



ORANGE HIGH SCHOOL

ASSESSMENT TASK NOTIFICATION 2024

Subject	PDHPE - Year 10
Topic	ATHLETICS
Class Teacher	
Head Teacher	MS DRAY
Date Given	Week 3
Date Due	Week 10

TASK DESCRIPTION: 15 Marks (25%)

Task: In groups, nominated by your teacher, select **ONE ATHLETIC EVENT, EITHER THROWING OR JUMPING.** **Part 1, 2 and 4** needs to be submitted via your Google Classroom. **Part 3** will be presented during class time, decided by your teacher.

1. **Individually** analyse a professional athlete performing the chosen event, highlighting why they are able to perform this movement efficiently (including biomechanical principles). **MAXIMUM LENGTH ONE PAGE DOCUMENT**
2. As a **group** create a list of technique points to allow you to teach this event to your peers (at least 5 technique points)
3. In your **group**, conduct a session, teaching your skill to another group. You need to be able to identify errors in performance and give feedback for correction to your peers.
4. Students will **individually** complete and submit a self-evaluation and reflection for each event they practiced throughout the Athletics Unit.

Outcomes Assessed:

PD5-4: A student adapts and improvises movement skills to perform creative movement across a range of dynamic physical activity contexts.

PD5-5: A student appraises and justifies choices of actions when solving complex movement challenges.

PD5-11: A student refines and applies movement skills and concepts to compose and perform innovative movement sequences.

Athletics Unit Reflection – rate yourself in each event by placing a ‘X’ in the box

Event	Excellent  A	Good  B	OK  C	Working towards D	Needs Work E
Long Jump 					
High Jump 					
400m 					
100 Metres Sprint 					
Distance Run 1500m (3.75 Laps)					
Javelin 					
Shot put 					
Discus 					

My best event was the: _____

This is because:

To do well at this event, technique is important, you need to remember to do the following things:

1. _____

2. _____

MARKING CRITERIA

Grade	Evidence/Criteria
A (13-15)	<ul style="list-style-type: none">● Students critically analyse the movement efficiency of an athlete performing a jumping or throwing technique, and correctly applies biomechanical principles● Provides specific evidence to reinforce analysis of performance● Provides more than 5 correct technique points to an outstanding standard for their event session● Students analyses and monitors their peers' performance during their session in order to become more independent in solving training and performance related decision-making problems● Students consistently communicate how and why errors contribute to their peers' performance● Has completed and evaluated UNIT REFLECTION
B (9-12)	<ul style="list-style-type: none">● Students explain the movement efficiency of an athlete performing a jumping or throwing technique, and correctly applies biomechanical principles● Provides specific evidence to reinforce analysis of performance● Provides 5 correct technique points to an outstanding standard for their event session● Students monitors their peers' performance during their session in order to become more independent in solving training and performance related decision-making problem● Students communicate how and why errors contribute to their peers' performance● Has completed and evaluated UNIT REFLECTION
C (6-8)	<ul style="list-style-type: none">● Students describes the movement efficiency of an athlete performing a jumping or throwing technique● Provides evidence to reinforce analysis of performance● Provides 5 correct technique points to an outstanding standard for their event session● Students monitors their peers' performance during their session in order to become more independent in solving training and performance related decision-making problems● Students communicate how errors contribute to their peers' performance● Has completed and evaluated UNIT REFLECTION
D (3-5)	<ul style="list-style-type: none">● Students identifies the movement efficiency of an athlete performing a jumping or throwing technique● Provides less than 5 correct technique points to an outstanding standard for their event session● Students identities their peers' performance during their session in order to become more independent in solving training and performance related decision-making problems● Students inconsistently communicates how errors contribute to their peers' performance● Has completed and evaluated UNIT REFLECTION
E (1-2)	<ul style="list-style-type: none">● Limited effort applied to the task● Incomplete task submitted