SAMPLE ASSESSMENT OUTLINE

HEALTH, PHYSICAL AND OUTDOOR EDUCATION
FOUNDATION YEAR 12
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### Sample assessment outline

#### Health, Physical and Outdoor Education – Foundation Year 12

Unit 3 and Unit 4

<table>
<thead>
<tr>
<th>Assessment type</th>
<th>Assessment type weighting</th>
<th>Assessment task weighting</th>
<th>Submission date</th>
<th>Assessment task</th>
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</thead>
</table>
| Performance     | 45%                       | 10%                       | Week 10         | Task 2: Team games and sports 2 – E12.10  
Individual skills and tactics in soccer |
|                 |                           | 5%                        | Week 11         | Task 3: Coaching 2 – E12.1  
Lead the group in a coaching session of a skill in a selected sport |
|                 |                           | 10%                       | Week 15         | Task 5: Team games and sports 2 – E12.10  
Individual skills and tactics in netball |
|                 |                           | 20%                       | Week 30         | Task 9: Outdoor adventure activities: skills and techniques 2 – E12.9  
Practical assessment of mountain biking skills |
| Project         | 20%                       | 7.5%                      | Week 5          | Task 1: Healthy lifestyles – C12.1  
Analysis of personal dietary intake and activity levels |
|                 |                           | 5%                        | Week 24         | Task 8: Actions to improve health – E12.4  
Investigation and research into a health issue |
|                 |                           | 7.5%                      | Week 21         | Task 7: Health promotion – C12.2  
Planning a campaign to improve the health of the community |
| Response        | 20%                       | 10%                       | Week 15         | Task 6: Management of sporting injuries – E12.6  
Topic test |
|                 |                           | 10%                       | Week 30         | Task 10: Minimising environmental impact – E12.7  
Topic test |
| Externally set task | 15%                  | 15%                       | Week 14         | Task 4: A written task of one hour duration developed by the SCSA based on content from the Unit 3 core module – Healthy Lifestyles |
| **Total**       | **100%**                  | **100%**                  |                 |                 |