

Box 6.1e: Assessment questions

PE: cartwheel

Your task

Design an assessment sheet for learners performing a cartwheel.

Content checklist

1. Does the assessment sheet include assessment of balance, poise, placement, alignment and control?
2. Can anyone use the assessment sheet to give a fair grade for a cartwheel?
3. Does the assessment sheet make it clear what the characteristics of a good cartwheel are?

Language checklist

4. Is the correct terminology used to describe characteristics of a good cartwheel?
5. Is the assessment sheet clearly laid out?
6. Is the language grammatically accurate?
7. Is the spelling on the assessment sheet correct?

Sample assessment sheet for PE

THE CARTWHEEL

1. Does your weight move from feet to hands to feet (hand, hand, foot, foot)?
2. Are your arms and legs straight and stretched?
3. When you do the cartwheel, do you keep your arms at '10 o'clock' and '2 o'clock'?
4. Are your legs at about '20 minutes to the hour' and '20 minutes after the hour' – like spokes in a wheel?
5. Do you do the cartwheel in a line on the floor?
6. Are you in control of your body during the cartwheel?

This checklist could also be used by learners observing each other.