



# Gorokan High School

## Year 11 Assessment Schedule 2024

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

Task number	Task 1	Task 2	Task 3	
<b>Name of Task</b>	Core 1 Task - The Ottawa Charter	Core 2 Task – Video Analysis	Yearly Examination	
<b>Task Due</b>	Term 1, Week 9	Term 2 , Week 9	Examination Period	
<b>Outcomes assessed</b>	P2, P3, P4, P5, P6 & P15	P7, P8, P9, P16 & P17	All outcomes assessable	
<b>Components</b>				<b>Task Weighting %</b>
Knowledge and understanding of course content	10	10	20	<b>40</b>
Skills in critical thinking, research, analysis and communicating	20	20	20	<b>60</b>
<b>Total %</b>	<b>30</b>	<b>30</b>	<b>40</b>	<b>100</b>

## Course Outcomes:

P1 identifies and examines why individuals give different meanings to health

P2 explains how a range of health behaviours affect an individual's health

P3 describes how an individual's health is determined by a range of factors

P4 evaluates aspects of health over which individuals can exert some control

P5 describes factors that contribute to effective health promotion

P6 proposes actions that can improve and maintain an individual's health

P7 explains how body systems influence the way the body moves

P8 describes the components of physical fitness and explains how they are monitored

P9 describes biomechanical factors that influence the efficiency of the body in motion

P10 plans for participation in physical activity to satisfy a range of individual needs

P11 assesses and monitors physical fitness levels and physical activity patterns

P12 demonstrates strategies for the assessment, management and prevention of injuries in first aid settings (Option 1)

P13 develops, refines and performs movement compositions in order to achieve a specific purpose (Option 2)

P14 demonstrates the technical and interpersonal skills necessary to participate safely in challenging outdoor recreation activities (Option 4)

P15 forms opinions about health-promoting actions based on a critical examination of relevant information

P16 uses a range of sources to draw conclusions about health and physical activity concepts

P17 analyses factors influencing movement and patterns of participation