Comprehensive Health

Pilot Priority

Grades Pre-Kindergarten – High School
# Massachusetts District-Determined Measures

## Example Assessments

### Table of Contents

**Grades Pre-Kindergarten–5**

**Comprehensive Health**

Galileo Benchmark and Formative Assessment System–Assessment Technology Incorporated ................................................................. 6

GOLD Assessment System–Teaching Strategies ........................................ 7

New Hampshire Physical Education K-12 Assessment Document .................... 8

Virginia Health-Related Fitness Testing Guidelines ....................................... 9

Washington State OSPI-Developed Health Assessment ................................ 10

Work Sampling System (WSS)–Pearson ...................................................... 11

**Grades 6–8**

**Lifetime Sports and Fitness**

New Hampshire Physical Education K-12 Assessment Document .................... 14

Virginia Health-Related Fitness Testing Guidelines ....................................... 19

Washington State OSPI-Developed Health Assessment ................................ 20

Galileo Benchmark and Formative Assessment System–Assessment Technology Incorporated ................................................................. 17

New Hampshire Physical Education K-12 Assessment Document .................... 18

Virginia Health-Related Fitness Testing Guidelines ....................................... 19

Washington State OSPI-Developed Health Assessment ................................ 20

**High School**

**Comprehensive Health 9–12**

New Hampshire Physical Education K-12 Assessment Document .................... 23

Virginia Health-Related Fitness Testing Guidelines ....................................... 24

Washington State OSPI-Developed Health Assessment ................................ 25

Galileo Benchmark and Formative Assessment System–Assessment Technology Incorporated ................................................................. 26

New Hampshire Physical Education K-12 Assessment Document .................... 27

Virginia Health-Related Fitness Testing Guidelines ....................................... 28

Washington State OSPI-Developed Health Assessment ................................ 29
The Massachusetts Department of Elementary and Secondary Education (ESE) contracted with WestEd to collect assessments appropriate for use as District-Determined Measures (DDMs). WestEd chose these assessments as examples because the assessments were aligned with critical content, as identified by the Core Course Objectives (CCOs), and were reviewed by WestEd to ensure overall quality. The following one page summaries cover a wide range of assessments including commercial, non-commercial, traditional, and non-traditional assessments. Districts can use this resource to choose DDMs to implement with or without modifications or as models for locally-developed measures. This list is not exhaustive, and Districts may use other assessments for use as District-Determined measures.

What is included in each one page summary?

- Assessment name and subject, grade, or course
- Electronic link with additional information about the assessment
- Brief description of the assessment and the content it is intended to assess
- Source: publicly available (non-secure or open source) or must be purchased from a commercial developer
- Approach: assessment can be implemented without modifications (buy), with modifications (borrow), or can serve as model for a locally developed measure (build)
- Design: designed to measure growth or requires modifications
- Type of assessment: traditional end-of-grade or end-of-course test, non-traditional measure such as a performance task or portfolio rubric, screening tool, diagnostic measure, placement exam, classroom assessment, or certification exam
- Type of assessment items: selected response, constructed response, performance task, or portfolio
- Mode of administration: paper/pencil or computer supported
- Scoring method: machine scored or hand scored
Massachusetts District-Determined Measures

Example Assessments

Comprehensive Health
Comprehensive Health — Pre-K-5

Assessment
Galileo Benchmark and Formative Assessment System—Assessment Technology Incorporated

Description
Customized benchmark assessments developed from secure item bank. State or district can submit standards and ATI builds tests to match. Typically includes 5 items for 8 standards to create 40-item tests. Vertical scale supports interpretations about growth. Pilot project in seven Commonwealth districts suggested strong linkage to curriculum frameworks in two content areas.

Source
Commercial Customizable Item Bank

Approach
Buying (commercial tool)

Designed to Measure Growth
Yes

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### Comprehensive Health — Pre-K-5

**Assessment**
GOLD Assessment System–Teaching Strategies

**Publisher Website/Sample**

### Description
Observation checklist developed by researchers at University of North Carolina-Charlotte. Measures development and content learning in social-emotional, physical, language, cognitive, literacy, mathematics, science, and the arts. Recommended by a number of districts, including Medford Public Schools. Appropriate for district looking specifically for observation-based measure of social-emotional health or physical development.

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<td>Other: Diagnostic Measure</td>
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Comprehensive Health — Pre-K-5

Assessment
New Hampshire Physical Education K-12 Assessment Document

Publisher Website/Sample

Description
Assessment ideas for three domains of development: psychomotor, cognitive, and affective. Aligned to some CCOs for this grade span; however, districts interested in building their own customized measures can easily modify to better align to local curricula.

