



# Assessment Tools





# The Bubbble Tool

## SELF-ASSESSMENT: MAKING CONNECTIONS

In what ways are you connecting? Use the following tool to help you observe and identify the connections you're making within different layers of the interActive experience.

 Self

 Others

 World



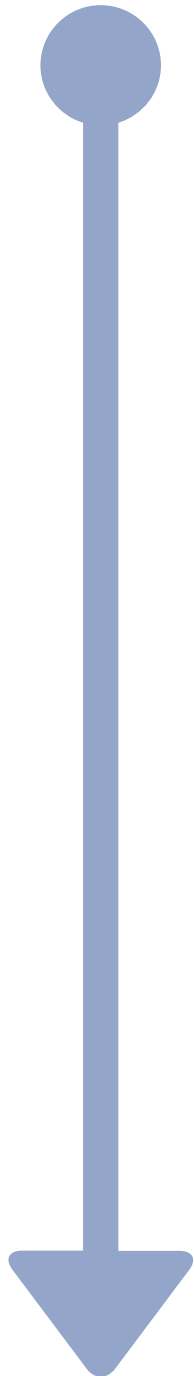
# Partner Assessment Sheet



## SELF & PEER ASSESSMENT AS LEARNING

Using the Function2Flow Assessment prompts from the Assessing InterActive Function2Flow chart or from the InterActivity plan you participated in, reflect on your experiences/observations in each category: Function, Form, Feeling, Flow.

- Name of students to be evaluated:
- InterActivity to be Evaluated:



**InterActive Function:** (What does a 'ready to interact' posture look like?)

**InterActive Form:** (Describe the torso twists, angles, and turns of optimal interaction.)

**InterActive Feeling:** (Describe the ways movement timing and force create feelings of connection).

**Interactive Flow:** (Describe the interactive postures, positions & gestures of optimal connection).



# Personal Assessment Sheet

InterActive4Life

SELF-ASSESSMENT AS LEARNING

Fill the following assessment tool out after you and your partner/ group have completed your InterActivity. 😊 = Always, 😊 = Mostly, 😊 = Sometimes, and 😊 = not at all.

## Highlights of Experience

## Room for Growth



### InterActive Function

I can perform the movements required for the activity. For example, I can run quickly to each cone...  
 I can... \_\_\_\_\_  
 I can... \_\_\_\_\_  
 I can... \_\_\_\_\_  
 I can sustain exercise for at least 20 minutes...



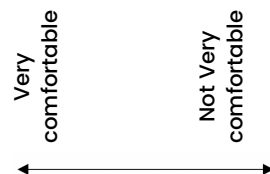
### InterActive Form

What body shapes help me perform the InterActivity well (i.e., crouching in a squat)? List them below:

- > \_\_\_\_\_
- > \_\_\_\_\_
- > \_\_\_\_\_

What is my comfort level doing the exercise?

I can maintain eye-contact, listen to, or visually attend to my partner to stay connected the whole time.



### InterActive Feeling

I can manage my emotions during the interactivity...

I can work with others well during the activity by...

- > \_\_\_\_\_

How was my breathing and heart rate (fast/slow)?

What does this tell me about my effort and exertion? How do I feel?



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### InterActive Flow

1) What did I do to purposefully make this activity a positive experience?

2) What made the activity easier/ harder?



# Teacher Observation Assessment Sheet

## ASSESSMENT OF LEARNING

Teachers can fill out the following assessment observation tool when evaluating students skill/ movement competency, and achievement of social-emotional learning or living skills.

Name of InterActivity/ Lesson:	Curriculum/ Topics Being Assessed: _____ _____ _____	Grade/ Level of Accomplishment			
		Level 1	Level 2	Level 3	Level 4
SAMPLE: Joe Smith	Works cooperatively with others, performs movements well, demonstrates leadership				✓



# Movement Monday Exit Card

## ASSESSMENT OF LEARNING

Name:

Name of InterActivity: DIWO Yoga

- What do you think you did well when teaching your classmates your yoga movement?
- What do you think you could improve if you were to teach your yoga move to your classmates again?
- What was your favourite movement in the sequence and why?
- How did this sequence of movement make you feel (i.e., a sense of relaxation, strength, inner peace, or something else)?

# Movement Monday Exit Card

## ASSESSMENT OF LEARNING

Name:

Name of InterActivity:

- Questions:



# Tactical Tuesday Exit Card

## ASSESSMENT OF LEARNING

Name:

Name of InterActivity: Mirror Cone Touch

- What body shapes allow you to be quick and agile?
- What allowed you to maintain a synchronous connection with your partner?
- Does it motivate you to work with someone else in order to achieve a goal?
- How can this be linked to defensive strategies in territory games?

