

Standard 1

Demonstrates competency in a variety of motor skills and movement patterns (High School).

Grade 7

Outcome

S1.H1: Demonstrates competency and/or refines activity-specific movement skills in two or more lifetime activities (outdoor pursuits, individual performance activities, aquatics, net/wall games, or target games) (S1.H1.L1)

Assessment Task

Teachers or students select two different lifetime activities from those possible, which itself will depend on available offerings. Lifetime activities are defined as: “Activities that are suitable for participation across the life span and that one can undertake alone or with a partner as opposed to a team” (SHAPE America, 2014, p. 117). Examples of lifetime activities include outdoor pursuits, individual performance activities, aquatics, net/wall games, and target games.

Teachers will observe students performing in both *isolated* and *applied* settings and score them based on their performance in these settings. It may be necessary to observe a student more than once in a particular setting.

Guidelines

Examples of isolated and applied settings are provided in the following table.

Lifetime Activity	Isolated Setting	Applied Setting
Outdoor Pursuits: Orienteering	Uses a compass to take a bearing on a map or an object.	Uses a compass to follow an orienteering course to various check points.
Individual performance activities: Dance	Executes dance steps (e.g. grapevine, jazz box, heel-toe combinations) in isolated setting without music.	Combines dance steps (e.g. grapevine, jazz box, heel-toe combinations) and executes them in a dance.
Aquatics	Executes appropriate swimming stroke technique in a practice setting.	Executes appropriate swimming stroke technique in a timed or distance swim.
Net/wall games: Badminton	Executes badminton shots (e.g. clear, drop shot and service) in practice settings.	Executes badminton shots (e.g. clear, drop shot and service) in game settings.
Target games: Bowling	Executes smooth set up, approach, delivery and follow through in a practice setting	Executes smooth set up, approach, delivery and follow through in a game setting

Scoring Guide:

The following rubric can be used with any lifetime activity.

Level	Criteria
3	Lifetime activity skills are performed competently (i.e. with appropriate technique) in both isolated and applied situations.
2	Lifetime activity skills are performed competently (i.e. with appropriate technique) in isolated situations but not in applied situations.
1	Lifetime activity skills are not performed competently (i.e. with appropriate technique) in either isolated or applied situations, but good faith efforts are made.

Analytic Rubric: Basketball Example

Level	Pass & Receive (S1,M4, M5)	Offensive Skills (M6, M7)	Dribbling (M8, M9)	Shooting	Defensive Skills
3	Sends and receives passes from a teammate using appropriate form in both practice and small-sided games to meet game-related outcomes.	Performs offensive skills such as pivots, fakes, jab steps, give and go dribble using correct form to achieve game-related outcomes in both practice and small-sided games.	Dribbles to achieve game-related outcomes in both practice and small-sided games while: *keeping the head up to maintain good field vision. *keeping close control of the ball to ensure that defenders cannot steal the ball. *and changing direction as necessary.	Shoots ball into goal during both practice and small-sided games while demonstrating: Base firm (receive pass in triple threat) Elbow under the ball Extend the arm Follow through to target	Utilizes person-to-person on the ball and off-the-ball skills during practice and gameplay: Moves quickly to keep the body between the offensive player and goal Stays in a ready position Maintains active hands and feet Watches the ball and adjust position quickly
2	Sends and receives passes from a teammate using appropriate form in practice to meet game-related outcomes.	Performs offensive skills such as pivots, fakes, jab steps, give and go dribble to achieve game-related outcomes in practice environment.	Dribbles to achieve game-related outcomes in both practice and small-sided games while: *keeping the head up to maintain good field vision. *keeping close control of the ball to ensure that defenders cannot steal the ball. *and changing direction as necessary.	Demonstrates the critical elements of shooting from various in practice settings to meet game outcomes.	Demonstrates the critical elements of on- the-ball and off-the-ball defensive skills to achieve game-related outcomes in modified game situations.
1	Struggles to successfully send or receive a pass to (or from) a teammate using appropriate form in practice tasks:	Does not perform offensive skills such as pivots, fakes, jab steps, give and go in only designated practice drills or simple task environments, does not apply to modified game situations.	The critical elements of dribbling are performed incorrectly in only designated practice drills or simple task environments, does not execute dribbling in modified game situations.	The critical elements of shooting are performed incorrectly or only demonstrated in simple task environments.	The critical elements of on-the-ball and off-the-ball defensive skills are performed incorrectly in modified game or game situations OR only performed correctly in simple task environments.

