing your chosen physical activity or you must attend a school event.

#### **Supervisor requirements**

A supervisor must be present at specified times for this assessment. You must provide the full name of the supervisor and their relationship to you (e.g. parent, teacher, teacher aide etc.) when you upload your assessment to the PEO3060Y1 assessment dropbox.



# ASSESSMENT CRITERIA

## ACHIEVEMENT STANDARD 91501 (VERSION 2) PHYSICAL EDUCATION 3.4

Analyse a physical skill performed by self or others.

Achievement	Achievement with Merit	Achievement with Excellence
Demonstrate quality performance of a physical activity in an applied setting.	Demonstrate a high quality performance of a physical activity in an applied setting.	Demonstrate an outstanding quality performance of a physical activity in an applied setting.

The following descriptions will inform you of the requirements for an Achieved, Merit or Excellence in this standard.

### Achievement level:

*Demonstrate quality performance of a physical activity in an applied setting* involves the effective demonstration of a wide range of elements and skills to complete a physical activity.

This means that the student demonstrates all of the points shown in the rubric at this level, or point's equivalent to that shown in the rubric.

### Achievement with merit level:

*Demonstrate a high quality performance of a physical activity in an applied setting* involves the consistent and effective demonstration of a wide range of elements and skills to complete a physical activity.

This means that the student demonstrates all of the points shown in the rubric at this level, or point's equivalent to that shown in the rubric.

### Achievement with excellence level:

*Demonstrate an outstanding quality performance of a physical activity in an applied setting* involves the consistent, effective and accomplished demonstration of a wide range of elements and skills to complete a physical activity.

This means that the student demonstrates all of the points shown in the rubric at this level, or points equivalent to that shown in the rubric.

An applied setting could include: tournament games or modified games; competition games; festivals or events; performance in an appropriate outdoor environment for outdoor activities/pursuits.

Applied setting requires that the physical performance skills are demonstrated in an authentic setting, such as during a game in the appropriate environment or in a competitive situation. You are required to demonstrate quality movement in a physical activity in an applied setting. To do this, you will need to consider how quality performance might look, sound and feel. Your performance in the physical activity will be assessed against key skills associated with the physical activity chosen. These key skills help to define and measure progress and performance toward performance levels. To see what level of performance you can achieve we need to design a rubric to measure your progress.

# ASSESSMENT RESOURCES

## RESOURCE 1

### PERFORMANCE RUBRICK AND KEY PERFORMANCE GOALS

Student name \_\_\_\_\_ Physical activity \_\_\_\_\_

Activity category	key performance goal
1	A
	B
	C
2	A
	B
	C
3	A
	B
	C
4	A
	B
	C

NB: If you need more space for more KPG's use an extra sheet of paper.

[illegible]

**RESOURCE 2****VERIFICATION SHEET**

Student name \_\_\_\_\_ Physical activity \_\_\_\_\_

<b>Verification 1 (Pre-activity)</b>	
<b>Student (sign:</b>	<b>Peer (sign:</b>
<b>Date:</b>	<b>Date:</b>
<b>Grade:</b>	<b>Grade:</b>
<b>NA / A / M / E</b>	<b>NA / A / M / E</b>

<b>Verification 2 (Final performance)</b>	
<b>Student (sign:</b>	<b>Peer (sign:</b>
<b>Date:</b>	<b>Date:</b>
<b>Grade:</b>	<b>Grade:</b>
<b>NA / A / M / E</b>	<b>NA / A / M / E</b>

# ASSESSMENT ACTIVITY

## PHYSICAL EDUCATION

### INSTRUCTIONS

- Read the questions carefully.
- Assemble all the materials and tools required.
- Your supervisor must be present to observe you.

### TASK 1

#### PARTICIPATE IN YOUR PHYSICAL ACTIVITY

1. You should have already chosen a physical activity to participate in.
2. Research to familiarise yourself with the correct techniques required to perform the chosen physical activity.
3. Use images/video clips from the internet, sports magazine or journals, or books that show the ideal techniques.
4. This is the **first part** of the assessment – the pre-activity assessment. Now participate in the chosen physical activity. **Remember you will need to video this performance or attend a school event.**
5. Contact your teacher to discuss the key performance goals needed for this activity and to obtain the performance rubric required for your physical activity. You could fill out the rubric in this assessment activity (Resource 1) with the appropriate key performance goals, or, your teacher will have a number of rubrics already written for a range of physical activities, so they can send one of these to you and you can use it for your chosen physical activity. Alternatively, check My Te Kura or NZQA to see what activities rubrics have already been prepared.

Remember to send in the pre-activity video of your performance PEO3060Y1 when you've completed all of the assessment.

Fill in the following rubric for your chosen sport or attach one your teacher has sent you.

### TASK 2

#### PRACTICE

Practice your chosen physical activity and keep a logbook to provide further evidence of your participation. Consider the KPGs in your rubric before, during, and after your participation.

Halfway through your practice period, fill out the performance rubric again, using the 'Practice period' column in **Resource 1: Observations sheet for performance.**

Ask a peer to assess you again. This will help you to see how you have improved. You can also make any changes so that you know you are working towards a quality performance.

## TASK 3

### PARTICIPATE IN A FINAL PERFORMANCE

Participate in a final performance of the physical activity in an applied setting.

Your performance in relation to each of the key skills in your rubric will contribute towards your final achievement grade. Think about how you have learnt skills and see how this can improve your skill acquisition in your chosen physical activity.

Once you have completed this task you will fill in the rubric again.

You will need to video this final performance or attend a school event.

1. This will be your final assessment. Now participate in the chosen physical activity.
2. After participating in the activity, self-assess your performance according to the criteria outlined in your physical activity rubric, using the 'Final performance' column in Resource 1: Observations Sheet for Performance. Write the date of your performance, and indicate what level you believe your performance was at. Ask your peer to assess your final performance using the same criteria. Your peer's assessment will provide further evidence of your performance.
3. Complete the pre-activity section of the verification sheet (Resource 2 in this assessment activity). This section asks you to give yourself an overall grade for the physical activity performance. Have your friend complete the peer review section.

**Remember you will need to video this performance or attend a school event.**



**When you have completed all tasks, Upload your the following to the PEO3060Y1 assessment dropbox.**

- ☐ Your pre-activity assessment video.
- ☐ Your final performance video.
- ☐ The peer and self-assessment sheet you completed for each stage of the assessment (pre-activity, practice period and final performance).
- ☐ The verification sheet (resource 2).