

Gr 8 T&F Digital Project Rubric

We have been learning, practicing and competing in track and field events since gr 4. This assignment is an opportunity to demonstrate what you know about a chosen event as well as learn more about it than you did before.

In a group of 2-4 people, choose one of the Olympic track and field events below that you will gain a deeper understanding of.

Short Distance Running

Long Distance Running

Relay Race

Hurdles

Long Jump

Triple Jump

High Jump

Discus

Shot Put

Create a digital poster/presentation about your chosen event.

- Your poster/presentation must include the following:
 - ❖ Name of Event
 - ❖ A brief history of your event (why is it in the Olympics)
 - ❖ At least 5 exercises that are specific to an athlete in your chosen event
 - ❖ Breakdown the technique required to perform your athlete into at least 5 areas of focus.
 - ❖ At least 3 pictures of athletes performing your chosen event.
 - ❖ A QR Code that leads to a video with further information about your chosen event.

My favourite QR Code creator site is <https://scan.me/>

Over →

When complete

- If you have created a poster, convert it to a .pdf and email it to both Mr. Bridge and Ms. Penner along with the names of everyone in your group.
- If you have created a presentation (e.g. prezi) e-mail Mr. Bridge and Ms. Penner the weblink.

Mr. Bridge bbridge@pembinatrails.ca

Ms. Penner spenner@pembinatrails.ca

You will have 5 phys ed classes to complete this assignment,

Your assignment will be evaluated with the following rubric:

0 - displays little knowledge and characteristics of a selected track and field event

1/4 - displays a beginning knowledge and characteristics of a selected track and field event

2/4 - displays good knowledge and characteristics of a selected track and field event

3/4 - displays proficient knowledge and characteristics of a selected track and field event

4/4 - displays excellent knowledge and characteristics of a selected track and field event