



Gorokan High School

Year 12 Assessment Schedule 2023-2024

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