**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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Assessment  type** | **Assessment  type weighting** | Assessment  task weighting | **Submission  date** | **Assessment task** |
| 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% |  | |