

Assessment Task Notification

RESPECT | RESPONSIBILITY | PERSONAL BEST



Faculty: PDHPE	Course: PDHPE	Time allowed: 2 weeks
Teacher: Mr. S. Glachan	Email: sean.glachan1@det.nsw.edu.au	
Task number: 2	Title: Fundamental Movement Skills (Practical)	
Year: 7	Due date: Term 1, Weeks 7-10	Weighting: 25%

Syllabus outcomes assessed:

Outcome Code	Syllabus Outcome Statement(s)
PD4-4	refines, applies and transfers movement skills in a variety of dynamic physical activity contexts
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

21st Century and employment related skills:

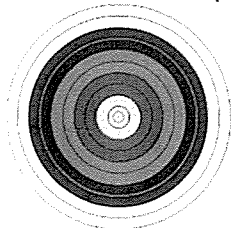
<input type="checkbox"/>	Communication	<input checked="" type="checkbox"/>	Use of technology
<input type="checkbox"/>	Critical Thinking	<input checked="" type="checkbox"/>	Self-reflection and refinement
<input checked="" type="checkbox"/>	Creativity	<input type="checkbox"/>	Problem Solving
<input type="checkbox"/>	Collaboration	<input type="checkbox"/>	Initiative and Enterprise
<input checked="" type="checkbox"/>	Planning and Organising	<input checked="" type="checkbox"/>	Cross-Cultural Understanding

Task description:

In this task, students will be required to complete a range of fundamental movement skills. Students will be assessed on the technique and accuracy of their kicking, throwing, hitting and catching skills.

Students are required to complete the following in their PDHPE practical lessons in weeks 7-10;

- **Kicking Left Foot** – you will be required to kick a soccer ball between a fixed target (2m wide) from a 10m distance. You will perform the task 5 times
- **Kicking Right Foot** – you will be required to kick a soccer ball between a fixed target (2m wide) from a 10m distance. You will perform the task 5 times.
- **Throwing Dominant Hand** – you will be required to throw a tennis ball at a fixed circular target from a 5m distance. You will perform the task 10 times. You **must** use an overarm throwing technique.



- 5 points yellow inner circle
- 4 points red circle
- 3 points blue circle
- 2 points black
- 1 point white outer circle

- **Hitting** – you will be required to hit a tennis ball with a racquet at a fixed target (2m x 2m) from a 10m distance. You will perform the task 5 times.
- **Catching** – you will be required to attempt to catch a tennis ball thrown by a PDHPE teacher from a distance of 5m. You will attempt to catch 5 throws. The ball will be thrown randomly to each of the following areas; left side of body, right side of body, above head height, chest height and below chest height.

Assessment criteria:

You will be assessed on your ability to perform fundamental movement skills in a variety of contexts by utilising correct technique and scoring through a point system.

Method of task submission:

Students will be assessed throughout their PDHPE Practical Lessons in weeks 7-10.

