

NAME: _____

CLASS: _____

ORANGE HIGH SCHOOL



ASSESSMENT TASK NOTIFICATION

Subject	PDHPE
Topic	ATHLETICS
Class Teacher	
Head Teacher	MS DRAY
Date Given	
Date Due	

TASK DESCRIPTION:

Task: Students are to select **ONE event from EITHER A THROWING OR JUMPING EVENT** they have studied and demonstrate their ability to complete the event effectively and successfully. Students are to **analyse their initial technique (first performance of the skill) and improve** through peer collaboration practice and research.

Jumping choices are: Long Jump, High Jump

Throwing choices are: Discus, Javelin, Shot Put

1. With a partner you are to film the first attempt of your chosen event and record your result. You may use a device to film this as part of the assessment.
2. Compare with a high-level athlete or yourself after refinement and improvement. Analyse how the development of technique has led to an improvement of results and justify why you are performing the skill in that particular manner.
3. Identify the initial errors of the performance.

Example of task can be found - https://youtu.be/qRg0g7hcR_s

Task to be submitted via a video with text or audio overlay, or can be accompanied by a written document

*** MAXIMUM LENGTH ONE MINUTE VIDEO or ONE PAGE DOCUMENT**

Upload assessment task to One Note or EDMODO, based on your teacher's direction.

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

Outcomes/Content 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.

Non-completion of Task: Will result in N-Award followed by a zero for task

I _____ have received notification and understand the requirements of the assessment task.

Name _____ Signed: _____ Date: _____

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Grade	Evidence/ Criteria
A	<ul style="list-style-type: none"> • Students critically analyse and evaluate technique and justify changes made in order to improve performance. • Students self-analyse and self-monitor their own performance in order to become more independent in solving training and performance related decision-making problems. • Students are able to consistently communicate how and why errors contribute to the performance. • Thorough and effective feedback is given and acted upon thoughtfully and logically. • Students make appropriate use of technology/methods to conduct technical analyses • and provides specific evidence to reinforce analysis of performance. • Correctly and consistently applies biomechanical principles to identify and justify improvements in performance. • Consistent and correct technique to an outstanding standard in the revised version.
B	<ul style="list-style-type: none"> • Students analyse technique and justify changes made in order to improve performance. • Students critique and self-monitor their own performance in order to become more independent in solving training and performance related decision-making problems. • Students are able to communicate how and why errors contribute to the performance. • Thorough and effective feedback is given and acted upon. • Students make appropriate use of technology/methods to conduct technical analyses • and provides some evidence to reinforce analysis of performance. • Applies some biomechanical principles to identify and justify improvements in performance. • Correct technique to a high standard in the revised version.
C	<ul style="list-style-type: none"> • Students discuss technique and justify some changes made in order to improve performance. • Students briefly communicate how and why errors contribute to the performance. • Some feedback is given and acted upon. • Students make appropriate use of technology/methods to conduct analyses • and provides some evidence of improvement in performance. • Correct technique to a sound standard in the revised version.
D	<ul style="list-style-type: none"> • Students perform technique and give little or no justification of changes made in order to improve performance. • Limited evidence of how and why errors contribute to the performance. • Limited feedback is given and may be acted upon. • Students make appropriate use of technology/methods to conduct analyses. • Correct technique to a basic standard in the revised version.
E	<ul style="list-style-type: none"> • Limited effort applied to task. Incomplete task submitted.

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Athletics Unit Reflection – rate yourself in each event

Event	Excellent  A	Good  B	OK  C	Working towards D	Needs Work E
Long Jump 					
High Jump					
400m					
100 Meters 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) _____