



## SAMPLE ASSESSMENT OUTLINE

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HEALTH, PHYSICAL AND OUTDOOR EDUCATION  
FOUNDATION YEAR 11

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Any resources such as texts, websites and so on that may be referred to in this document are provided as examples of resources that teachers can use to support their learning programs. Their inclusion does not imply that they are mandatory or that they are the only resources relevant to the course.

## Sample assessment outline

### Health, Physical and Outdoor Education – Foundation Year 11

#### Unit 1 and Unit 2

Assessment type	Assessment type weighting	Unit 1 Assessment task weighting	Unit 2 Assessment task weighting	Submission date	Assessment task
Performance	50% (50–60%)	20%		Week 15	<b>Task 6: Team games and sports – E11.7</b> Individual skills and tactics in basketball
		5%		Week 11	<b>Task 4: Coaching – E11.3</b> Lead the group in a warm-up session for activity
			10%	Week 23	<b>Task 9: Individual games and sports – E11.6</b> Practical assessment of students' badminton skills
			10%	Week 30	<b>Task 13: Individual games and sports – E11.6</b> Practical assessment of students' tennis skills
			5%	Week 24	<b>Task 10: Officiating – E11.8</b> Practical assessment of students' officiating skills
Project	30% (20–30%)	10%		Week 3	<b>Task 1: Fitness for health – C11.1</b> Design of a training program
		5%		Week 8	<b>Task 3: Coaching – E11.3</b> Design of a basic coaching session
			5%	Week 20	<b>Task 7: Consumer health – C11.2</b> Research of a health related website
			10%	Week 30	<b>Task 12: First aid – E11.5</b> Response to an emergency situation
Response	20% (10–20%)	5%		Week 5	<b>Task 2: Fitness for health – C11.1</b> Topic test on components of fitness and FITT principle
		5%		Week 12	<b>Task 5: Coaching – E11.3</b> Test on skills and responsibilities of an effective coach
			5%	Week 20	<b>Task 8: Consumer health – C11.2</b> Research of a health related website
			5%	Week 24	<b>Task 11: Officiating – E11.8</b> Characteristics of an effective official
<b>Total</b>	<b>100%</b>	<b>50%</b>	<b>50%</b>		