



# SKILL | LAB

## **Skill Competency Assessments**

Usage and Classroom Integration Guide for Teachers

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# Why Assess Using Skill Lab?

Recording video of student skill performance can be a helpful way to improve the efficiency of skill assessments. This can help teachers keep track of how students are progressing towards achieving skill competency without investing significant time towards in-class evaluations. Using the Skill Lab app to complete skill competency assessments makes this process more efficient by:

- Allowing teachers to record and save video so you can reference the video when you want to complete an evaluation, this way you are not restricted to completing evaluation checklists during class.
- Videos can be tagged by student name and skill. When reviewing your videos at a later date, this allows you to sort them by class, student, date and skill.
- By having the student video, skill demonstration model, and evaluation criteria all accessible from a single screen, it is quick and easy to complete formal assessments for a large number of students.

We also offer tutorial videos explaining how to use the various features within Skill Lab. These can be found by [clicking here](#) or visiting the Athlete Era YouTube channel.

## Device Set-up

1. Download the Skill Lab app on the device you will have access to in the gym.
2. Open the Skill Lab app and navigate to the “Analyze” feature by clicking on the analyze button on the bottom navigation bar.
3. Once on the video recording screen for the first time, click on the tag icon in the top right corner.
4. This will bring up a screen where you can see all of your classes and students contained within each class. To add a new class, click “add an athlete of group”.
5. Click the button that says “Add Group”, name your new group, then press enter.
6. Now that your new class has been created, click on that class.
7. Click “Add Member”, type in the name of a student, then press enter. Repeat this step until you have a complete student list.
8. Once all of your students have been added, click “Done” in the top right corner to return to your list of classes. From here you can either add another class or click “Done” in the top right corner to return to the main tagging screen.
9. Now you are all set tag record and tag skill videos of students to keep track of all skill assessments.

\*\* If you login using the Clever button located at the bottom of the sign up screen when you first open the app, this will allow Skill Lab to communicate with your current class roster(s). This will eliminate the need to individually enter all students and class lists.

# Completing a Skill Assessment with Skill Lab

## Collecting Videos

1. Once you have decide what movement skill you would like to assess, plan an activity during which all students will be required to demonstrate this skill repeatedly. Having students work on a Skill Lab peer-to-peer coaching activity can work well for this.
2. Once students are busy working on the specific skill-based activity you have assigned, open the Skill Lab app and navigate to the “analyze” screen.
3. Once there, click on the tag icon in the top right corner.
4. Start by clicking the “Skills” tab and select what skill you are assessing.
5. Then go back to your student list by clicking the “Athletes” tab then find the name of the student you are about to record a video of and click “Done” in the top right corner.
6. Now take a video of the student trying the skill by pressing the red circular record button a the bottom of the screen.
7. Once you are done recording the video, it will bring you to the assessment screen. We recommend just clicking “Done” in the top right corner, then “Save” when it prompts you to keep the video. This way you can use class time to record all student videos and complete your assessment checklists at a later time.
8. Now that you are back at the video recording screen, click the “tag” button in the top right corner and select the next student you will be taking a video of.
9. Repeat steps 6 and 7.
10. Work your way around the class until you have videos recorded of each student demonstrating the specific skill you are assessing.

## Completing Your Assessments

1. Once it comes time to finish your formal assessments of student Skill Performance, navigate to the review screen by clicking the “Review” button on the bottom navigation bar.
2. This is where you will find all of the videos you have recorded and saved.
3. Use the filter options located at the top of the screen to sort your videos.
4. Click the large “All” button first and find the specific class of students you are completing assessments for.
5. Now you can use the remaining filters to sort videos by date, individual student or skill.
6. Once you have found the video you would like to complete the assessment for, click “View” on that specific video.

7. You will be taken to the assessment screen where you will see a side-by-side view of the students skill video you recorded and a skill demonstration model.
8. Use the video scrubbers to play through the student video and compare this to the performance of the skill demonstration model on the top half of the screen.
9. If the student demonstrates one of the skill coaching cues properly, click on the checklist button in the top right corner of the student video.
10. This will bring up the technique assessment checklist where you can select all of the skill elements the student is demonstrating properly .
11. Once you have reviewed the video and completed the checklist, click “Done” in the top right corner.
12. Your assessment has now been saved and you can now move on to the next video you would like to assess.

All assessment videos use cloud storage so you can access them from any device once they have been collected. If you would like to review and complete your assessments from a different device, simply download the Skill Lab app on that device and login to your account.

## Unit Integration Strategies

It is primarily up to the discretion of the teacher as to exactly when they would like to complete skill competency assessments and how they would like to use the information collected. The main intent of the app is to provide teachers with an efficient way to collect information on skill competency levels for a large group(s) of students.

You may choose to complete assessments at the beginning of the school year for a select number of locomotor, non-locomotor and manipulative skills to get an idea of how competent students currently are at completing skills within each domain. It may also be used in-class as a formative assessment tool to show students how they are performing a skill while they are practicing to provide feedback during learning. Finally, it could be used as a summative assessment tool to determine if students have developed a specific skill after the completion of a unit.