Performance Task Examples	<ul style="list-style-type: none"> • <i>Small sided game</i> 	<ul style="list-style-type: none"> • <i>Small sided game</i> 	<ul style="list-style-type: none"> • <i>Small sided game</i> 	<ul style="list-style-type: none"> • <i>Small sided game</i> • 3 v 3 	<ul style="list-style-type: none"> • <i>Small sided game</i> • 3 v 3, 2 v 2, 1 v 1
	<ul style="list-style-type: none"> • <i>Modified gameplay</i> 	<ul style="list-style-type: none"> • <i>Modified gameplay</i> 	<ul style="list-style-type: none"> • <i>Modified gameplay</i> 	<ul style="list-style-type: none"> • <i>Modified gameplay</i> Rub off screen and shoot 	<ul style="list-style-type: none"> • <i>Modified gameplay</i>
	<ul style="list-style-type: none"> • <i>Task-specific drill/task</i> 	<ul style="list-style-type: none"> • <i>Task-specific drill/task</i> 	<ul style="list-style-type: none"> • <i>Task-specific drill/task</i> 	<ul style="list-style-type: none"> • <i>Task-specific drill/task</i> • Catch & shoot, dribble & shoot Spot shooting from around the basket 	<ul style="list-style-type: none"> • <i>Task-specific drill/task</i> • Box out drill • Zig-zag dribble drill
Critical Elements					

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Analytic Rubric: Rubric Template

Directions: Identify your invasion game. Then identify the critical elements for each of the skills listed in the rubric. Then identify the tasks (small-sided, modified tasks/gameplay, and simple drills/tasks) where you will observe these skills.

Level	Pass & Receive (S1.M4, M5)	Offensive Skills (M6, M7)	Dribbling (M8, M9)	Shooting	Defensive Skills
3	Sends and receives passes from a teammate using in both practice and small-sided games to meet game-related outcomes while demonstrating: • • •	Performs offensive skills such as pivots, fakes, jab steps, give and go dribble using correct form to achieve game-related outcomes in both practice and small-sided games	Dribbles to achieve game-related outcomes in both practice and small-sided games while: • • •	Shoots ball into goal during both practice and small-sided games while demonstrating: • • •	Utilizes person-to-person on the ball and off-the-ball skills during practice and gameplay: • • •
2	Sends and receives passes from a teammate in practice to meet game-related outcomes demonstrating all critical elements	Performs offensive skills such as pivots, fakes, jab steps, give and go dribble to achieve game-related outcomes in practice environment.	Dribbles to achieve game-related outcomes in both practice and small-sided games while demonstrating critical elements.	Demonstrates the critical elements of shooting from various in practice settings to meet game outcomes.	Demonstrates the critical elements of on-the-ball and off-the-ball defensive skills to achieve game-related outcomes in modified game situations.
1	Struggles to successfully send or receive a pass to (or from) a teammate using appropriate form in practice tasks:	Does not perform offensive skills such as pivots, fakes, jab steps, give and go in only designated practice drills or simple task environments, does not apply to modified game situations.	The critical elements of dribbling are performed incorrectly in only designated practice drills or simple task environments, does not execute dribbling in modified game situations.	The critical elements of shooting are performed incorrectly or only demonstrated in simple task environments.	The critical elements of on-the-ball and off-the-ball defensive skills are performed incorrectly in modified game or game situations OR only performed correctly in simple task environments.

Task Examples	• <i>Small sided game</i>	• <i>Small sided game</i>	• <i>Small sided game</i>	• <i>Small sided game</i>	• <i>Small sided game</i>
	• <i>Modified gameplay</i>	• <i>Modified gameplay</i>	• <i>Modified gameplay</i>	• <i>Modified gameplay</i>	• <i>Modified gameplay</i>
	• <i>Task-specific drill/task</i>	• <i>Task-specific drill/task</i>	• <i>Task-specific drill/task</i>	• <i>Task-specific drill/task</i>	• <i>Task-specific drill/task</i>
Critical Elements					

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