

Sample GRASPS design and PBA to help you organize your thoughts.

Step 1: Choose the goals/objectives to be assessed.		
SOL/Goal/ Objective(s)	By 9/10/18 STUDENT, with the assistance of 2 peers and a video will be able to perform basic cardiovascular endurance exercises at a moderate pace completing 7 of 7 exercises as measured by a weekly checklist. SOL's 5.3b, 5.3d.	
Step 2: Complete at least one bullet in each GRASPS area below to help you create an authentic scenario to assess the identified objectives.		
Acronym	Choose 1 sentence-starter for each letter and complete it in the third column below.	
Goal	<ul style="list-style-type: none"> ●Your task is __ ●The goal is to __ ●The problem or challenge is __ 	<i>The goal is to get STUDENT to participate in the CV exercises performed 2X weekly.</i>
Role	<ul style="list-style-type: none"> ●You are __ ●You have been asked to __ ●Your job is __ 	<i>My job is to engage STUDENT to perform the exercises to the best of his ability.</i>
Audience	<ul style="list-style-type: none"> ●Your clients are __ ●The target audience is __ ●You need to convince __ 	<i>The target audience is STUDENT who is autistic and very unsure of his ability to perform the stated exercises stated in a group setting.</i>
Situation	<ul style="list-style-type: none"> ●The context you find yourself in is __ ●The challenge involves dealing with __ 	<i>The challenge involves engaging STUDENT to participate in the activities stated above while improving CV endurance.</i>
Product	<ul style="list-style-type: none"> ●You will create a __ in order to __ ●You need to develop __ so that __ 	<i>I will create a space and modified routine where STUDENT and 2 peer assistants will be able to perform the exercises without STUDENT feeling the pressure to perform with the class.</i>
Standards & Criteria for Success	<ul style="list-style-type: none"> ●Your performance needs to __ ●Your work will be judged by __ ●Your product must meet the following standards: __ 	<i>STUDENT's progress will be measured by him performing the exercises stated above being able to complete 7/7 CV exercises.</i>

Step 3: Use the completed sentences above to write a scenario students will read and follow to complete this performance-based assessment. Type it in the empty box that follows:

To improve CV endurance and improve STUDENT's confidence in group settings STUDENT will be assigned 2 peer tutors/video to follow along with to get STUDENT to a point where he can complete 7/7 CV exercises by 9/10/18. STUDENT will be given assigned a space where he is not in the middle of the group activity.

Step 4: Align your summative, performance-based assessment with a grading rubric.

CATEGORY	4	3	2	1	Total
Research of recreational activities and intensity levels	Student lists the activities that generated the highest heart rate and the duration it took to get to target heart rate.	Student lists the activities that they felt like were the hardest in terms of completing and identify what their resting heart rate is and what their target heart rate is.	Student lists the activities that they felt like were the hardest in terms of completing and identifies how to assess target heart rate	Student lists the activities they felt like were the hardest to complete.	___/4
Exercise Calendar	Student will be able to complete 7/7 CV exercises by 9/10/18	Student will be able to complete 5/7 CV activities by 9/10/18	Student will be able to complete 3/7 CV activities by 9/10/18	Student will be able to complete 2/7 CV activities by 9/10/18	___/4
Smart goals	Student created smart goal and worked on it over time	Student created smart goal with help from peer tutors and worked on it over time	Student took smart goal assigned from teacher and worked on it over time	Student took smart goal generated by teacher and worked on it over time with assistance from teacher/peer tutors	___/4
Reflection	Student listed activities they enjoyed, fitness benefits and listed activities they thought they would enjoy and be able to do throughout their lifetime	Student listed activities they enjoyed, fitness benefits and made a list of other CV activities they thought they would like to try in the future.	Student listed activities they enjoyed and listed fitness benefits	Student listed activities they enjoyed	___/4