

PBA ASSIGNMENT AND RUBERIC

Step 1: Choose the goals/objectives to be assessed.		
SOL/Goal/ Objective(s)	By November, 20 2018, STUDENT (independently, with verbal prompts, with assistance) will improve their level of physical fitness by demonstrating skill associated with Fitness (Increase Endurance) by participating in a warm-up or fitness activity for 5 minutes in 4 out of 8 trials (or 50 %), as measured by daily checklist . SOL: 9.3 D/F	
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 __ 	<u>Your task is</u> to participate in 50% of cardiovascular activities that will help improve fitness in the area of endurance.
Role	<ul style="list-style-type: none"> ●You are __ ●You have been asked to __ ●Your job is __ 	<u>Your job is</u> improve your fitness in endurance by demonstrating how to perform cardiovascular activities.
Audience	<ul style="list-style-type: none"> ●Your clients are __ ●The target audience is __ ●You need to convince __ 	<u>You need to convince</u> your friends and family that everyone's health will benefit from doing cardiovascular activities.
Situation	<ul style="list-style-type: none"> ●The context you find yourself in is __ ●The challenge involves dealing with __ 	<u>The challenge involves dealing with</u> the need to break down those walls that hold you back from wanting to participate in cardiovascular activities, so that you can improve endurance.
Product	<ul style="list-style-type: none"> ●You will create a __ in order to __ ●You need to develop __ so that __ 	<u>You will create a weekly target goal</u> to hit during the PACER warm-up each class period and increase it by 5 levels every week, in order to increase endurance.
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: __ 	<u>Your work will be judged by</u> your teacher, friends and family because they will be able to cheer/see you complete a 5K Turkey Trout during thanksgiving break hosted at the school!

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

To improve my fitness area of endurance during the first semester of school, students will demonstrate skills associated with cardiovascular activities. Students will participate in daily cardiovascular activities to help improve fitness in the area of endurance. When the students have meet their weekly target goal in the PACER the follow week they will increase that goal by 5 levels. By hitting their target goals student are able to show their teacher they can break down those road blocks in area of endurance and give them the courage to complete a 5K Turkey Trot. The student will able to show their friends and family how far they have progressed in the fitness area of endurance by completing the turkey trot.

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

CATEGORY	4	3	2	1	Total
Participating in Cardiovascular activities & intensity levels	Students participated by running only during the cardiovascular activities in today's class. Student was breathing hard and sweating badly after the activity.	Students participated by walk/run only during the cardiovascular activities in today's class. Student was breathing easy and sweating lightly after the activity	Students participated by walking only during the cardiovascular activities in today's class. Student was breathing normal and no sweat after the activity	Students participated by walking/sitting down during the cardiovascular activities in today's class. Student showed no signs after the activity	___/4
Weekly Target Goal	Student creates a weekly target goal in the PACER of successfully completing 5 levels straight in a row.	Student creates a weekly target goal in the PACER of successfully completing 3 levels straight in a row	Student creates a weekly target goal in the PACER of successfully completing 1.5 levels straight in a row	Student creates a weekly target goal in the PACER activity.	___/4
SMART Goal(s)	Student created a SMART Goal and made a connection to fitness area of endurance	Student selected a SMART Goal from a teacher-generated list and made a connection to fitness area of endurance	Student selected a SMART Goal from a teacher-generated list and made a connection to fitness area of endurance with teacher assistance.	Student worked on SMART Goal that was teacher-generated and made a connection to fitness area of endurance with teacher assistance.	___/4
Reflection	Reflection includes analyzing about the approach to the product, the health benefits, and possible social benefits of cardiovascular activities.	Reflection includes describing the approach to the process and benefits of cardiovascular activities.	Reflection includes describing the approach to the process and benefits of cardiovascular activities.	Reflection includes listing some cardiovascular activities to help increase endurance.	___/4