



ORANGE HIGH SCHOOL

ASSESSMENT TASK NOTIFICATION

Subject	PDHPE
Topic	ATHLETICS
Class Teacher	
Head Teacher	MS DRAY
Date Given	Week 6
Date Due	Due Week 10

TASK DESCRIPTION: 15 Marks (25%)

Task: Students are to select **ONE EVENT, 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.
4. Students will also complete and submit a **self-evaluation and reflection** for each event they practised throughout the Athletics Unit.

Example of task can be found - https://youtu.be/gRg0g7hcR_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.

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: _____

MARKING CRITERIA

Grade	Evidence/ Criteria
A 13-15	<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. • Has completed and evaluated UNIT REFLECTION to a HIGH standard.
B 9-12	<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. • Has completed and evaluated UNIT REFLECTION to a high standard.
C 6-8	<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. • Has completed and evaluated UNIT REFLECTION to a sound standard.
D 3-5	<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. • Has completed and evaluated UNIT REFLECTION to a basic or incomplete standard.
E 1-2	<ul style="list-style-type: none"> • Limited effort applied to the task. • Incomplete task submitted.

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) _____