

***Morisset High School***

**PDHPE Faculty: Year 9 Fitness Assessment Task Schedule 2016**

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| **Syllabus**  **Components:**  **Areas Of Study**  **🡫** | **Assessment**  **Weighting**  **🡫** | **Task 1:**  Fitness Testing profile analysis  Week3 Term 2 | **Task 2**:  Designing and running a group training session  Week 5 Term 3 | **Task 3**:  Practical Assessment  **Date:**  Term 1,2,3,4  Week 9 (accumulative) | **Task 4**:  **Yearly Exam**  **Week 4 Term 4** |
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| Physical Fitness | **15%** | 1.2,.1.2, 4.1, 4.2, 4.3, 4.4 |  |  |  |
| Physical activity for Health | **15%** |  | 1.1, 1.2, 4.1, 4.2, 4.3, 4.4 |  |  |
| Movement Skill and Performance | **50%** |  |  | 3.1, 3.2, 4.1, 4.3 |  |
| Nutrition and Physical Activity | **20%** |  |  |  | 1.1, 1.2, 4.1, 4.2, 4.3, 4.4 |
| **Marks** | **100%** |  |  |  |  |

**Outcomes:**

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| **Objectives** | **Syllabus Outcomes/ Syllabus Groupings** |
| - develop a foundation for efficient and enjoyable participation and performance in physical activity and sport | 1.1 discusses factors that limit and enhance the capacity to move and perform  1.2 analyses the benefits of participation and performance in physical activity and sport |
| - develop knowledge and understanding about the contribution of physical activity and sport to individual, community and societal wellbeing | 2.1 discusses the nature and impact of historical and contemporary issues in physical activity and sport  2.2 analyses physical activity and sport from personal, social and cultural perspectives |
| - enhance the participation and performance of themselves and others in physical activity and sport | 3.1 demonstrates actions and strategies that contribute to enjoyable participation and skilful performance  3.2 evaluates the characteristics of enjoyable participation and quality performance in physical activity and sport |
| 1. develop the personal skills to participate in physical activity and sport with confidence and enjoyment | 4.1 works collaboratively with others to enhance participation, enjoyment and performance  4.2 displays management and planning skills to achieve personal and group goals  4.3 performs movement skills with increasing proficiency  4.4 analyses and appraises information, opinions and observations to inform physical activity and sport decisions. |