



Gorokan High School
Year 11 Assessment Schedule 2025
Sport, Lifestyle and Recreation

Task number	Task 1	Task 2	Task 3	
Name of Task	Fitness Task	Peer Coaching Task	Yearly Examination	
Task Due	Term 1, Week 5-10	Term 2, Week 7	Term 3, Weeks 9/10	
Outcomes assessed	1.2, 2.1, 2.2, 3.3	2.1, 2.3, 3.2, 4.1, 4.2	1.1, 1.2, 2.1, 2.2, 2.5, 3.1	
Components	Task Weighting %			
Knowledge and Understanding	15	15	20	50
Skills	15	15	20	50
Total %	30	30	40	100

Course Outcomes:

- 1.1 : applies the rules and conventions that relate to participation in a range of physical activities
- 1.2: explains the relationship between physical activity, fitness and healthy lifestyle
- 1.3: demonstrates ways to enhance safety in physical activity
- 1.4: investigates and interprets the patterns of participation in sport and physical activity in Australia
- 1.5: critically analyses the factors affecting lifestyle balance and their impact on health status
- 1.6: describes administrative procedures that support successful performance outcomes
- 2.1: explains the principles of skill development and training
- 2.2: analyses the fitness requirements of specific activities
- 2.3: selects and participates in physical activities that meet individual needs, interests and abilities
- 2.4: describes how societal influences impact on the nature of sport in Australia
- 2.5: describes the relationship between anatomy, physiology and performance
- 3.1 : selects appropriate strategies and tactics for success in a range of movement contexts
- 3.2: designs programs that respond to performance needs
- 3.3: measures and evaluates physical performance capacity
- 3.4: composes, performs and appraises movement
- 3.5: analyses personal health practices
- 3.6: assesses and responds appropriately to emergency care situations
- 3.7: analyses the impact of professionalism in sport
- 4.1: plans strategies to achieve performance goal
- 4.2: demonstrates leadership skills and a capacity to work cooperatively in movement context
- 4.3: makes strategic plans to overcome the barriers to personal and community health
- 4.4: demonstrates competence and confidence in movement contexts
- 4.5: recognises the skills and abilities required to adopt roles that support health, safety and physical activity