

PSK 4U Culminating Assignment

Part 1: The Plan

For your culminating activity you will be training yourself to do something that you cannot do as of right now.

This activity can be anything that you would like to train yourself to do. For example you could learn to juggle, or train to run 5km in 30 minutes. Whatever you choose to do you must come up with a plan of action.

It takes **10,000 hours** to become an “expert in an ultra competitive field” but to go from “knowing nothing to being pretty good”, actually takes **20 hours**. The equivalent of 45 minutes a day for a month.

Your plan must have the following:

- A description of the skill you will learning and why you want to acquire this new skill
- A detailed account of how you will be gaining this new skill, ex. How long it will take the types of activities you will doing in order to achieve your goal, etc..
- A log of each time you train to do the activity, which should have the date, during and activities done. As seen above 20 hours should be your goal.

Part 2: Parts of the body that are involved

For your newly acquired skill you will be required to describe the muscles, joints, and movements involved in the action. You do not need to repeat the action more than once.

Your description should have all of the following:

- Be broken down into 5 distinct phases (ie. Preparation, Backswing, Force-Producing, Critical Instant, Follow-through, etc);
- Have ~4 or more specific movements per phase.
- List all major muscles and joints involved

Part 3: The final product.

For your final product you can choose to present it in any way that you would like. A video, in person in class, or to me directly.

You will need to present a before and after for your new skill. I suggest making a video with your cell phone as the best course of action.

Before you begin you will need to get Mr. Roehrig’s ok.

The Due date for this will be the last week of classes in June.

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CRITERIA	LEVEL 4	LEVEL 3	LEVEL 2	LEVEL 1
The Plan (T and I) /25	The Plan is complete with all required components. Done with excellent detail. Student went above and beyond criteria for project.	The Plan is complete with all required components. Done with good detail, however more could be added.	The Plan is complete with most of the required components. Done with adequate detail, however more should be added.	The Plan is complete with some of the required components. Done with limited detail, more should be added.
Parts of the body (K and U) /25	Covers topic in-depth with details answering all questions. Subject knowledge is excellent.	Includes essential knowledge about the topic. Subject knowledge appears to be good.	Includes essential information about the topic but there are 1-2 factual errors.	Content is minimal OR there are several factual errors.
Log (comm.) /20	Very detailed log of the acquiring skill. Student went above the requirements	Adequate log detailing.	Weak log detailing. Gaps in sequence competition	Minimal or incomplete overall log
Mechanics (comm.) /5	No spelling/grammar errors at all!	1 to 2 spelling/grammar errors	3 to 4 spelling/grammar errors	More than 4 spelling/grammar errors
Final Product (app) /30	Student acquires new skill and excels at it.	Student acquires new skill.	Student attempts to acquire new skill, however more effort is needed.	Student attempts a new skill, however much more effort is needed.

Comments:

Final Mark /110