# Tactical Tuesday Exit Card

## ASSESSMENT OF LEARNING

Name:

Name of InterActivity:

- Questions:



# World Cup Wednesday Exit Card

## ASSESSMENT OF LEARNING

Name:

Name of InterActivity: Fake-Out Race-Out

- What movement strategies did you use to successfully fake-out your partner?
- What movement strategies did you use to successfully chase your partner?
- What sort of activities do you think these skills are important to practice for?
- What were your partner's tells or body cues that hinted at direction choice?

# World Cup Wednesday Exit Card

## ASSESSMENT OF LEARNING

Name:

Name of InterActivity:

- Questions:





# Tempo Thursday Exit Card

## ASSESSMENT OF LEARNING

Name:

Name of InterActivity:

- What are 3 tools we used today to motivate ourselves to be physically active?
- Did your dance go as planned? How did it feel to dance together and work together as a group?
- How did the physical effort change when more body parts became involved?

# Tempo Thursday Exit Card

## ASSESSMENT OF LEARNING

Name:

Name of InterActivity:

- Questions:



# Fitness Friday Exit Card

## ASSESSMENT OF LEARNING

Name:

Name of InterActivity: Mirror  
Movement

- Was it easy or difficult to stay in sync with your partner/partners?
- How did you and your partner maintain a connection (i.e., eye-contact)?
- How does working with someone motivate you to be more physically active?
- Were you a good listener in this activity?

# Fitness Friday Exit Card

## ASSESSMENT OF LEARNING

Name:

Name of InterActivity:

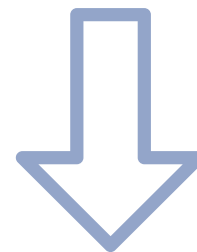
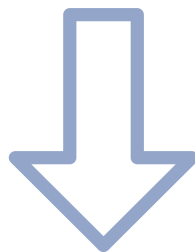
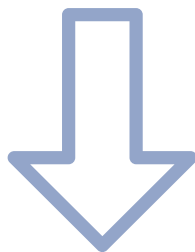
- Questions:



# A Detailed Guide for Teaching and Assessing InterActive Connection InterActive4Life

## ASSESSMENT AS/OF LEARNING

INTERACTIVE WAYS TO CONNECT	POSTURES (body awareness)	POSITIONS (spatial awareness)	GESTURES (actions of body parts)	EXPRESSIONS (movement quality)
<p><b>InterActive Function</b> (Capacity to physically connect with a partner)</p>	<p>In what ways can you adjust your posture to connect with your partner? Is there an optimal postural tone &amp; activation?</p>	<p>Are ready to connect through space with your partner through subtle twists, angles, turns etc.?</p>	<p>Are you ready to physically communicate? i.e., through subtle hand/head/shoulder/torso/hip/leg/foot actions?</p>	<p>Are you aware of your movement expression? Does the quality of your movement signal a readiness to connect?</p>
<p><b>InterActive Form</b> (Connecting through bodily mirrorings and matchings)</p>	<p>What postural shapes facilitate connection?, i.e., weight forward or weight low to the ground.</p>	<p>What ways can you position yourself through space to improve connection? Describe the torso twists, angles, and turns of optimal interaction.</p>	<p>In what reciprocal reflective ways can you physically communicate to improve connection? Describe the optimal actions of your hands/head/shoulder/torso/hip/leg/feet.</p>	<p>What body parts do you focus on to better connect through movement expression?, i.e., direction &amp; intensity of eyes, openness of the chest.</p>





# A Detailed Guide for Teaching and Assessing InterActive Connection



## ASSESSMENT AS/OF LEARNING

<b>INTERACTIVE WAYS TO CONNECT</b>	<b>POSTURES</b> (body awareness)	<b>POSITIONS</b> (spatial awareness)	<b>GESTURES</b> (actions of body parts)	<b>EXPRESSIONS</b> (movement quality)
<p><b>InterActive Feeling</b></p> <p>(Connected sensations of bodily effort, i.e., timing &amp; force)</p>	<p>What ways can you adjust your alignment to get a better feeling for the timing &amp; force required to create connection?</p>	<p>What ways can you adjust your body position to get a better feeling for the timing &amp; force required to create connection?</p>	<p>What ways can the timing &amp; force of gestures influence the sense of connection? Can you feel the impact of quick/slow, heavy/light, or sustained/choppy actions?</p>	<p>What ways can the timing &amp; force of movement expression influence the sense of connection? Does the sustained intensity of a look or the timing of a smile influence the mood?</p>
<p><b>InterActive Flow</b></p> <p>(Sustained &amp; Enlivened Feelings of Connection)</p>	<p>What are the postural signs/tells of optimal connection? Describe the postural movements of relational flow.</p>	<p>What are the positional signs/tells of optimal connection? Describe the positional/ torso movements of relational flow.</p>	<p>What feelings are communicated through gesture when in relational flow? Describe re/actions to unpredictable moments or surprises while in relational flow.</p>	<p>What feelings of energy/power/life emerge in relational flow? Describe the qualitative sensations of movement optimal connection.</p>