

Performance Based Assessment –Racquet Sport Challenge

<b>Goals</b>		
SOL/Goal/ Objective(s)	By Oct. 20, 2018, students, (working independently and with a partner) to improve their skill level and level of physical fitness by practicing and performing skills associated with tennis and or other racquet sports by completing 6 out of 8 tasks (or 75%), as measured by a monthly checklist. SOL 9.1,9.2,9.4	
<b>Objectives</b>		
Goal	<ul style="list-style-type: none"> <li>Your task is __</li> <li>The goal is to __</li> <li>The problem or challenge is __</li> </ul>	<i><u>Your goal is to demonstrate proficiency in a lifetime activity involving racquet games to include proper movement, proper form, as well as proficiency hitting and returning balls.</u></i>
Role	<ul style="list-style-type: none"> <li>You are __</li> <li>You have been asked to __</li> <li>Your job is __</li> </ul>	<i><u>Your job is to play a racquet game a minimum of two times a week for four weeks.</u></i>
Audience	<ul style="list-style-type: none"> <li>Your clients are __</li> <li>The target audience is __</li> <li>You need to convince __</li> </ul>	<i><u>You need to find a partner to play against each activity.</u></i>
Situation	<ul style="list-style-type: none"> <li>The context you find yourself in is __</li> <li>The challenge involves dealing with __</li> </ul>	<i><u>The context you find yourself in is: I need to select activities that improve fitness as well as help me work on specific racquet skill sets.</u></i>
Product	<ul style="list-style-type: none"> <li>You will create a __ in order to __</li> <li>You need to develop __ so that __</li> </ul>	<i><u>You need to create a monthly calendar to document all activities, when they occurred, and the time spent practicing as well as completing an activity scoresheet after each game.</u></i>
Standards & Criteria for Success	<ul style="list-style-type: none"> <li>Your performance needs to __</li> <li>Your work will be judged by __</li> <li>Your product must meet the following standards: __</li> </ul>	<i><u>Your work will be judged by your teacher as well as parents, and any partners you played.</u></i>

To improve performance in lifetime racquet sports skills, students will participate in chosen activities a minimum of two times a week outside of class. They will focus on proper striking of the ball, correct form when striking, and proper as well as legal returns. Students will track all activities completed on a monthly calendar. Students will also complete a scoresheet from each game and have the partner sign this sheet after activity is complete.

CATEGORY	4	3	2	1	Total
<b>Research of recreational activities &amp; intensity levels</b>	Students will research and attempt different types of racquet games. Students will describe and recognize the lifetime benefits of the activities they have chosen. Student will research, choose and practice skills to improve their specific activities.	Students will research different types of racquet related activities. Students will list multiple way to enhance skill development.	Students will recognize different racquet related games and give an example of a skill they need to improve.	Student will participate in a racquet related activities.	___/4
<b>Exercise Calendar Fitness Tracking</b>	Student creates a monthly calendar that documents all activities and any skill focus. Student also documents all score sheet and has each sheet signed by a partner.	Student creates a monthly activity calendar. Students describes all activities entered in the calendar. Student turns in score sheets.	Student shows evidence of his activity. Student turns in some scoresheets.	Student creates a summer activity calendar. Few or no scoresheets turned in.	___/4
<b>Goal(s)</b>	Student creates multiple skill goals to improve and can provide evidence of how they have met that goal or how they will continue to try and meet the goal.	Student chose a goal from a list of skills to improve and can discuss how and why they have made improvement.	Student chose a skill goal to improve and they can discuss how they have improved.	Student chose a skill goal and attempted to improve that goal.	___/4
<b>Activity Requirement</b>	Student completes a minimum of 8 activities in the 4 weeks.	Student completes a minimum of 6 activities in the 4 weeks.	Student complete a minimum of 4 activities in the 4 weeks.	Student attempts 2 activities in the 4 weeks.	___4
<b>Reflection</b>	Students will describe different activities they attempted. Students will discuss any lifetime benefits of these activities.(Physical, social, emotional) Students will describe any improvements they think they have made and explain the thought process behind it.	Students will reflect on all activities attempted and explain how these can be lifetime skills. Students will reflect on any improvements made from participating in activities.	Students will discuss any activities completed. Students will discuss how they have improved.	Students will describe the activities in which they participated.	___/4