

Portfolio Assignment Option #5

Video Analysis of a Sports Movement

Name: _____

Date Handed In: _____

Instructions:

1. You can do this assignment in a group of 2 if you wish.
2. You are to digitally analyze (video) a sports skill being performed.
3. You are to recruit someone who is proficient at the skill and someone who is a novice.
4. Both participants will be filmed separately performing the skill.
5. Suggested skills. Jump in figure skating, slap shot, soccer shot, volleyball spike, basketball shot, hitting a baseball, tennis serve, etc. or ask your teacher.

Include the following in your report:

1. Description and overview of the movement (i.e. what is the purpose/objective of the movement).
2. Break the skill down into 5 phases (see textbook), provide digital pictures of each phase for each participant in your report.
3. Compare and Critique each phase between the two participants.
 - a. What's different? What could they do differently? What makes one performance better/worse than the other?
 - b. Use the biomechanical principles of movement identified in your text to support your answers.
4. Include the video with your report.
5. Attach this sheet to your report

Category	Incomplete/ Remediation	Level 1 +	Level 2 +	Level 3 +	Level 4 +
Knowledge and Understanding- knowledge of facts and terms	Insufficient demonstration of expectations	Demonstrates limited knowledge of facts and terms	Demonstrates some knowledge of facts and terms	Demonstrates considerable knowledge of facts and terms	Demonstrates thorough knowledge of facts and terms
Thinking/Inquiry - analyzing and interpreting information; forming conclusions	Insufficient demonstration of expectations	Uses thinking skills with limited effectiveness	Uses thinking skills with some effectiveness	Uses thinking skills with considerable effectiveness	Uses thinking skills with a high degree of effectiveness
Communication- communication of ideas and information	Insufficient demonstration of expectations	Communicates information and ideas with limited clarity	Communicates information and ideas with some clarity	Communicates information and ideas with considerable clarity	Communicates information and ideas with a high degree of clarity and confidence
Application- making connections between education & career.	Insufficient demonstration of expectations	Makes connections with limited effectiveness	Makes connections with moderate effectiveness	Makes connections with considerable effectiveness	Makes connections with a high degree of effectiveness

Teacher Comments:

