



# ORANGE HIGH SCHOOL

## ASSESSMENT TASK NOTIFICATION

<b>Subject</b>	PDHPE
<b>Topic</b>	ATHLETICS
<b>Class Teacher</b>	BAKER, WHARTON, DRAY, CALLAWAY, CHOPPING, LYDEN, LIVINGSTONE
<b>Head Teacher</b>	MS DRAY
<b>Date Given</b>	WEEK 8
<b>Date Due</b>	WEEK 10

### TOPIC = ATHLETICS

#### TASK DESCRIPTION:

**Task:** During a lesson, students are to select **ONE event from EACH CATEGORY** they have studied and demonstrate their ability to complete the event effectively and successfully. The student may have a practice attempt and have an opportunity will be given for a warm up.

**There are three categories: Running, Jumping and Throwing.**

#### **Running choices are:**

100m, 400m, 1500m

#### **Jumping choices are:**

Long Jump, High Jump (Depending on availability of equipment)

#### **Throwing choices are:**

Discus, Javelin, Shot Put

- 1. The students are to demonstrate each skill they have selected and will be assessed with the attached criteria.**
- 2. Verbally justify, explain or point out why they are performing the skill in that particular manner during or directly after the task.**

Students will also complete a self-evaluation and reflection for **each event they practiced** throughout the Athletics Unit.

**SPECIFICS:**

1. Select your best athletic events and complete
2. Individually assessed
3. 2 parts: PHYSICAL EVENTS AND UNIT REVIEW WITH PERSONAL EVALUATION
4. Due date: WEEK 10

**Outcomes/Content Assessed:**

5.4 A student adapts, transfers and improvises movement skills and concepts to improve performance.

**Non-completion of Task:**

If you know you are going to be away on the day that the task is due, you must make alternative arrangements with your teacher beforehand. If you are suddenly away on the day that the task is due, you must contact your teacher or Head Teacher on your return to school. Documentation will be required in both classes.

Failure to follow the above procedures may result in a zero award.

## **Orange High School Year 10 Athletics Unit- Assessment**

**Outcome: 5.4** A student adapts, transfers and improvises movement skills and concepts to improve performance.

**Task:** During a lesson, students are to select **ONE event from EACH CATEGORY** they have studied and demonstrate their ability to complete the event effectively and successfully. The student may have a practice attempt and an opportunity will be given for a warm up.

**There are three categories: Running, Jumping and Throwing.**

**Running choices are:**

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Long Jump, High Jump (Depending on availability of equipment)

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**- The students are to demonstrate each skill they have selected and will be assessed with the attached criteria.**

**- Verbally justify, explain or point out why they are performing the skill in that particular manner during or directly after the task.**

Students will also complete a self-evaluation and reflection for **each event they practiced** throughout the Athletics Unit.

Athletics rubrics

Name \_\_\_\_\_

Class \_\_\_\_\_

	<b>A – B (A achieves all)</b>	<b>C</b>	<b>D</b>	<b>E</b>
<b>Running</b>	<p>Can effectively adapt, transfer and improve movement skills in order to improve performance.</p> <p>Skills are performed autonomously. Student always run at a speed appropriate and efficient to the distance.</p> <p>Can demonstrate and justify a powerful crouching start.</p> <p>Achieves strong times in their selected distance.</p> <p>Demonstrates outstanding control, timing, strength, speed &amp; stamina in a variety of running events</p>	<p>Can adequately adapt, transfer and improve movement skills in order to improve performance.</p> <p>Skills are performed with minimal error. Student can usually run at a speed appropriate to the distance.</p> <p>Can demonstrate a good crouching start or demonstrates good skills and technique in distance running.</p> <p>Demonstrates good control, strength, speed &amp; stamina in a variety of running events.</p>	<p>Can demonstrate a limited ability to adapt, transfer and improve movement skills in order to improve performance.</p> <p>Skills are performed with some errors. Student running is getting better.</p> <p>Can sometimes complete laps without stopping and can usually sprint at top speed for a whole race.</p> <p>Demonstrates some control, strength, speed &amp; stamina in a variety of running events.</p>	<p>Limited effort applied or did not participate</p>





	<b>A – B (A achieves all)</b>	<b>C</b>	<b>D</b>	<b>E</b>
<b>Throwing</b>	<p>Can effectively adapt, transfer and improve movement skills in order to improve performance.</p> <p>Skills are performed autonomously. Student can always demonstrate strong and correct technique when throwing a Javelin, Discus or Shot put.</p> <p>Student can demonstrate and justify technique that will improve performance.</p> <p>The object always goes in the right direction and flies efficiently through the air. Never throws a fault.</p>	<p>Can adequately adapt, transfer and improve movement skills in order to improve performance.</p> <p>Skills are performed with minimal error.</p> <p>Student can often demonstrate good technique when throwing a Javelin, Discus or Shot put.</p> <p>The object often always goes in the right direction and /or it goes quite far.</p> <p>Rarely throws a fault.</p>	<p>Can demonstrate a limited ability to adapt, transfer and improve movement skills in order to improve performance.</p> <p>Skills are performed with some errors.</p> <p>Student can throw different objects but they do not go far or in the right direction all the time.</p> <p>Object may be thrown incorrectly or a fault is awarded.</p>	Limited effort applied or did not participate

	<b>A – B (A achieves all)</b>	<b>C</b>	<b>D</b>	<b>E</b>
<b>Jumping</b>	<p>Can effectively adapt, transfer and improve movement skills in order to improve performance.</p> <p>Skills are performed autonomously.</p> <p>Student can consistently perform long jump or a high jump with correct technique.</p> <p>The run up and launch are well timed and consistent.</p> <p>The launch is powerful and landing efficient.</p> <p>The student can explain the breakdown of technique.</p>	<p>Can adequately adapt, transfer and improve movement skills in order to improve performance.</p> <p>Skills are performed with minimal error.</p> <p>Student can often perform long jump or high jump correctly and sometimes get quite far and high.</p> <p>Student can justify a few points relating to how technique can improve performance.</p>	<p>Can demonstrate a limited ability to adapt, transfer and improve movement skills in order to improve performance.</p> <p>Skills are performed with some errors Student jumping is getting better.</p> <p>Improvements have been made through refinement of technique.</p>	<p>Limited effort applied or did not participate</p>

**Athletics Unit reflection – How would you rate yourself in each event.**

Name \_\_\_\_\_

Class \_\_\_\_\_

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

My best event was the; \_\_\_\_\_

This is because, \_\_\_\_\_

\_\_\_\_\_

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

1) \_\_\_\_\_

2) \_\_\_\_\_