

Assessment before instruction (pre-assessment) is just as important as assessment during (formative), and after (summative). A 'baseline comparison' is needed in order to assess the students progress.

FOUR MAIN PRINCIPLES OF ASSESSMENT

1. **CONTINUOUS** - An ongoing process so that physical educators are constantly aware of their students' developing knowledge, skills and attitudes.
2. **COLLABORATIVE** - Students feel they are taking a more active role in the learning when they are included. Including guardians allows them to have similar insight into their student's abilities.
3. **COMPREHENSIVE** - A balance and inclusion of cognitive, psychomotor and affective outcomes. A variety of assessment types should be used.
4. **CRITERIA-BASED** - Must consider the most critical criteria and describe what students should be able to know, do or value. It is essential these criteria are shared with the students so they have a clear understanding of what is expected from them.

DISCUSSION QUESTIONS:

1. Reflect on your previous experiences on assessment practices. How would you describe them?
2. With regards to the case study, (p. 116) how could we use assessment to encourage greater engagement and effort?
3. What would you suggest would be the most ideal method of reporting grades? (Numerical, letter grade, pass/fail, analytic rating etc.)

"Norm-Referenced" - the evaluation is based on how well a student does in relation to others.

"Criterion-referenced" - when a judgement about a student's learning of an outcome is based on how well a student does in relation to clearly stated criteria related to the outcome.

Assessment for Physical Literacy

"Assessment is generally defined as the process of collecting and organizing information-as-evidence from many sources about students' knowledge, skills, and attitudes."

Keep in mind the reliability and the validity of your assessments is very important.

The 5 major categories of physical activity is an acronym called DAIGG:

D (ance),
A (lternative environment physical activities),
I (ndividual physical activities)
G (ames),
G (ymnastics).

These need to be "developmentally appropriate, engage affective and socio-emotional realms, foster movement competence, healthy living and enhanced fitness". In order to do so, they need to include the four broad movement concepts: body, spatial, effort and relationship.