

# Physical Education Level 1 Summative 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 3 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 plans for improvement
4. Fitness/Goals reflection (formatives)
5. Written Narrative

Write a narrative 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 2 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 once in Quarter 1 and once 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, and the scores will be totaled together for the summative score.