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Assessment in Physical Education

What to Assess in PE

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Trawsnewid Addysg; Trawsnewid Bywydau
Transforming Education; Transforming Lives



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The

**WHY...
WHAT...
HOW...**

*of Assessment in Physical
Education*



WHAT should we assess in PE?

Knowledge of how to
warm up and cool down

Nutrition knowledge –
healthy diets

Physical Activity Levels

How many activities

Ability to problem solve

Physical Competence

Risk - safety

Performance

Movement
Technique(s)

Knowledge &
Understanding

Decision making

Tactical understanding

Fitness

Engagement in lessons

Health and well-being

Fundamental movement
skills

Choice

Motivation for PA

Confidence

What should we assess?

- Return to the aims of PE
 - Arnold (in, through, about) – definitions etc.
 - ‘learning to moving, moving to learn’ (Association for PE/AfPE)
- Domains of learning
 - Physical
 - Cognitive
 - Affective
 - Social
 - Behaviour
- Physical Literacy

Assessment of multiple domains

- Behaviour (e.g., physical activity behaviour)
- Motivation
- Cognitive (e.g., knowledge and understanding of health benefits)
- Physical (e.g., skills and fitness)
- Social (e.g., communication and teamwork)

Fitness Testing...

Assessing Fitness in Physical Education – The Big Debate!

Multiple readings on Moodle:

Rowland (1995) The horse is dead let's dismount

Corbin et al. (1995)

Cale & Harris (2007)

Lloyd et al. (2010)