**Sample Assessment Outline**

Health, Physical and Outdoor Education

Foundation Year 11

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# Sample assessment outline

# Health, Physical and Outdoor Education – Foundation Year 11

## Unit 1 and Unit 2

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Assessment  type** | **Assessment  type weighting** | Unit 1  Assessment  task weighting | Unit 2  Assessment  task weighting | **Submission  date** | **Assessment task** |
| Performance | 50%  (50–60%) | 20% |  | Week 15 | Task 6: Team games and sports – E11.7  Individual skills and tactics in basketball |
| 5% |  | Week 11 | Task 4: Coaching – E11.3  Lead the group in a warm-up session for activity |
|  | 10% | Week 23 | Task 9: Individual games and sports – E11.6  Practical assessment of students’ badminton skills |
|  | 10% | Week 30 | Task 13: Individual games and sports – E11.6  Practical assessment of students’ tennis skills |
|  | 5% | Week 24 | Task 10: Officiating – E11.8  Practical assessment of students’ officiating skills |
| Project | 30%  (20–30%) | 10% |  | Week 3 | Task 1: Fitness for health – C11.1  Design of a training program |
| 5% |  | Week 8 | Task 3: Coaching – E11.3  Design of a basic coaching session |
|  | 5% | Week 20 | Task 7: Consumer health – C11.2  Research of a health related website |
|  | 10% | Week 30 | Task 12: First aid – E11.5  Response to an emergency situation |
| Response | 20%  (10–20%) | 5% |  | Week 5 | Task 2: Fitness for health – C11.1  Topic test on components of fitness and FITT principle |
| 5% |  | Week 12 | Task 5: Coaching – E11.3  Test on skills and responsibilities of an effective coach |
|  | 5% | Week 20 | Task 8: Consumer health – C11.2  Research of a health related website |
|  | 5% | Week 24 | Task 11: Officiating – E11.8  Characteristics of an effective official |
| Total | 100% | 50% | 50% |  | |