Performance Task Physical Education 9: **Performance Task 1 & 2**

From the 5 exercises/Warm up that you have chosen in your Written Work 2, you will choose one exercise that you will conduct. (1 Set, 16 Counts)

Take a video on how you demonstrate the exercise/Warm up and you will compile your video with your group mates.

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|  | 3 | 4 | 5 | Weight | Total |
| Suitability of exercise | Poor  Warm-up is incomplete and is unsuitable. | Satisfactory  Warm-up is adequately completed, but does not show a lot of effort. | Excellent  Warm-up is very well done and demonstrates a clear understanding of the task. | X2 | 10 |
| Instructions and explanation | Poor  Instructions and purpose of warm-up is unclear. | Satisfactory  Instructions are clear but purpose of the warm-up is not clearly stated. Vice versa. | Excellent  Instructions and understanding of the warm-up is very clear. | X2 | 10 |
| Participation | Poor  Students were off task during most of the activity. | Satisfactory  Students were on task for at least half of the activity. | Excellent  Students were on task for the majority of the activity. | 5 | 5 |
| Concept | Poor  The warm-up does not accurately represent the principles of Exercise | Satisfactory  The warm-up, for the most part, accurately represent the principles of Exercise. | Excellent  The warm-up accurately represent the principles of Exercise | 5 | 5 |

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| Group Leader | Exercise | Score |
| Member |  |  |
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| Warm-up Exercise | | | | |
|  | **Poor**  **1 pts** | **Satisfactory**  **2 pts** | **Excellent**  **3 pts** |  |
| Suitability of exercise | Poor  Warm-up is incomplete and is unsuitable. | Satisfactory  Warm-up is adequately completed, but does not show a lot of effort. | Excellent  Warm-up is very well done and demonstrates a clear understanding of the task. |  |
| Instructions and explanation | Poor  Instructions and purpose of warm-up is unclear. | Satisfactory  Instructions are clear but purpose of the warm-up is not clearly stated. Vice versa. | Excellent  Instructions and understanding of the warm-up is very clear. |  |
| Particpation | Poor  Students were off task during most of the activity. | Satisfactory  Students were on task for at least half of the activity. | Excellent  Students were on task for the majority of the activity. |  |
| Concept | Poor  The warm-up does not accurately represent the principles of improvisation or pantomime. | Satisfactory  The warm-up, for the most part, accurately represent the principles of improvisation or pantomime. | Excellent  The warm-up accurately represent the principles of improvisation or pantomime. |  |