



## SAMPLE ASSESSMENT OUTLINE

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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	<b>Task 2: Team games and sports 2 – E12.10</b> Individual skills and tactics in soccer
		5%	Week 11	<b>Task 3: Coaching 2 – E12.1</b> Lead the group in a coaching session of a skill in a selected sport
		10%	Week 15	<b>Task 5: Team games and sports 2 – E12.10</b> Individual skills and tactics in netball
		20%	Week 30	<b>Task 9: Outdoor adventure activities: skills and techniques 2 – E12.9</b> Practical assessment of mountain biking skills
Project	20%	7.5%	Week 5	<b>Task 1: Healthy lifestyles – C12.1</b> Analysis of personal dietary intake and activity levels
		5%	Week 24	<b>Task 8: Actions to improve health – E12.4</b> Investigation and research into a health issue
		7.5%	Week 21	<b>Task 7: Health promotion – C12.2</b> Planning a campaign to improve the health of the community
Response	20%	10%	Week 15	<b>Task 6: Management of sporting injuries – E12.6</b> Topic test
		10%	Week 30	<b>Task 10: Minimising environmental impact – E12.7</b> Topic test
Externally set task	15%	15%	Week 14	<b>Task 4:</b> A written task of one hour duration developed by the SCSA based on content from the Unit 3 core module – Healthy Lifestyles
<b>Total</b>	<b>100%</b>	<b>100%</b>		