

Assessment of FMS in Physical Education

Teacher observation and the provision of effective feedback are important pillars in the assessment of FMS.

Teacher Observation

The considerations outlined in Figure 4 can support teachers in their observation of movement.

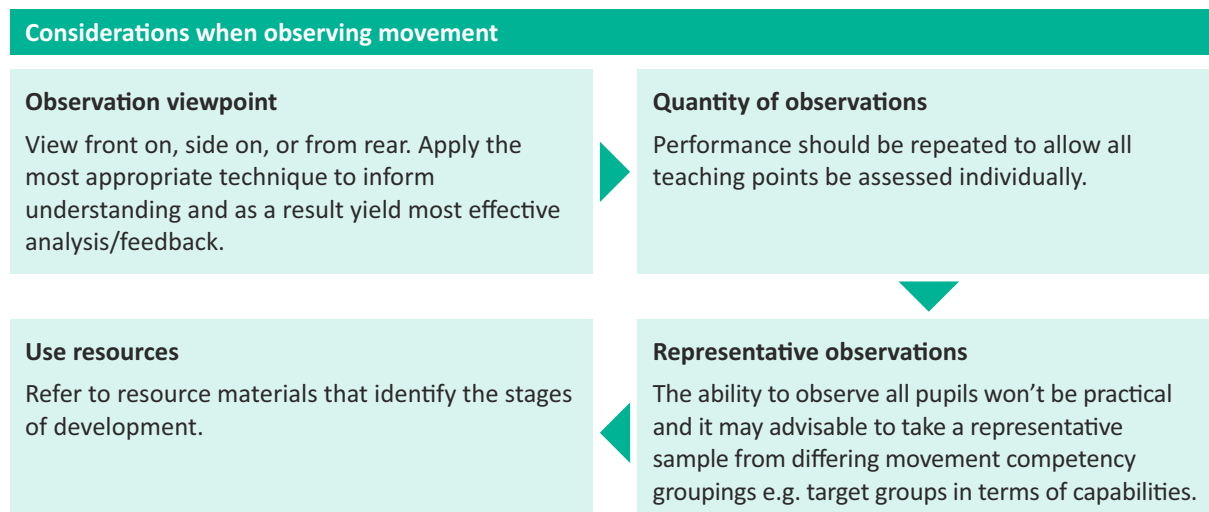


Figure 4: Considerations when Observing Movement

Effective Feedback

PE, like other subjects, depends on the teacher's ability to adapt instruction based on the progress of the pupil in order to assure mastery of movement. Feedback should not catalogue the pupils' mistakes but rather encourage the pupil to strive towards competence and mastery of the skill. The feedback given should aid the pupil's overall knowledge of performance. This will enable the pupil to establish a kinaesthetic reference for the correct movement.

Feedback can be provided in a variety of ways including:

- *Verbally*: The teacher can verbally inform the pupil of the changes that need to be made.
- *Demonstration*: The teacher or a competent pupil may demonstrate how the skill looks.
- *Technology*: Video can be used by showing the pupil an online video of the performance or a homemade video of a pupil in the school who clearly shows mastery of the skill.
- *Guiding the movement*: Physically breaking down the skill and guiding the movement of the pupil is also an effective way of showing the pupil how the movement feels.

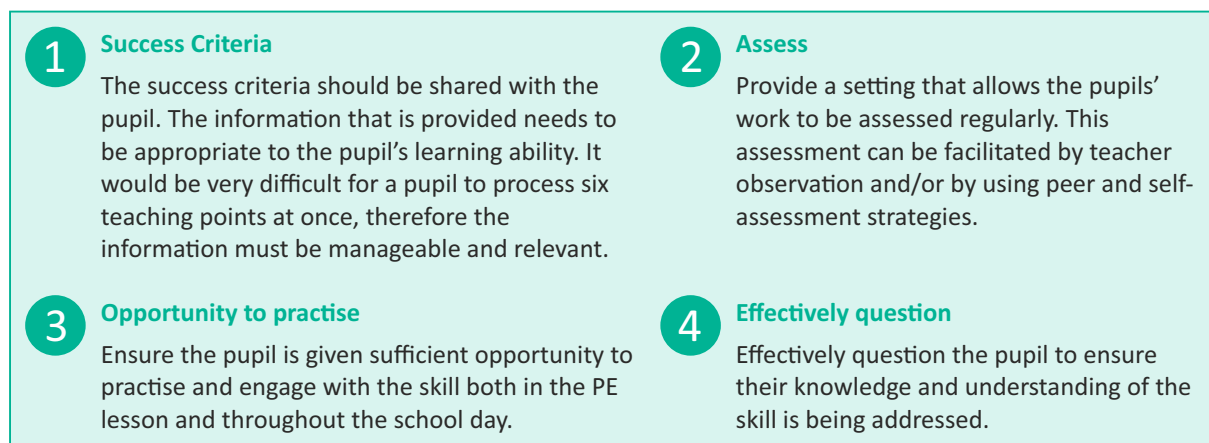


Figure 5: Considerations for Effective Feedback