

## PHYSICAL COMPETENCY

### Performance Standard 19C.G

Demonstrate knowledge of rules, safety and strategies while participating in a physical activity, game or sport accordingly:

- *Knowledge:* Know rules, safety procedures and offensive/defensive strategies of a specific physical activity, game or sport.
- *Performance:* Demonstrate rules, safety procedures and offensive/defensive strategies while participating in a specific physical activity, game or sport.

### Procedures

1. *In order to demonstrate knowledge of rules, safety and strategies during physical activity (19C)*, students should experience sufficient learning opportunities to develop the following:
  - Practice offensive, defensive, and cooperative strategies during games, activities or sports.
  - Apply appropriate game rules.
  - Recognize potentially unsafe situations, facilities or equipment.

Note: Assessment can occur while students practice skills and strategies or while engaged in game performance. However, most assessment will occur toward the conclusion of the instruction to be sure that students have had time to practice the skills/ strategies and apply rules.

2. Conduct assessment during two different units of instruction to make sure that students can apply concepts to a variety of games, activities or sports.
3. Explain the scoring rubric.
4. Observe each student, in a game, for at least 2 minutes to assess each dimension on the rubric. Student's total score will be averaged from performance in the four dimensions.
5. Evaluate each student's performance using the "Physical Competency" Rubric as follows:
  - *Knowledge:* The knowledge dimension was demonstrated in the performance
  - *Performance:* Performed all four concepts completely and correctly.

### Examples of Student Work

- [Meets](#)
- [Exceeds](#)

### Time Requirements

- One to two class periods

### Resources

- Facilities and equipment for strategy and rule development in each activity
- Written rules or safety procedures may be supplied to the student
- Physical Competency Rubric

## PHYSICAL COMPETENCY

NAME \_\_\_\_\_ DATE \_\_\_\_\_

- Exceeds = 15 - 16 points
- Meets = 12 - 14 points
- Approaches = 8 - 11 points
- Begins = 1 - 7 points

**Explanation:**

The above material allows the teacher to select the activity, game or sport of their choice to use for assessment. The accompanying rubric may be used to assess the task given.

	<b>Offensive</b>	<b>Defensive</b>	<b>Following Rules</b>	<b>Safety</b>
<b>4</b>	<ul style="list-style-type: none"> <li>• Uses teammates effectively to carry out strategy</li> </ul>	<ul style="list-style-type: none"> <li>• Aware of opponent and is able to defend goal and helps team get into position</li> </ul>	<ul style="list-style-type: none"> <li>• Aware of all rules pertaining to the game; follows rules</li> </ul>	<ul style="list-style-type: none"> <li>• Aware of all the safety rules pertaining to the game; plays safely</li> </ul>
<b>3</b>	<ul style="list-style-type: none"> <li>• Uses teammates to execute strategy but does not have total control</li> </ul>	<ul style="list-style-type: none"> <li>• Aware of opponent and able to defend goal</li> </ul>	<ul style="list-style-type: none"> <li>• Aware of most of the rules pertaining to the game</li> </ul>	<ul style="list-style-type: none"> <li>• Aware of most of the safety rules pertaining to the game</li> </ul>
<b>2</b>	<ul style="list-style-type: none"> <li>• Is aware of teammates to execute strategy but does not have total control</li> </ul>	<ul style="list-style-type: none"> <li>• Attempts to get in position but is not sure of position</li> </ul>	<ul style="list-style-type: none"> <li>• Is sure of some rules pertaining to the game</li> </ul>	<ul style="list-style-type: none"> <li>• Is sure of some safety rules pertaining to the game</li> </ul>
<b>1</b>	<ul style="list-style-type: none"> <li>• Does not attempt to use strategy with teammates</li> </ul>	<ul style="list-style-type: none"> <li>• Is not sure who or where to defend</li> </ul>	<ul style="list-style-type: none"> <li>• Aware of no rules pertaining to the game</li> </ul>	<ul style="list-style-type: none"> <li>• Aware of no safety rules pertaining to the game</li> </ul>
<b>Score</b>				