With your group, create scenes for a movie that incorporates all of the skills we have learned in class. Ensure each person contributes to your masterpiece and remember to perform each skill according to cues provided in class. See examples on the bottom of this webpage: <http://www.supportrealteachers.org/authentic-and-alternative-assessments.html>

|  |  |
| --- | --- |
| **Points** | **Video Criteria** |
| **10** | Completed the provided template with a description of the scene, who is in the scene, and the moves covered in the scene. |
| **20** | Each person performed 20 skills (1 point per skill) |
| **20** | Each skill was performed correctly (1 point per skill) |
| **10 EC** | Optional: Edited your own video |

* In groups of 4-6 students, create a fight movie consisting of a minimum of 5 scenes (one scene is a creative introduction of your team members).
* Once a scene is choreographed (use the provided template), practice it and then demonstrate it to the instructor prior to filming. Practice:
  + Helps the group determine if the sequence of moves makes sense.
  + Allows for feedback on technique.
  + Speeds up the filming process.
* At a minimum, you must have (use the personal checklist on the last page):
  + 4 strikes
  + 2 counters to strikes
  + 2 standing chokes/bear hugs/headlocks
  + 2 counter to chokes
  + 1 ground choke
  + 1 ground counter
  + 1 takedown or throw
  + 1 break fall or forward shoulder roll
* Tips
  + Technique is preferred over speed.
  + When practicing scenes, group members who are not involved can give feedback.
  + Ideally, individuals are not in every scene. Otherwise if that person is absent, very little can be accomplished on that day.
  + Less moves per scene is easier (less choreography to memorize). You can also break scenes into multiple parts, shooting each part from a different angle (which is more movie-like).
  + Before acting out scene, say your movie theme and scene number (this helps with the editing process).
  + Play through the end of the scene when filming, don’t just stop after the last move.

|  |  |
| --- | --- |
| **Example Template** | |
| **Description** | Student 1 is hanging out at the entrance to a store. When Student 2 begins to enter the store, Student 1 attacks them. Student 2 wins the fight, forcing Student 1 to run away. |
| **Sequence 1** | Student 1 (1) – Lead hand punch  Student 2 (1) – Angles of movement  Student 1 (2) – Rear hand punch  Student 2 (2) – Counter to rear hand punch  Student 2 (3) – Horizontal knee strike to abdomen  Student 2 (4) – Rear choke  Student 1 (3)– Counter to the rear choke  Student 1 (4) – Escapes |

|  |  |
| --- | --- |
| **Scene 1** | |
| **Description** |  |
| **Sequence 1** |  |

|  |  |
| --- | --- |
| **Scene 2** | |
| **Description** |  |
| **Sequence 1** |  |

**(copy and paste for each scene; label scenes numerically in chronological order)**

|  |  |  |
| --- | --- | --- |
| **Category** | **Skill** | **Scene** |
| **Strikes** |  |  |
| **Strikes** |  |  |
| **Strikes** |  |  |
| **Strikes** |  |  |

|  |  |  |
| --- | --- | --- |
| **Category** | **Skill** | **Scene** |
| **Counter to Strikes** |  |  |
| **Counter to Strikes** |  |  |

|  |  |  |
| --- | --- | --- |
| **Category** | **Skill** | **Scene** |
| **Standing Choke/Hug/Headlock** |  |  |
| **Standing Choke/Hug/Headlock** |  |  |

|  |  |  |
| --- | --- | --- |
| **Category** | **Skill** | **Scene** |
| **Counter to Choke/Hug/Headlock** |  |  |
| **Counter to Choke/Hug/Headlock** |  |  |

|  |  |  |
| --- | --- | --- |
| **Category** | **Skill** | **Scene** |
| **Ground Choke/Hug/Headlock** |  |  |

|  |  |  |
| --- | --- | --- |
| **Category** | **Skill** | **Scene** |
| **Ground Counter** |  |  |

|  |  |  |
| --- | --- | --- |
| **Category** | **Skill** | **Scene** |
| **Takedown or Throw** |  |  |

|  |  |  |
| --- | --- | --- |
| **Category** | **Skill** | **Scene** |
| **Break Fall** |  |  |

|  |  |  |
| --- | --- | --- |
| **Category** | **Skill** | **Scene** |
| **Your Choice** |  |  |
| **Your Choice** |  |  |
| **Your Choice** |  |  |
| **Your Choice** |  |  |
| **Your Choice** |  |  |
| **Your Choice** |  |  |