



ASSESSMENT OUTLINE
PHYSICAL EDUCATION STUDIES – GENERAL YEAR 11: 2022
UNIT 1 AND UNIT 2



Assessment type	Assessment type weighting	Assessment task weighting	When/due date/ start and submission date	Assessment task	Syllabus content
Practical	50%	12.5%	Term 1 Week 9	Task 2: Skill performance (Volleyball)	Developing physical skills and tactics: <ul style="list-style-type: none"> • Develop and apply basic movement skills, patterns and techniques • Basic classifications of physical activity
		12.5%	Term 2 Week 4	Task 3: Game performance (Volleyball)	Developing physical skills and tactics: <ul style="list-style-type: none"> • Develop and apply basic movement skills, patterns and techniques • Definitions of strategy and tactic • Basic classifications of physical activity • Identify and develop basic tactical concepts • Identify and apply solutions to selected tactical problems
		12.5%	Term 3 Week 4	Task 5: Skill performance (Basketball)	Developing physical skills and tactics: <ul style="list-style-type: none"> • Develop and apply basic movement skills, patterns and techniques • Basic classifications of physical activity



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		12.5%	Term 3 Week 9	Task 7: Game performance (Basketball)	<p>Developing physical skills and tactics:</p> <ul style="list-style-type: none"> • Develop and apply basic movement skills, patterns, and techniques • Definitions of strategy and tactic • Basic classifications of physical activity • Identify and develop basic tactical concepts • Identify and apply solutions to selected tactical problems
Investigation	25%	12.5%	Term 2 Week 9	Task 4: Fitness testing (exercise physiology)	<p>Exercise physiology:</p> <ul style="list-style-type: none"> • Immediate responses of the circulatory system to physical activity • Responses of the respiratory system to physical activity • Definitions and features of the energy systems • Components of health-related fitness <p>Components of a performance-related fitness profile</p>
		12.5%	Term 3 Week 7	Task 7: Skill observation and analysis	<p>Motor learning and coaching:</p> <ul style="list-style-type: none"> • Explain the relationship between components of performance-related fitness and skill development in terms of balance, speed, strength, and flexibility



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					<ul style="list-style-type: none">• Characteristics of warm-up and cool down Simple tests to measure fitness components
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Response	25%	7.5%	Term 1 Week 9	Task 1: Topic test	<p>Functional anatomy (Bones and movement, Muscles, Circulatory, Respiratory):</p> <ul style="list-style-type: none"> • Five major functions of bones • Four bone classifications • Major bones that assist with skeletal movement • Basic structure and function of tendons and ligaments • Basic terminology used to describe types of movements • Basic structure and function of tendons and ligaments • Basic terminology used to describe types of movements • Types of muscles • Major skeletal muscles that assist with movement • Basic structure and function of tendons and ligaments • Body types (somatotypes) and their suitability to specific sports • Basic structure and function of the circulatory system • Basic structure and function of the respiratory system
		7.5%	Term 3 Week 4	Task 6: Topic test	<p>Motor learning and coaching:</p> <ul style="list-style-type: none"> • Explain the relationship between components of performance-related fitness and skill development in



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					terms of balance, speed, strength, and flexibility • Characteristics of warm-up and cool down • Simple tests to measure fitness components
		10%	Term 4 TBC	Task 9: End of year examination	Motor learning and coaching; functional anatomy; sports psychology; exercise physiology; Biomechanics.
Total	100%	100%			

PLEASE NOTE: ASSESSMENT DATES MAY CHANGE DUE TO SCHOOL COMMITMENTS AND CHANGES TO THE SCHOOL CALENDAR