

PBA

Step 1: Choose the goals/objectives to be assessed.		
SOL/Goal/Objective(s)	By 9/18, 2018, Jacob (independently, with verbal prompts , with assistance) will be able to walk an average of 2500 steps per day, recorded by student in 4 out of 5 trials, as measured by daily exercise log.	
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>Your goal is to identify methods to obtain 2500 steps per day during the group aerobics/dance unit.</i>
Role	<ul style="list-style-type: none"> ●You are ___ ●You have been asked to ___ ●Your job is ___ 	<i>You have been asked to wear a pedometer and participate in the four daily aerobic activity/dances daily.</i>
Audience	<ul style="list-style-type: none"> ●Your clients are ___ ●The target audience is ___ ●You need to convince ___ 	<i>You need to convince: the teacher and your classmates that group aerobics/dance is a viable way to stay active and achieve step count goals</i>
Situation	<ul style="list-style-type: none"> ●The context you find yourself in is ___ ●The challenge involves dealing with ___ 	<i>The context you find yourself in is: I need to select aerobic/dance activities that improve fitness and include them in my weekly exercise routine.</i>
Product	<ul style="list-style-type: none"> ●You will create a ___ in order to ___ ●You need to develop ___ so that ___ 	<i>You will need to develop: strategies to achieve step count goals daily.</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>Your product must meet the following standards: An exercise log that shows daily step count goals, actual daily step count, a reflection on the outcome.</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 identify methods to obtain 2500 steps per day during the group aerobics/dance unit, you will wear a pedometer and participate in the four daily aerobic activity/dances daily. Students will convince the teacher and classmates that group aerobics/dance is a viable way to stay active and achieve step count goals. When aerobic/dance activities that improve fitness are included in a weekly exercise routine, the student will develop strategies to achieve step count goals daily. The end product will be an exercise log that shows daily step count goals, actual daily step count, a reflection on the outcome.

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

CATEGORY	4	3	2	1	Total
SMART Goal(s)	Student created an original step count SMART Goal and made a connection to practice over time.	Student selected a step count SMART Goal from a teacher-generated list and made a connection to practice over time.	Student selected a step count SMART Goal from a teacher-generated list and made a connection to practice over time without teacher assistance.	Student worked on step count SMART Goal that was teacher-generated and made a connection to practice over time with teacher assistance.	___/4
Exercise Log	Student creates an exercise log that includes a goal, daily step count, and reflection portion.	Student creates an exercise log that includes a smart goal and a daily step count.	Student creates an exercise log that contains a daily step count.	Student creates an exercise log.	___/4
Movement Patterns	The student selects, adapts and mirrors a wide range of aesthetic moves that are appropriate to the requirements of the aerobic dance.	The student selects, adapts and mirrors aesthetic moves that are appropriate to the requirements of the aerobic dance.	The student has some difficulty in adapting and/or mirroring aesthetic moves for aerobic dance.	The student does not adapt and/or mirror any of the aesthetic moves for aerobic dance.	___/4
Reflection	Reflection includes listing all daily step count entries and stated whether or not they met their goals. Student sets new target and strategies to improve fitness goal.	Reflection includes listing all daily step count entries and stated whether or not they met their goals.	Reflection includes listing some daily step count entries and stated whether or not they met their goals.	Reflection includes listing some daily step count entries.	___/4