Assessment Task Notification

RESPECT | RESPONSIBILITY | PERSONAL BEST



Fundamental Movement Skills Marking Guidelines

Component 1: Kicking Left Foot		Technique for kicking a soccer ball
5 Outstanding	Demonstrates an outstanding technique (all) and ability to utilise and refine object control skills with accurate technique when kicking with the left foot.	<ul style="list-style-type: none"> • A step or two back • Lock your ankle • Pass with inside of shoe • Position planter foot next to ball • Follow through to target • Correct body balance over top of ball
4 High	Demonstrates a high technique (4-5) and ability to apply object control skills with accurate technique when kicking with the left foot.	
3 Sound	Demonstrates sound technique (3-4) and ability to apply object control skills when kicking with the left foot.	
2 Basic	Demonstrates a basic technique (2-3) and some ability to apply object control skills when kicking the ball with left foot.	
1 Limited	Demonstrates limited technique (1-2) and ability to apply object control skills when kicking the ball with left foot.	
0 Non-Attempt or Not Yet Developed	Did not make a serious attempt and/or is unable to demonstrate technique or ability to apply object control skills when kicking the ball with left foot.	
Component 2: Kicking Right Foot		Technique for kicking a soccer ball
5 Outstanding	Demonstrates an outstanding technique (all) and ability to utilise and refine object control skills with accurate technique when kicking with the right foot.	<ul style="list-style-type: none"> • A step or two back • Lock your ankle • Pass with inside of shoe • Position planter foot next to ball • Follow through to target • Correct body balance over top of ball
4 High	Demonstrates a high technique (4-5) and ability to apply object control skills with accurate technique when kicking with the right foot.	
3 Sound	Demonstrates sound technique (3-4) and ability to apply object control skills when kicking with the right foot.	
2 Basic	Demonstrates a basic technique (2-3) and some ability to apply object control skills when kicking the ball with right foot.	
1 Limited	Demonstrates limited technique (1-2) and ability to apply object control skills when kicking the ball with right foot.	
0 Non-Attempt or Not Yet Developed	Did not make a serious attempt and/or is unable to demonstrate technique or ability to apply object control skills when kicking the ball with right foot.	
Component 3: Throwing Dominant Hand		Technique for throwing a ball
5 Outstanding	Demonstrates outstanding technique (all) and achieves 40-50 points when throwing with the dominant arm.	<ul style="list-style-type: none"> • Steps forward with foot opposite the throwing hand • Hip rotation (non-throwing shoulder pointed in the direction of target) • Elbow flexed and held away from body on backswing • Acceleration through the throwing motion • Deceleration in the follow through finishing with throwing hand near opposite hip
4 High	Demonstrates high technique (4) and achieves 30-40 points when throwing with the dominant arm.	
3 Sound	Demonstrates sound technique (3) and achieves 20-30 points when throwing with the dominant arm.	
2 Basic	Demonstrates basic technique (2) and achieves 10-20 points when throwing with the dominant arm.	
1 Limited	Demonstrates limited technique (1) and achieves 0-10 points when throwing with the dominant arm.	
0 Non-Attempt or Not Yet Developed	Did not make a serious attempt and/or is unable to demonstrate technique or score points throwing with dominant hand.	

Assessment Task Notification

RESPECT | RESPONSIBILITY | PERSONAL BEST



Component 4: Hitting		Technique for hitting a ball
5 Outstanding	Demonstrates outstanding technique (all) and ability to utilise and refine object control skills with accuracy hitting 5 tennis balls.	<ul style="list-style-type: none"> • Get in correct body position by being side on with shoulders approximately 90 degrees to target, opposite arm across your body, head straight, level and eyes on the ball • Correct weight transfer when hitting ball including hip & shoulder rotation and following through towards the target • Clean strike of the ball with the racquet following through over opposite shoulder
4 High	Demonstrates high technique (2-3) and effective ability to apply object control skills with hitting 4 tennis balls.	
3 Sound	Demonstrates sound technique (2) and ability to apply object control skills hitting 3 tennis balls.	
2 Basic	Demonstrates basic technique (1-2) and ability to apply object control skills hitting 2 tennis balls.	
1 Limited	Demonstrates limited technique (1) and ability to apply object control skills hitting 1 tennis ball.	
0 Non-Attempt or Not Yet Developed	Did not make a serious attempt and/or is unable to demonstrate technique or ability to apply object control skills when attempting to hit a tennis ball.	

Component 5: Catching		Technique for catching a ball
5 Outstanding	Demonstrates outstanding technique (all) and catches and controls all 5 throws with hands only.	<ul style="list-style-type: none"> • Get in correct body position by being square with target • Eyes focused on the ball throughout the catch • Feet move to place body in line with the ball • Hands move to meet the object. • Catch and control ball with soft hands and elbows bent
4 High	Demonstrates high technique (4) and catches and controls 4 throws with hands only.	
3 Sound	Demonstrates sound technique (3) and catches and controls 3 throws with hands only.	
2 Basic	Demonstrates basic technique (2) and catches and controls 2 throws with hands only.	
1 Limited	Demonstrates limited technique (1) and catches and controls 1 throw with hands only.	
0 Non-Attempt or Not Yet Developed	Did not make a serious attempt and/or is unable to demonstrate any technique and does not catch or control any of the thrown balls.	

Teacher Comment:	TOTAL MARK
<hr/> <hr/> <hr/> <hr/> <hr/>	<div>/25</div>

