

GRASPS

UNIT: FUNDAMENTALS OF FITNESS

SUBJECT: Physical Education & Health – Grades 4-7

FORMATIVE ASSIGNMENT:

“Coaches Corner” (for Grades 4-7)

ESSENTIAL QUESTION(s):

- What does it mean to be fit?

G R A S P S	
Goal	Goal: To be able to provide meaningful feedback to a friend based on observations of their actions.
Role	Role: You [the student] take on the role of a trusted coach, who knows the safest methods of performing certain exercises.
Audience	Audience: An adult or peer who is new to fitness.
Situation	Situation: N/A.

Performance or Product	<p>Performance or Product:</p> <p>Will be a video of each student doing an exercise, plus feedback. Ideally there will be “before” and “after” clips showing improved performance of exercise after feedback from the coach.</p>
Standards	<p>Standards:</p> <p>Student coaches must demonstrate a knowledge of exercise names (i.e. Squat, lunge, push-up, plank) know how to perform these correctly and safely. Then they must be able to observe another person attempting the exercise, and provide meaningful feedback.</p>
Differentiation	<p>Differentiation:</p> <p>Use mirrors to increase kinesthetic awareness, have students coach themselves if anxious about their performance, allow product to take various forms more easily accessible by student (drawing, photos, use posters showing correct form and have students identify key aspects of correct form).</p>