



# Gorokan High School

## Year 10 Assessment Schedule 2024

### *Personal Development, Health and Physical Education*

Task number	Task 1	Task 2	Task 3	Task 4	
Name of Task	SEPEP Volleyball	Road Safety Task	Dance	Topic Test	
Task Due	Term 1, Weeks 2-10	Term 1, Week 8	Term 2, Weeks 2-8	Term 3, Week 7	
Outcomes assessed	PD5-11 PD5-4 PD5-10	PD5-2 PD5-7 PD5-6	PD5-4 PD5-11	PD5-1, PD5-3, PD5-8	
Components	Task Weighting %				
Knowledge and Understanding	10	15	10	15	50
Skills	15	10	15	10	50
Total %	25	25	25	25	100

## **Course Outcomes:**

- PD5-1** Assesses their own and others capacity to reflect on and respond positively to challenges
- PD5-2** Researches and appraises the effectiveness of health information and support services available in the community
- PD5-3** Analyses factors and strategies that enhance inclusivity, equality and respectful relationships
- PD5-4** Adapts and improvises movement skills to perform creative movement across a range of dynamic physical activity contexts
- PD5-5** Appraises and justifies choices of actions when solving complex movement challenges
- PD5-6** Critiques contextual factors, attitudes and behaviours to effectively promote health, safety, wellbeing and participation in physical activity
- PD5-7** Plans, implements and critiques strategies to promote health, safety, wellbeing and participation in physical activity in their communities
- PD5-8** Designs, implements and evaluates personalised plans to enhance health and participation in a lifetime of physical activity
- PD5-9** Assesses and applies self-management skills to effectively manage complex situations
- PD5-10** Critiques their ability to enact interpersonal skills to build and maintain respectful and inclusive relationships in a variety of group contexts.
- PD5-11** Refines and applies movement skills and concepts to compose and perform innovative movement sequences