



Gorokan High School

Year 7 Assessment Schedule 2023

Personal Development, Health and Physical Education

Task number	Task 1	Task 2	Task 3	Task 4	
Name of Task	I Am Unique Portfolio	Fundamental Movement Skills (Practical)	Cyber Safety Promotion	Invasion Games (Practical)	
Task Due	Term 1, Week 8	Term 1, Weeks 7-10	Term 3, Week 7	Term 3, Weeks 5-10	
Outcomes assessed	PD 4-1, PD4-2, PD4-9	PD4-4, PD4-10, PD4-11	PD 4-1, PD4-3, PD4-7, PD4-9	PD4-5, PD4-10, PD4-11	
Components					Task Weighting %
Knowledge & Understanding	15	10	15	10	50
Skills	10	15	10	15	50
Total %	25	25	25	25	100

Course Outcomes:

PD4-1 examines and evaluates strategies to manage current and future challenges

PD4-2 examines and demonstrates the role help-seeking strategies and behaviours play in supporting themselves and others

PD4-3 investigates effective strategies to promote inclusivity, equality and respectful relationships

PD4-4 refines, applies and transfers movement skills in a variety of dynamic physical activity contexts

PD4-5 transfers and adapts solutions to complex movement challenges

PD4-6 recognises how contextual factors influence attitudes & behaviours & proposes strategies to enhance health, safety, wellbeing and participation in PA

PD4-7 investigates health practices, behaviours and resources to promote health, safety, wellbeing and physically active communities

PD4-8 plans for and participates in activities that encourage health and a lifetime of physical activity

PD4-9 demonstrates self-management skills to effectively manage complex situations

PD4-10 applies and refines interpersonal skills to assist themselves and others to interact respectfully and promote inclusion in a variety of groups or contexts

PD4-11 demonstrates how movement skills and concepts can be adapted and transferred to enhance and perform movement sequences