



Gorokan High School

Year 10 Assessment Schedule 2025

Personal Development, Health and Physical Education

Task number	Task 1	Task 2	Task 3	Task 4	
Name of Task	SEPEP Volleyball	Road Safety	Dance	Topic Test	
Task Due	Term 1 - Weeks 2-10	Term 1 - Week 6	Term 3 - Weeks 2-10	Term 3 - Week 6	
Outcomes assessed	PD5-4 PD5-10 PD5-11	PD5-2 PD5-6 PD5-7	PD5-4 PD5-11	PD5-1, PD5-3, PD5-8	
Components					
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