

NAME: \_\_\_\_\_

CLASS: \_\_\_\_\_

# ORANGE HIGH SCHOOL



## ASSESSMENT TASK NOTIFICATION

Subject	PDHPE
Topic	ATHLETICS
Class Teacher	
Head Teacher	MS DRAY
Date Given	Week 5
Date Due	Due Week 10 Monday

### **TASK DESCRIPTION: 15 Marks (25%)**

**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. FILM.** 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. One video between two.
- 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 and *explain* how these may affect performance.

Example of task can be found - [https://youtu.be/qRg0g7hcR\\_s](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 Google Classroom.

- 4. Students will also complete and submit 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 15-13	<ul style="list-style-type: none"> <li>● Students critically analyse and evaluate technique and justify changes made in order to improve performance.</li> <li>● Students self-analyse and self-monitor their own performance in order to become more independent in solving training and performance related decision-making problems.</li> <li>● Students are able to consistently communicate how and why errors contribute to the performance.</li> <li>● Thorough and effective feedback is given and acted upon thoughtfully and logically.</li> <li>● Students make appropriate use of technology/methods to conduct technical analyses and provides specific evidence to reinforce analysis of performance.</li> <li>● Correctly and consistently applies biomechanical principles to identify and justify improvements in performance.</li> <li>● Consistent and correct technique to an outstanding standard in the revised version.</li> <li>● Has completed and evaluated UNIT REFLECTION to a HIGH standard.</li> </ul>
B 12-9	<ul style="list-style-type: none"> <li>● Students analyse technique and justify changes made in order to improve performance.</li> <li>● Students critique and self-monitor their own performance in order to become more independent in solving training and performance related decision-making problems.</li> <li>● Students are able to communicate how and why errors contribute to the performance.</li> <li>● Thorough and effective feedback is given and acted upon.</li> <li>● Students make appropriate use of technology/methods to conduct technical analyses and provides some evidence to reinforce analysis of performance.</li> <li>● Applies some biomechanical principles to identify and justify improvements in performance.</li> <li>● Correct technique to a high standard in the revised version. Has completed and evaluated UNIT REFLECTION to a high standard.</li> </ul>
C 8-6	<ul style="list-style-type: none"> <li>● Students discuss technique and justify some changes made in order to improve performance.</li> <li>● Students briefly communicate how and why errors contribute to the performance.</li> <li>● Some feedback is given and acted upon.</li> <li>● Students make appropriate use of technology/methods to conduct analyses and provides some evidence of improvement in performance.</li> <li>● Correct technique to a sound standard in the revised version.</li> <li>● Has completed and evaluated UNIT REFLECTION to a sound standard.</li> </ul>
D 5-3	<ul style="list-style-type: none"> <li>● Students perform technique and give little or no justification of changes made in order to improve performance.</li> <li>● Limited evidence of how and why errors contribute to the performance.</li> <li>● Limited feedback is given and may be acted upon.</li> <li>● Students make appropriate use of technology/methods to conduct analyses.</li> <li>● Correct technique to a basic standard in the revised version. Has completed and evaluated UNIT REFLECTION to a basic or incomplete standard.</li> </ul>
E 2-1	<ul style="list-style-type: none"> <li>● Limited effort applied to task. Incomplete task submitted.</li> </ul>

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**Athletics Unit Reflection – rate yourself in each event**

<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</b> <b>1500m</b> <b>(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, technique is important, you need to remember to do the following things:

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

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