

Assessment in Physical Education

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Agenda

PE Assessment and its importance

Guiding principles & Ideal PE Assessment Model

Components of a PE Assessment

Frequency of Assessments

Consequences of PE Assessment

International References



PE Assessment & its Importance



Assessment refers to the process of testing and evaluating students to determine progress towards PE program goals.

Why is it Important?

Necessary ingredient of Instructional Process of **Plan, Teach and Evaluate**

Helps a PE teacher to measure students' current levels of ability, progress, and their own teaching effectiveness

Whatever gets measured, gets controlled and improved



PE Assessment Model



Guiding Principles of PE Assessments

1. Establish **Appropriate Instructional Objectives** using national, state, and local standards or guidelines.
2. Select **Appropriate Measures** to determine student progress towards meeting instructional objectives.
3. Develop an **Evaluation Scheme** that reflects the attainment of instructional objectives. While grading is part of the evaluation scheme, it should not be the only outcome.

An Ideal PE Assessment Model

Formally stating the instructional objectives (cognitive, psychomotor, affective)

Pre-assessing the students

Measuring the achievement of objectives using valid and reliable tests during and after the delivery of appropriate instructional activities

Evaluating student progress towards meeting the objectives



Components of PE Assessment



Physical & Motor Fitness Components:

Body-Mass Index

Agility

Balance

Speed

Endurance

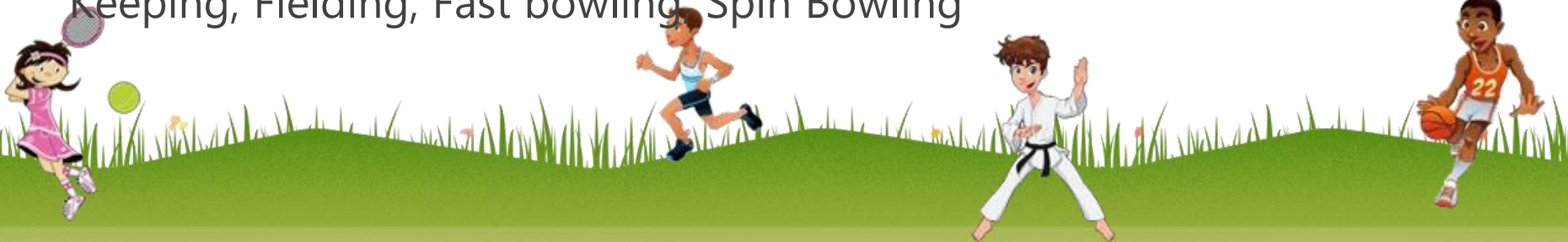
Hand-Eye Coordination

Flexibility

Body-Fat Percentage

Sport specific Tests

Example- Cricket Tests include Stance, Forward defense, Back foot defense, Straight drives, Cover Drive, Running between the wickets, Wicket Keeping, Fielding, Fast bowling, Spin Bowling



Frequency of Assessments



Subjective Assessment is observation based and done as per the performance of child in daily PE activities and should occur on a continuous basis throughout the year. Objective Assessment is done especially to measure performance and should happen as per the logic goes:

Pre-Assessment

Provides information about the students and help establish learning objectives.

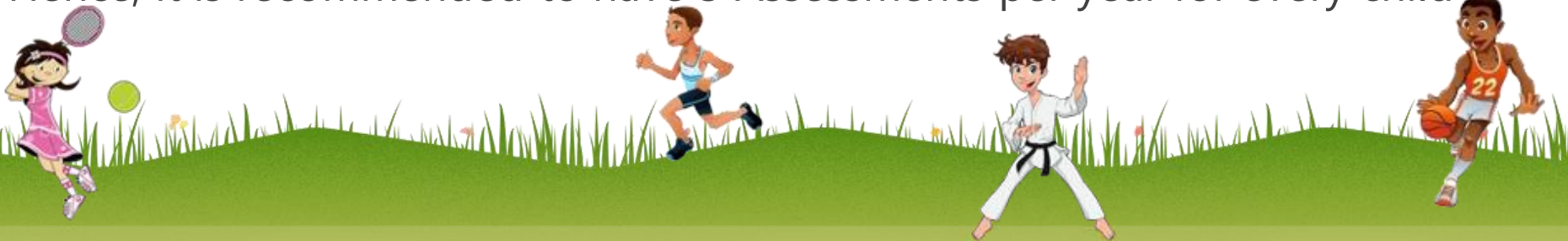
Assessment used during instruction

provides feedback to both the teacher and students.

Post-Assessment

Determine if learning objectives were met and/or if changes or more work in a particular area is warranted

Hence, it is recommended to have 3 Assessments per year for every child



Consequences of Assessment



Highlights information about progress, strength and improvement areas

Suggestions and Recommendations for each student based on assessment score

Acts as a means of communication between Educators, Students, Administration and Parents

Acts as a good evidence of effectiveness of a PE Program

Clear relation between goals & objectives and reality

Motivation for students to perform



International References



The President's Challenge, US

Uses 25 years old standards

Measures how a student performed as compared to his peers
provided little information on his or her actual health

limited professional development associated with the Youth Fitness Test to ensure teachers were using it in a meaningful way, or providing appropriate feedback to students.

Fitnessgram

Provides **accurate assessment** reports **unique to each student** according to their age, gender, and level of health-related fitness based on multiple components. These reports use the criterion-referenced Healthy Fitness Zone® standards, which research has shown to accurately measure the level of physical fitness necessary for good health.

aids students with individual goal-setting and teachers with program-planning
providing communication tools for teachers, administrators, parents and guardians,
educating students about how to improve their overall health, and
providing an electronic report through email, saving paper and secures student privacy.

- **Singapore National Fitness Test (NAPFA)**

compulsory for all students in Singapore schools to take this fitness test at school.

focus on sit-up, standing Broad Jump, Sit and Reach, Inclined pull-up and 1.6 km walk-run (1 mile).



Thank you!

Questions?

