

# Rock Wall Student Pre/Post Assessment 4th Grade Aim

2nd and 3rd Trimester 2022

|                |  |
|----------------|--|
| <b>Score 3</b> | I feel I understand the term and application well enough to teach a classmate.                                     |
| <b>Score 2</b> | I feel that I'm progressing or developing an understanding for this term and application.                          |
| <b>Score 1</b> | I feel I know little to none about this term or see slow progress in confidence, strength, balance or flexibility. |

- Use the Self-Assessment Rubric (above) to express your academic confidence in our most recent content:

**Subject:** Physical Education

**Unit:** Rock Climbing

**Lesson:** muscular strength, balance, flexibility, gross/fine motor skills, terminology and skill development through rock climbing

| Rock Climbing Terminology | Score |
|---------------------------|-------|
| Holds                     |       |
| Routes                    |       |
| Traversing                |       |
| <del>Campusina</del>      |       |
| Crack Climbing            |       |

Application: I show confidence as I apply my knowledge and added challenges

| Choice of Vertical Route  | Score |
|---|-------|
| Panels: (1) 1 2 (2) <u>3</u> 4 (3) 5 6  |       |
| <b>Determination and Choice of Holds</b>  |       |
| (1) Closest to hand or foot<br>(2) Smaller or larger holds (3) Color of hold/s  |       |
| <b>Height of Climb</b>  |       |
| (1) I hold my body position on two hand/feet holds for 15 sec. or more (2) I can climb up to half way<br>(3) I can climb the vertical route all the way up and extend my arm above the wall |       |

Mrs. Miles

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|---|--|
| <b>Strength</b>   |  |
| (1) I feel weak, shaky, slow on my climb (2) I feel can climb with some soreness, yet adequate and developing strength (3) I feel I can climb with ease and good strength |  |
| <b>Challenges</b>   |  |
| (1) I have eliminated 1 color hold on my vertical route (2) I have eliminated 2 color holds (3) I used 1 to 2 <u>cracks</u> instead of a hold and/or <del>campusing</del> |  |
| <b>Traversing</b>   |  |
| (1) I can traverse 2 to 3 panels<br>(2) I can traverse halfway across<br>(3) I can traverse all the way to the last panel   |  |