

Fifth Grade Assessment Tasks

Fifth Grade: A. Overhand Throw* (Perform)

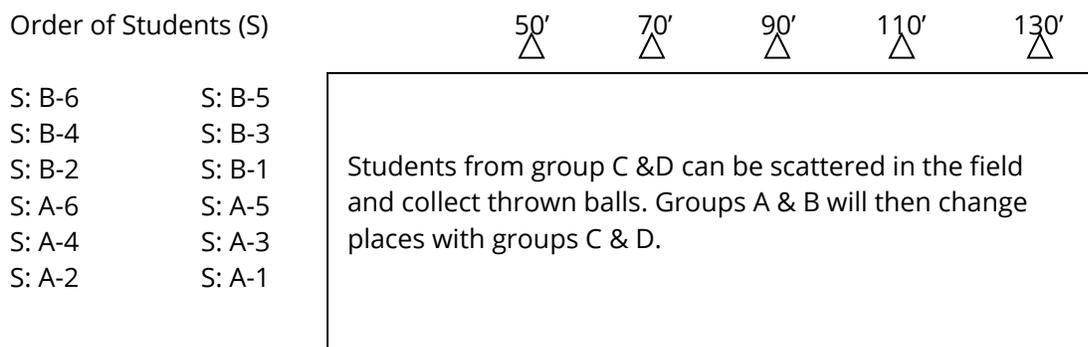
Assessment Task: Student faces the direction of throw, tosses a ball above his/her head and catches it. Following the catch, the student moves right into an overhand throw for distance or force without pause. One attempt is all that is required. A teacher may request a second attempt. If used, the second attempt is scored.

- This assessment measures a student's ability to demonstrate a mature overhand throwing pattern for distance or force, and is *required for grade 5.

Set-up of the Assessment Task Option 1: Throwing to an open field (outdoors)-recommended

- A marked throwing line
- Cones marked at 50', 70', 90', 110', and 130' for incentives to throw the ball far
- Students rotate in number order. Students in other five rows will take turn practicing one throw each. Suggestion: run a practice round for warm-up before starting the recording

Order of Students (S)

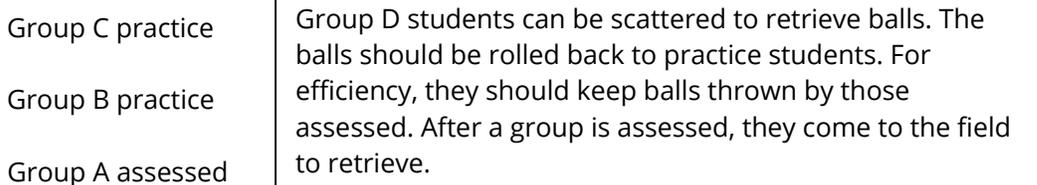


↑ Camera © (for right handed thrower)

**Suggestion: Place all left-hand throwers in same group to save time on moving camera.

Set-up of the Assessment Task Option 2: Throwing for distance and force the length of the gym

- A marked throwing line
- Students are in relay formation taking turns practicing or assessing. Suggestion: run a practice round for warm-up before starting the recording.



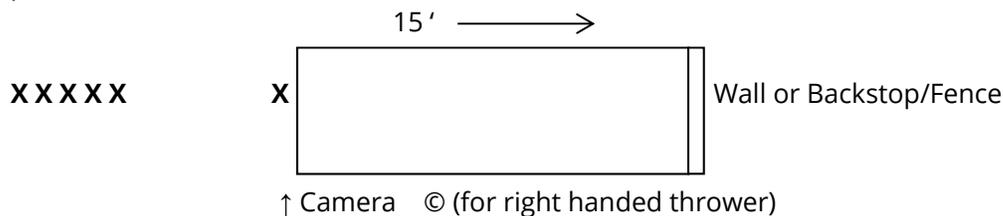
↑ Camera © (for right handed thrower)

(All members of group A need a ball)

** Suggestion: Place all left-hand throwers in same group to save time on moving camera.

Set-up of the Assessment Task Option 3: Throwing for force against a gym wall or outdoor backstop

- Set up a marked throwing line.
- In this option, only one group is assessed while others are participating in another station or another class activity.
- Students must be instructed to throw as hard as they can or they will not use mature pattern.



**Suggestion: Place all left-hand throwers in same group to save time on moving camera.

Administration of the Assessment Task:

- Before throwing, make sure each student turns toward the camera and the teacher states his or her group letter and number.
- Next, have student face the direction he or she will be throwing. *This is an important step for success.*
- Students should be instructed to toss a hand-sized ball above their head high enough to reach, catch, and go directly into an overhand throw. They should be told to catch the ball in a position where they are ready to go right into a throw. If they miss or make a bad toss, they can repeat the toss.
- Clearly indicate to students that they are throwing as far as they can or as hard as they can if in the gym (students should not attempt to throw to a specific target to avoid eliciting poor throwing technique).
- Students are allowed to take preparatory/approach steps (e.g., crow hop, shuffle steps) to throw the ball. It is okay if they step on or over the line when throwing as distance is not a measurement of this assessment.
- Students should warm up before this task to avoid arm soreness.
- Position the camera location to capture the throwing arm side. Placing all left-handed throwers at one end of the throwing order or in one group should expedite the assessment since the camera has to be moved.
- The student only throws one ball. If the teacher feels they did not perform their best, a second throw is recorded. The second throw must be the one scored as this is the one the peer review committee will score.
- Set up throwing area so that no other students can enter the throwing area.
- To guarantee an environment to elicit the mature pattern, a throwing distance of at least 50' is required for distance or 15' for force (throwing as hard as possible against a wall).
- Use a container of the same kind of balls set up behind and to the side of the throwing line or area. The next student should be ready to follow the first thrower without having to take time to collect balls. When the entire group has completed the assessment, the balls can be returned.
- In option one and two, allow the others to practice and the retrievers can roll the ball to them. For safety reasons do not allow the balls to be thrown back.