



MELPARK PRIMARY SCHOOL

LIFE ORIENTATION – Physical Education TERM 3

Examiner: Mr N. Mashilo
Moderator: Mrs C. Havenga

Date: 2 October 2020
Time: 2 HOURS
TOTAL: 30 MARKS

Name: _____

Grade 7 ____

The focus of assessment falls into two categories:

- 1) Participation (20)
- 2) Movement performance (10)

Movement Performance:

You will do the following movements:

Movement 1 – 2 forward rolls; Flamingo stand (30 sec); Bridge (07/09/2020)

Movement 2 – Balance a sock race (alone) 10 metres distance; Doughnut (01/10/2020)

This assessment will be done in **2 LESSONS**, so *make sure that you are not absent on those days.*

This is the rubric for how your video will be marked or you can come to school on these dates to do the activities.

LEVEL	LIMITED	ADEQUATE	PROFICIENT	EXCELLENT
Criterion 1: Frequency of Participation	0% = 0 Marks 1-5% = 1 Mark 6-10% = 2Marks 11-15% = 3Marks 16-20%= 4Marks	21-25%= 5Marks 26-30%= 6Marks 31-35%= 7Marks 36-40%= 8Marks 41-45%= 9Marks 46-50%= 10Marks	51-55%= 11Marks 56-60%= 12Marks 61-65% =13Marks 66-70%= 14Marks 71-75%= 15Marks	76-80%= 16Marks 81-85%= 17Marks 86-90%= 18Marks 91-95%= 19Marks 96-100%= 20Marks
Criterion 2: Observation 1 Movement performance	Requires significant attention: Movements do not produce the desired outcome. Some elements included. (0-1 Marks)	Requires attention and refinement: movements do not always produce the desired outcome. Most elements included. (2-3 Marks)	Efficient, effective and appropriate: movements mostly produce the desired outcome. Most elements included. (4 Marks)	Exceptional level of skill: movements always produce the desired outcome. All elements included. (5 Marks)
Criterion 3: Observation 2 Movement performance	Requires significant attention: Movements do not produce the desired outcome. Some elements included. (0-1 Marks)	Requires attention and refinement: movements do not always produce the desired outcome. Most elements included. (2-3 Marks)	Efficient, effective and appropriate: movements mostly produce the desired outcome. Most elements included. (4 Marks)	Exceptional level of skill: movements always produce the desired outcome. All elements included. (5 Marks)
TOTAL:				/30