

## Sample GRASPS design and PBA to help you organize your thoughts.

<b>Step 1: Choose the goals/objectives to be assessed.</b>		
SOL/Goal/ Objective(s)	Pedometer: By June 2019, Student (independently, with verbal prompts, with assistance) will be able to walk an average of 25,000 steps per week and recorded by student in 5 out of 7 days (or 80%), as measured by daily step log. SOLs 5.3a,c, 6.3a,f,g 7.3c, 8.3c, 9.3d, 10.3b, 11/12.3a,c	
<b>Step 2: Complete at least one bullet in each GRASPS area below to help you create an authentic scenario to assess the identified objectives.</b>		
<b>Acronym</b>	<b>Choose 1 sentence-starter for each letter and complete it in the third column below.</b>	
<b>Goal</b>	<ul style="list-style-type: none"> <li>●Your task is __</li> <li>●The goal is to __</li> <li>●The problem or challenge is __</li> </ul>	<u>Your goal is to walk 5000 steps a day, 5 out of 7 days a week.</u>
<b>Role</b>	<ul style="list-style-type: none"> <li>●You are __</li> <li>●You have been asked to __</li> <li>●Your job is __</li> </ul>	<u>You have been asked to improve your cardiovascular fitness.</u>
<b>Audience</b>	<ul style="list-style-type: none"> <li>●Your clients are __</li> <li>●The target audience is __</li> <li>●You need to convince __</li> </ul>	<u>You need to convince your family members to make this a family daily outing 5 out of 7 days per week.</u>
<b>Situation</b>	<ul style="list-style-type: none"> <li>●The context you find yourself in is __</li> <li>●The challenge involves dealing with __</li> </ul>	<u>The challenge involves dealing with inclement weather. On these days have assistance in finding a YouTube video that promotes cardiovascular fitness (dance videos, etc.). You need to do this for 20 - 30 minutes.</u>
<b>Product</b>	<ul style="list-style-type: none"> <li>●You will create a __ __</li> <li>●You need to develop __ so that __</li> </ul>	<u>You will need to develop a log that includes the date, time, step count (according to the pedometer that will be provided for you), and your parent's signature.</u>
<b>Standards &amp; Criteria for Success</b>	<ul style="list-style-type: none"> <li>●Your performance needs to __</li> <li>●Your work will be judged by __</li> <li>●Your product must meet the following standards: __</li> </ul>	<u>Your work will be judged by YOU, your teacher, and those around you that have engaged in your journey towards a healthier cardio fitness level.</u>

**Step 3: Use the completed sentences above to write a scenario students will read and follow to complete this performance-based assessment. Type it in the empty box that follows:**

**Mariam has very good flexibility, and upper body strength. Mariam needs to improve on her cardio fitness level. She will create a log book in which she will log in her steps 5 out of 7 days (goal being 5000 a day), Date, time of day and your parent's signature. At the completion of the school year at home program, you will hand in your log. I would also like for you to make comments in your log expressing how you are feeling about your walks. Your parents, or other family members can also make comments. The more the merrier!**

**Step 4: Align your summative, performance-based assessment with a grading rubric.**

CATEGORY	4	3	2	1	Total
<b>Log Book</b>	Student will fill in log book completely with date, time of day, exercise that is conducive in developing and improving their cardiovascular fitness level. The signature of the parent, and daily comments by the student, and family member.	Student will fill in log book with date, time of day, exercise that is conducive in developing and improving their cardiovascular fitness level. The signature of the parent.	Student will fill in log book with date, time of day, but does not perform exercises that will improve her cardio fitness level on a daily basis.	Student does not completely fill out log and does not always Perform exercises that will improve her cardio fitness level on a daily basis.	___/4
<b>Family Involvement</b>	Student and family are taking daily (5 out of 7 days) walks together to encourage the student to reach her daily count of 5000 steps.	Student and family are taking 3-5 day walks together to encourage the student to reach her daily count of 5000 steps.	Student, and on occasion, her family walk together to encourage he student to reach her daily count of 5000 steps.	Student walks without support of her family mem	___/4
<b>SMART Goal(s)</b>	Student created a SMART Goal in addition to her teachers recommended goal and made a connection to her need to improve her cardio fitness level.	Student selected a SMART Goal from her teacher's recommendation to improve her cardio fitness level.	Student selected a SMART Goal from her teacher's recommendation but does not follow the recommended area of fitness.	Student selected a smart goal that did not follow teacher's recommendation.	___/4
<b>Reflection</b>	Reflection includes the way the student feels about the approach to walking. What were the benefits, physically, emotionally, and the social interaction she had with her family.	Reflection includes the way the student feels about the approach to walking. What were the benefits physically, and emotionally.	Reflection includes describing the approach to walking, and the physical benefits.	Reflection includes just describing her approach to walking.	___/4