

Assessment Task Notification

RESPECT | RESPONSIBILITY | PERSONAL BEST



Faculty: PDHPE	Course: PDHPE	Time allowed: 2 weeks
Teacher: Mr. S. Glachan		Email: sean.glachan1@det.nsw.edu.au
Task number: 2	Title: Fundamental Movement Skills	
Year: 7	Due date: Term 1, Weeks 7-10	Weighting: 25%

Syllabus outcomes assessed:

Outcome Code	Syllabus Outcome Statement(s)
PD4-4	refines, applies and transfers movement skills in a variety of dynamic physical activity contexts
PD4-10	applies and refines interpersonal skills to assist themselves and others to interact respectfully and promote inclusion in a variety of groups or contexts
PD4-11	demonstrates how movement skills and concepts can be adapted and transferred to enhance and perform movement sequences

21st Century and employment related skills:

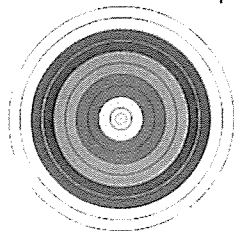
<input type="checkbox"/>	Communication	<input checked="" type="checkbox"/>	Use of technology
<input type="checkbox"/>	Critical Thinking	<input checked="" type="checkbox"/>	Self-reflection and refinement
<input checked="" type="checkbox"/>	Creativity	<input type="checkbox"/>	Problem Solving
<input type="checkbox"/>	Collaboration	<input type="checkbox"/>	Initiative and Enterprise
<input checked="" type="checkbox"/>	Planning and Organising	<input checked="" type="checkbox"/>	Cross-Cultural Understanding

Task description:

In this task, students will be required to complete a range of fundamental movement skills. Students will be assessed on the technique and accuracy of their kicking, throwing, hitting and catching skills.

Students are required to complete the following in their PDHPE practical lessons in weeks 7-10;

- **Kicking Left Foot** – you will be required to kick a soccer ball between a fixed target (2m wide) from a 10m distance. You will perform the task 5 times
- **Kicking Right Foot** – you will be required to kick a soccer ball between a fixed target (2m wide) from a 10m distance. You will perform the task 5 times.
- **Throwing Dominant Hand** – you will be required to throw a tennis ball at a fixed circular target from a 5m distance. You will perform the task 10 times. You must use an overarm throwing technique.



- 5 points yellow inner circle
- 4 points red circle
- 3 points blue circle
- 2 points black
- 1 point white outer circle

- **Hitting** – you will be required to hit a tennis ball with a racquet at a fixed target (2m x 2m) from a 10m distance. You will perform the task 5 times.
- **Catching** – you will be required to attempt to catch a tennis ball thrown by a PDHPE teacher from a distance of 5m. You will attempt to catch 5 throws. The ball will be thrown randomly to each of the following areas; left side of body, right side of body, above head height, chest height and below chest height.

Assessment criteria:

You will be assessed on your ability to perform fundamental movement skills in a variety of contexts by utilising correct technique and scoring through a point system.

Method of task submission:

Students will be assessed throughout their PDHPE Practical Lessons in weeks 7-10.

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Component 4: Hitting

5 Outstanding	Demonstrates outstanding technique (all) and ability to utilise and refine object control skills with accuracy hitting 5 tennis balls.	Technique for hitting a ball <ul style="list-style-type: none"> • Get in correct body position by being side on with shoulders approximately 90 degrees to target, opposite arm across your body, head straight, level and eyes on the ball • Correct weight transfer when hitting ball including hip & shoulder rotation and following through towards the target • Clean strike of the ball with the racquet following through over opposite shoulder
4 High	Demonstrates high technique (2-3) and effective ability to apply object control skills with hitting 4 tennis balls.	
3 Sound	Demonstrates sound technique (2) and ability to apply object control skills hitting 3 tennis balls.	
2 Basic	Demonstrates basic technique (1-2) and ability to apply object control skills hitting 2 tennis balls.	
1 Limited	Demonstrates limited technique (1) and ability to apply object control skills hitting 1 tennis ball.	
0 Non-Attempt or Not Yet Developed	Did not make a serious attempt and/or is unable to demonstrate technique or ability to apply object control skills when attempting to hit a tennis ball.	

Component 5: Catching

5 Outstanding	Demonstrates outstanding technique (all) and catches and controls all 5 throws with hands only.	Technique for catching a ball <ul style="list-style-type: none"> • Get in correct body position by being square with target • Eyes focused on the ball throughout the catch • Feet move to place body in line with the ball • Hands move to meet the object. • Catch and control ball with soft hands and elbows bent
4 High	Demonstrates high technique (4) and catches and controls 4 throws with hands only.	
3 Sound	Demonstrates sound technique (3) and catches and controls 3 throws with hands only.	
2 Basic	Demonstrates basic technique (2) and catches and controls 2 throws with hands only.	
1 Limited	Demonstrates limited technique (1) and catches and controls 1 throw with hands only.	
0 Non-Attempt or Not Yet Developed	Did not make a serious attempt and/or is unable to demonstrate any technique and does not catch or control any of the thrown balls.	

Teacher Comment:

TOTAL MARK