



Gorokan High School
Year 11 Assessment Schedule 2023
Sport, Lifestyle and Recreation

Task number	Task 1	Task 2	Task 3	
Name of Task	Fitness Task	Peer Coaching	Yearly Examination	
Task Due	Term 1, Weeks 6 - 10	Term 2, Week 7	Examination Period	
Outcomes assessed	1.2, 2.1, 2.2, 3.3, 4.1	2.1, 2.3, 3.2, 4.1, 4.2	1.1, 1.2, 2.1, 2.2, 2.5, 3.1	
Components				Task Weighting %
Knowledge and Understanding	15	15	20	50
Skills	15	15	20	50
Total %	30	30	40	100

Course Outcomes:

- 1.1:** applies the rules and conventions that relate to participation in a range of physical activities
- 1.2:** explains the relationship between physical activity, fitness and healthy lifestyle
- 1.3:** demonstrates ways to enhance safety in physical activity
- 1.4:** investigates and interprets the patterns of participation in sport and physical activity in Australia
- 1.5:** critically analyses the factors affecting lifestyle balance and their impact on health status
- 1.6:** describes administrative procedures that support successful performance outcomes
- 2.1:** explains the principles of skill development and training
- 2.2:** analyses the fitness requirements of specific activities
- 2.3:** selects and participates in physical activities that meet individual needs, interests and abilities
- 2.4:** describes how societal influences impact on the nature of sport in Australia
- 2.5:** describes the relationship between anatomy, physiology and performance
- 3.1:** selects appropriate strategies and tactics for success in a range of movement contexts
- 3.2:** designs programs that respond to performance needs
- 3.3:** measures and evaluates physical performance capacity
- 3.4:** composes, performs and appraises movement
- 3.5:** analyses personal health practices
- 3.6:** assesses and responds appropriately to emergency care situations
- 3.7:** analyses the impact of professionalism in sport
- 4.1:** plans strategies to achieve performance goal
- 4.2:** demonstrates leadership skills and a capacity to work cooperatively in movement context
- 4.3:** makes strategic plans to overcome the barriers to personal and community health
- 4.4:** demonstrates competence and confidence in movement contexts
- 4.5:** recognises the skills and abilities required to adopt roles that support health, safety and physical activity