Source
Open Source Items, Activities, Forms

Approach
Building (parts only)

Designed to Measure Growth
No

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Comprehensive Health — Pre-K-5

Assessment
Virginia Health-Related Fitness Testing Guidelines

Publisher Website/Sample

Description
Guidelines for assessing fitness. Measures for grades K-4 focus on awareness of health-related fitness components (e.g., cardio-vascular health, body composition) while engaging in a variety of physical activities. Virginia guidelines recommend five health-related tests to measure students' fitness. Aligns generally to most CCOs for this grade span. Caution: as this is a full measure, districts may need permission to use.

Source
Open Source Items, Activities, Forms

Approach
Borrowing (full measure)

Designed to Measure Growth
Yes

Traditional Assessment
- Traditional End-of-Grade Assessment
- Traditional End-of-Course Assessment
- Selected Response
- Short Constructed Response
- Writing Prompt/Essay
- Other: Screening Tool

Non-Traditional Assessment
- Pre/Post or Repeated Measures
- Performance Task Rubric
- Portfolio or Work Sample Rubric
- Project-Based Rubric
- Observation Rubric or Checklist

Administration/Scoring
- Paper/Pencil
- Computer Supported
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Comprehensive Health — Pre-K-5

Assessment
Washington State OSPI-Developed Health Assessment

Publisher Website/Sample

Description
Comprehensive health and fitness assessments. Tasks and scoring guides. Includes nutrition, healthy relationships, healthful living, fitness, and adjusting to new environments. Tasks are appropriate for grades pre-K-5 and each aligns to at least two CCOs and to curriculum framework. Caution: as this is a full measure, state may need permission to use.

Source
Open Source Items, Activities, Forms

Approach
Borrowing (full measure)

Yes

Designed to Measure Growth

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Comprehensive Health — Pre-K-5

Assessment
Work Sampling System (WSS)—Pearson

Publisher Website/Sample

Description
Observation checklist developed by early childhood researcher (Meisels, 2001). Standards-based, curriculum-embedded, intended to document and evaluate what children are learning and have begun to master. Teachers collect information from multiple sources. Includes checklists and guidelines, portfolios, and summary reports. Measures development and content learning in personal/social and physical development and health, language and literacy, social studies, mathematical thinking, scientific thinking, and the arts. Measures domains of physical development and health (gross and fine motor skills, health, and safety) and domain of personal and social development (self-concept, self-control, approach to learning, social problem-solving, and interaction with others). General alignment to CCOs for this grade span.

Source
Commercial Test

Approach
Buying (commercial tool)

Designed to Measure Growth
Yes

Traditional Assessment
☐ Traditional End-of-Grade Assessment
☐ Traditional End-of-Course Assessment
☐ Selected Response
☐ Short Constructed Response
☐ Writing Prompt/Essay
☐ Other: Screening Tool

Non-Traditional Assessment
☐ Pre/Post or Repeated Measures
☐ Performance Task Rubric
☐ Portfolio or Work Sample Rubric
☐ Project-Based Rubric
☐ Observation Rubric or Checklist

Administration/Scoring
☐ Paper/Pencil
☐ Computer Supported
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Massachusetts District-Determined Measures

*Example Assessments*

Grades 6–8
Lifetime Sports and Fitness
**Comprehensive Health — 6-8**

**Lifetime Sports and Fitness**

**Assessment**

New Hampshire Physical Education K-12 Assessment Document

**Publisher Website/Sample**

**Description**

Assessment ideas for three domains of development: psychomotor, cognitive, and affective. Assessment is not aligned to CCOs for this course; however, districts interested in building their own customized measures can easily modify to better align to local curricula.

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**Traditional Assessment**

- Traditional End-of-Grade Assessment
- Traditional End-of-Course Assessment
- Selected Response
- Short Constructed Response
- Writing Prompt/Essay
- Other:

**Non-Traditional Assessment**

- Pre/Post or Repeated Measures
- Performance Task Rubric
- Portfolio or Work Sample Rubric
- Project-Based Rubric
- Observation Rubric or Checklist

**Administration/Scoring**

- Paper/Pencil
- Computer Supported
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### Comprehensive Health — 6-8

**Assessment**

Virginia Health-Related Fitness Testing Guidelines

**Lifetime Sports and Fitness**

**Description**

Guidelines for assessing fitness. Measures for grades 6-8 encourage students to plan, implement, evaluate, and modify a personal fitness plan that is directly linked to improvement of health and overall quality of life. Aligned only partially to most CCOs, but districts interested in this option can supplement with items or tasks from other measures. Caution: as this is a full measure, districts may need permission to use.

