

## ARTICLE REVIEWED

### *Instructional Assessment Strategies for Health and Physical Education*

Constantinou, P. (2017). Instructional assessment strategies for health and physical education, *Strategies*, 30(3), 3-9.

#### THE PROBLEM:

Within the past decade, assessment has become a hot-button topic in education. This type of evaluation has been used to grade students, rank their academic progress, and analyze their rates of success. The term “assessment” is often restricted to classroom subjects; however, health and physical education are prime content areas that can include assessment in the following three domains: psychomotor, cognitive and affective.

Typically, health and physical education are at the bottom of the list when it comes to academic measurement. Thanks to technology and new, innovative assessments, health and physical educators now have a multitude of options to track student progress — both successfully and efficiently.



#### Research Summary:

Traditionally, there have been three areas of assessment in education. The first area of assessment is known as the assessment of learning. This occurs when observing and rating a student’s performance. The second area of assessment is called assessment for learning. This area helps to inform the teacher of their own teaching process and performance. And lastly, assessment as learning helps to guide students throughout their learning process. More recently, a new area has been explored — assessment for and as learning. This new area has been termed “instructional assessment” (IA). These types of assessments take place during instructional activities, rather than through traditional pen and paper assessments. In other words, students may be completely unaware that they are being assessed. For example, at the secondary level, IA’s can take place while students are waiting on their peers to change in the locker rooms.

#### Conclusion:

Typical assessments that have been used in health and physical education include: conventional, traditional, authentic, performance-based, formative, and summative. Instructional assessments (IA) are non-traditional assessments that put the student at the center of the educational experience; this concept helps to guide students throughout the learning process. Students can engage in either the psychomotor, cognitive or affective domains in all lessons by practicing their social skills with their peers. Instructional assessments also help teachers identify ideal teaching and learning practices. Lastly, IAs stray away from traditional letter grade systems and focus on symbol systems (e.g., check plus and check minus) and verbal or written comments on improvement and performance.

#### Key Takeaway:

Some IA ideas as they relate to health and physical education may include: reflections (e.g., draw pictures and take personal notes of prescribed reading topics), writing stories using individual dry-erase boards (e.g., can be incorporated while cooling down from an activity), using mobile applications to virtually chat with peers, anonymously, to write stories as they relate to the content learned in class. Lists and charts, visuals, and collaborative activities have also been used to help mathematical, visual and social learners.



### ADDITIONAL RESOURCES:

- Find Someone Who – Students are provided with a sheet of paper that has nine boxes on it. Within each box are specific questions related to the day's/unit's topic. Students then walk around and find peers who know more about each of the topics. Once they find each other, they sign off on one another's boxes. This activity helps students to interact and mingle with one another.
- Student Assessment in [Physical Education](#)
- Health Education Curriculum Builder– Course 4: Assessment in [Health Education](#)