

# St. Joseph's College, Gregory Terrace

## Health and Physical Education

### Year 7 Term 3 Checklist



Assessment: Assignment – Multi modal response

What you need to know:

- What is a motor skill?
- What are the different types of motor skills?
- What is a sub phase?
- Where to access the video analysis apps Ubersense and / or Vidalyze
- B.E.E.F

What you need to be able to do:

- Create a movement skill checklist by identifying sub phases
- Film a free throw
- Upload a video to Ubersense or Vidalyze
- Use the Ubersense or Vidalyze analysis features
- Transfer video / stills from Ubersense or Vidalyze to your presentation
- Identify errors in your free throw
- Explain the differences between your first and second video
- Add a voiceover to a powerpoint (or similar)