**Source**

Open Source Items, Activities, Forms

**Approach**

Borrowing (full measure)

**Designed to Measure Growth**

Yes

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Comprehensive Health — 6-8

Lifetime Sports and Fitness

Assessment
Washington State OSPI-Developed Health Assessment

Publisher Website/Sample

Description
Comprehensive health and fitness assessments. Tasks and scoring guides. Includes nutrition, healthy relationships, healthful living, fitness, and adjusting to new environments. Assessment could easily be modified to align to CCOs for this course. Caution: as this is a full measure, state may need permission to use.

Source
Open Source Items, Activities, Forms

Approach
Borrowing (full measure)

Designed to Measure Growth
Yes

Traditional Assessment

☐ Traditional End-of-Grade Assessment
☐ Traditional End-of-Course Assessment
☐ Selected Response
☐ Short Constructed Response
☐ Writing Prompt/Essay
☐ Other:

Non-Traditional Assessment

☐ Pre/Post or Repeated Measures
☐ Performance Task Rubric
☐ Portfolio or Work Sample Rubric
☐ Project-Based Rubric
☐ Observation Rubric or Checklist

Administration/Scoring

☑ Paper/Pencil
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Comprehensive Health — 6-8

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Source
Commercial Customizable Item Bank

Approach
Buying (commercial tool)

Designed to Measure Growth
Yes

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☐ Traditional End-of-Course Assessment
☑ Selected Response
☑ Short Constructed Response
☐ Writing Prompt/Essay
☑ Other: Interim or Benchmark

Non-Traditional Assessment
☑ Pre/Post or Repeated Measures
☐ Performance Task Rubric
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Comprehensive Health — 6-8

Assessment
New Hampshire Physical Education K-12 Assessment Document

Publisher Website/Sample

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Comprehensive Health — 6-8

Assessment

Virginia Health-Related Fitness Testing Guidelines

Publisher Website/Sample

Description

Guidelines for assessing fitness. Measures for middle grades focus on fitness components (e.g., strength and flexibility) while engaging in a variety of physical activities. Aligns generally to most CCOs for this grade span; however, no items aligned to CCO focused on skills necessary to obtain, manage, and evaluate resources to maintain physical health and well-being. Districts interested in this option can supplement with items or tasks from other measures. Caution: as this is a full measure, districts may need permission to use.

Source

Open Source Items, Activities, Forms

Approach

Borrowing (full measure)

Designed to Measure Growth

Yes

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Comprehensive Health — 6-8

Assessment
Washington State OSPI-Developed Health Assessment

Description
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Source
Open Source Items, Activities, Forms

Approach
Borrowing (full measure)

Designed to Measure Growth
Yes

Traditional Assessment
☐ Traditional End-of-Grade Assessment
☐ Traditional End-of-Course Assessment
☐ Selected Response
☐ Short Constructed Response
☐ Writing Prompt/Essay
☐ Other:

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High School
Comprehensive Health 9–12
Comprehensive Health — HS

Assessment
New Hampshire Physical Education K-12 Assessment Document

Lifetime Sports and Fitness

Description
Assessment ideas for three domains of development: psychomotor, cognitive, and affective. Aligned to some CCOs for this grade span; however, districts interested in building their own customized measures can easily modify to better align to local curricula.

Source
Open Source Items, Activities, Forms

Approach
Building (parts only)

Designed to Measure Growth
Yes

Traditional Assessment

☐ Traditional End-of-Grade Assessment
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Comprehensive Health — HS

**Lifetime Sports and Fitness**

**Assessment**
Virginia Health-Related Fitness Testing Guidelines

**Description**
Guidelines for assessing fitness. Measures for high school grades encourage students to plan, implement, evaluate, and modify a personal fitness plan that is directly linked to improvement of health and overall quality of life. Aligned only partially to most CCOs, but districts interested in this option can supplement with items or tasks from other measures. Caution: as this is a full measure, districts may need permission to use.

**Source**
Open Source Items, Activities, Forms

**Approach**
Borrowing (full measure)

**Designed to Measure Growth**
Yes

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</tr>
<tr>
<td>Traditional End-of-Course Assessment</td>
<td>Performance Task Rubric</td>
<td>Computer Supported</td>
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<td>Project-Based Rubric</td>
<td>Machine Scored</td>
</tr>
<tr>
<td>Writing Prompt/Essay</td>
<td>Observation Rubric or Checklist</td>
<td>Scored Locally</td>
</tr>
<tr>
<td>☑ Other: Screening Tool</td>
<td>☑</td>
<td>☑ Scored Off-Site</td>
</tr>
</tbody>
</table>

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Comprehensive Health — HS

Lifetime Sports and Fitness

Assessment
Washington State OSPI-Developed Health Assessment

Publisher Website/Sample

Description
Comprehensive health and fitness assessments. Tasks and scoring guides. Includes nutrition, healthy relationships, healthful living, fitness, and adjusting to new environments. Assessment could easily be modified to align to CCOs for this course. Caution: as this is a full measure, state may need permission to use.

