



-Gorokan High School

Year 8 Assessment Schedule 2024

Personal Development, Health and Physical Education

Task number	Task 1	Task 2	Task 3	Task 4	
Name of Task	Mental Illness	Dance	Net/Court Games	Topic Test – Let's Get Physical	
Task Due	Term 1, Week 8	Term 2, Week 5	Term 3, Weeks 7-10	Term 3, Week 8	
Outcomes assessed	PD4-1, PD4-2, PD4-3	PD4-5, PD4-10	PD4-8, PD4-11	PDH4-6, PDH4-7	
Components					Task Weighting %
Knowledge & Understanding	15	10	10	15	50
Skills	10	15	15	10	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