**LIFE ORIENTATION GRADE 12 2021**

**PHYSICAL EDUCATION TASK ASSESSMENT RUBRIC**

**NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE: \_\_\_\_\_\_\_\_\_\_**

**PART 1 – REPORT ON PERSONAL PHYSICAL DEVELOPMENT PROGRAMME**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **CRITERION** | | 0 -1 Inaccurate, incomplete or omitted completely | 2-3 Partially done, some inaccuracies but mostly adequate | 4-5 Comprehensive, well -crafted and carried out, does more than the minimum |
| **Has described clear goals at three levels that are measurable and has indicated baseline measures** | |  |  |  |
| **Has a detailed planned programme that shows frequency, content and times** | |  |  |  |
| **Has provided evidence of measures for motivating own performance and task completion** | |  |  |  |
| **Has explained the background, theoretical benefits and personal reasons for the choice of programme** | |  |  |  |
| **Has indicated with credible evidence the record of having carried out the programme** | |  |  |  |
| **Has conducted a close-out assessment of own performance against goals** | |  |  |  |
| **Has given a clear and insightful reflection of own learning from the activity** | |  |  |  |
| **Has presented the report in a clear, well organized structure with proper referencing** | |  |  |  |
| **TOTAL** | **/45** |  |  |  |

**PART 2 – DEMONSTRATION LESSON**

**LESSON TITLE/ TOPIC: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **CRITERION** | | 0-1 Inaccurate, incomplete or omitted completely | 2-3 Partially done, some inaccuracies but mostly adequate | 4-5 Comprehensive, well crafted and carried out, does more than the minimum |
| **Has a detailed lesson plan with a clear objective** | |  |  |  |
| **Has taken steps to ensure that safety measures are in place and injuries are avoided** | |  |  |  |
| **Explains the principles and value of the activity** | |  |  |  |
| **Demonstrates the activity with skill and shows the steps to doing it** | |  |  |  |
| **Motivates and encourages all participants to do the task** | |  |  |  |
| **Monitors, assists and supports participants to master the activity** | |  |  |  |
| **Is appropriately dressed for the activity and has prepared the environment for optimal learning** | |  |  |  |
| **TOTAL** | **/35** |  |  |  |

**TOTAL /80 = /40**