Source
Open Source Items, Activities, Forms

Approach
Borrowing (full measure)

Designed to Measure Growth
Yes

Traditional Assessment
- Traditional End-of-Grade Assessment
- Traditional End-of-Course Assessment
- Selected Response
- Short Constructed Response
- Writing Prompt/Essay

Non-Traditional Assessment
- Pre/Post or Repeated Measures
- Performance Task Rubric
- Portfolio or Work Sample Rubric
- Project-Based Rubric
- Observation Rubric or Checklist

Administration/ Scoring
- Paper/Pencil
- Computer Supported
- Computer Adaptive
- Machine Scored
- Scored Locally
- Scored Off-Site

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Comprehensive Health — 9-12

Assessment
Galileo Benchmark and Formative Assessment System—Assessment Technology Incorporated

Description
Customized benchmark assessments developed from secure item bank. State or district can submit standards and ATI builds tests to match. Typically includes 5 items for 8 standards to create 40-item tests. Vertical scale supports interpretations about growth. Pilot project in seven Commonwealth districts suggested strong linkage to curriculum frameworks in two content areas.

Source
Commercial Customizable Item Bank

Approach
Buying (commercial tool)

Designed to Measure Growth
Yes

Traditional Assessment
- Traditional End-of-Grade Assessment
- Traditional End-of-Course Assessment
- Selected Response
- Short Constructed Response
- Writing Prompt/Essay
- Other: Interim or Benchmark

Non-Traditional Assessment
- Pre/Post or Repeated Measures
- Performance Task Rubric
- Portfolio or Work Sample Rubric
- Project-Based Rubric
- Observation Rubric or Checklist

Administration/Scoring
- Paper/Pencil
- Computer Supported
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- Machine Scored
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Comprehensive Health — 9-12

Assessment

New Hampshire Physical Education K-12 Assessment Document

Publisher Website/Sample

Description

Assessment ideas for three domains of development: psychomotor, cognitive, and affective. Stronger alignment to CCOs at grade 9; however, districts interested in building their own customized measures can easily modify to better align to local curricula.

Source

Open Source Items, Activities, Forms

Approach

Building (parts only)

Designed to Measure Growth

Yes

Traditional Assessment

☐ Traditional End-of-Grade Assessment

☐ Traditional End-of-Course Assessment

☑ Selected Response

☑ Short Constructed Response

☐ Writing Prompt/Essay

☐ Other:

Non-Traditional Assessment

☐ Pre/Post or Repeated Measures

☑ Performance Task Rubric

☐ Portfolio or Work Sample Rubric

☐ Project-Based Rubric

☑ Observation Rubric or Checklist

Administration/Scoring

☑ Paper/Pencil

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Comprehensive Health — 9-12

Assessment
Virginia Health-Related Fitness Testing Guidelines

**Description**
Guidelines for assessing fitness. Measures for grades 9-12 encourage students to plan, implement, evaluate, and modify a personal fitness plan that is directly linked to improvement of health and overall quality of life. Aligned generally to most CCOs, but districts interested in this option will need to supplement with items or tasks from other measures. Caution: as this is a full measure, districts may need permission to use.

**Source**
Open Source Items, Activities, Forms

**Approach**
Borrowing (full measure)

**Designed to Measure Growth**
Yes

**Traditional Assessment**
- Traditional End-of-Grade Assessment
- Traditional End-of-Course Assessment
- Selected Response
- Short Constructed Response
- Writing Prompt/Essay
- Other: Screening Tool

**Non-Traditional Assessment**
- Pre/Post or Repeated Measures
- Performance Task Rubric
- Portfolio or Work Sample Rubric
- Project-Based Rubric
- Observation Rubric or Checklist

**Administration/Scoring**
- Paper/Pencil
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Comprehensive Health — 9-12

Assessment
Washington State OSPI-Developed Health Assessment

Publisher Website/Sample

Description
Comprehensive health and fitness assessments. Tasks and scoring guides. Includes nutrition, healthy relationships, healthful living, fitness, and adjusting to new environments. Tasks are appropriate for grades 9-12 and each aligns to at least two CCOs and to curriculum framework. Caution: as this is a full measure, state may need permission to use.

Source
Open Source Items, Activities, Forms

Approach
Borrowing (full measure)

Designed to Measure Growth
Yes

Traditional Assessment

- Traditional End-of-Grade Assessment
- Traditional End-of-Course Assessment
- Selected Response
- Short Constructed Response
- Writing Prompt/Essay
- Other:

Non-Traditional Assessment

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