

# Physical Education Level 1 Baseline Performance Exam

## Santa Cruz Valley Union High School

### **Student Directions**

#### **Part 1: Written**

You will be given a written exam. Complete the written portion of the test. The test includes answering multiple choice questions and matching short answer questions regarding fitness, nutrition, health and wellness. The test will be scored as a percentage grade.

#### **Part 2: Performance**

You will be performing three fitness tests. These fitness tests will be completed at the start of the semester and at the end of the semester. These tests include a one minute test of pushups and sit ups, and a timed mile. You will need to improve on your score from the start of the semester to the end of the semester. It is important to know the health and skill related fitness terms associated with each test. Once you have completed all 3 tests, you will chart your fitness data from the beginning of the semester to the end of the semester in your personal fitness journal. Your personal fitness journal will include:

1. Fitness test data
2. Semester Goals
3. Fitness log and improvement plan
4. Fitness/Goals reflection (formatives)
5. Written Narrative

A written narrative will be due at the end of the semester. The narrative will be based on your individual fitness goals analyzing why you improved, didn't improve, or stayed the same. Be sure to cite influences that took place outside of physical education class (diet, nutrition, hydration, outside activity, etc.) The narrative must be at least one page in length, in 12 point, double space, Times New Roman font. Your journal will be scored using the indicators on the Level 1 High School P.E. Performance Rubric.

#### **Part 3: Game Play**

Students will be assessed on their ability to demonstrate both offensive and defensive skills and tactics in two sports. The teacher will assess the student during a small sided game on the use and impact of the skills and strategies on offense and defense. Students will be assessed as a baseline score and then a summative score on two sports in Quarter 1 and two sports in Quarter 2.

The assessments cover the five standards of Level 1 High School P.E. Scoring is based on the Level 1 Physical Education High School Performance Rubric. Each of the assessments will be scored separately using the rubric. The baseline scores do not count as a grade. The purpose is to establish where you are at the beginning of the semester and how much growth you have made by the end of the semester.