



Gorokan High School

Year 12 Assessment Schedule 2022-2023

Personal Development, Health and Physical Education

Task number	Task 1	Task 2	Task 3	Task 4	
Name of Task	Sports Medicine - Teaching Resource	Core 1 - Ottawa Charter Report	Core 2 – Written Report and In-Class Task	Trial HSC Examination	
Timing	Term 4, Week 10	Term 1, Week 10	Term 2, Week 10	Examination Period	
Outcomes assessed	H13, 16	H1, 2, 4, 5, 14, 15 & 16	H7, 8, 16 & 17	All Assessable Outcomes	
Components	Task Weighting %				
Knowledge and understanding of course content	5	5	10	20	40
Skills in critical thinking, research, analysis and communicating	15	20	15	10	60
Total %	20	25	25	30	100

Course Outcomes:

- H1 describes the nature and justifies the choice of Australia's health priorities
- H2 analyses and explains the health status of Australians in terms of current trends and groups most at risk
- H3 analyses the determinants of health and health inequities
- H4 argues the case for health promotion based on the Ottawa Charter
- H5 explains the different roles and responsibilities of individuals, communities and governments in addressing Australia's health priorities
- H6 demonstrates a range of personal health skills that enables them to promote and maintain health (Option 1)
- H7 explains the relationship between physiology and movement potential
- H8 explains how a variety of training approaches and other interventions enhance performance and safety in physical activity
- H9 explains how movement skill is acquired and appraised
- H10 designs and implements training plans to improve performance
- H11 designs psychological strategies and nutritional plans in response to individual performance needs
- H12 analyses the influence of sociocultural factors on the way people participate in and value physical activity and sport (Option 2)
- H13 selects and applies strategies for the management of injuries and the promotion of safety in sport and physical activity (Option 3)
- H14 argues the benefits of health-promoting actions and choices that promote social justice
- H15 critically analyses key issues affecting the health of Australians and proposes ways of working towards better health for all
- H16 devises methods of gathering, interpreting and communicating information about health and physical activity concepts
- H17 selects appropriate options and formulates strategies based on a critical analysis of the factors that affect performance and safe participation