



# MOUNT ANNAN HIGH SCHOOL

## ASSESSMENT TASK NOTIFICATION

<b>FACULTY</b>	PDHPE	<b>COURSE</b>	Sport, Lifestyle and Recreation	<b>YEAR</b>	11
<b>TASK NUMBER</b>	1	<b>TASK NAME</b>	Athletics - Video and Performance Review		
<b>TASK WEIGHT</b>	30%	<b>MARKS AWARDED</b>	25		
<b>DATE OF NOTIFICATION</b>					
<b>DUE DATE</b>					

### TASK DESCRIPTION / INSTRUCTIONS

#### Part 1

**(Part 1) Video** (Video should be approximately 2 minutes in length)

Devise an instructional video on a track or field event of choice. Time will be provided in class to complete. Your video should outline the following:

1. Introduction and explanation of the event
2. 1 x Warm up activity (specific to the event)
3. 1 x Training drill
4. Explanation and demonstration of correct techniques required

#### Part 2

**(Part 2) Practical Participation Component**

Preparation and participation to the best of your ability during practical lessons. Record keeping of scores for each athletic event. Using results to determine what scores you would have achieved against the world records using the template provided.

**(Part 3) Performance Review**

Identify your best 2 events from the term and **Outline** reasons why you had success (1 paragraph per event). Your answer should include *body shape and somatotypes, previous experience, cross over skills from other sports, training and technological advancements (i.e. clothing, footwear etc)*

### TASK SUBMISSION INSTRUCTIONS

Students will submit Parts 1 and 3 via Google Classroom.

Part 2 will be based on attendance and practical participation records during practical lessons.

Students will be given an event template to record their own results in and should be responsible for bringing this to each practical lesson.

***Students should remember the procedures relating to the 'All my own work' seminars and should not copy information directly from the internet or another source.***

### HOW DOES THIS TASK LINK TO MY LEARNING

- Participation and analysis of athletics track and field events
- Students have learnt about what makes a successful athlete and how each individual is tailored to a different event



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### OUTCOMES

- 1.1 applies the rules and conventions that relate to participation in a range of physical activities
- 1.3 demonstrates ways to enhance safety in physical activity
- 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
- 2.5 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 design programs that respond to performance needs
- 3.3 measures and evaluates physical performance capacity
- 4.4 demonstrates competence and confidence in movement contexts

### FAILURE TO COMPLETE OR SUBMIT AN ASSESSMENT TASK

If you do not attend school on the Due Date of an Assessment Task to submit or complete the task in person you will be given a zero mark unless you comply with the following Assessment Guidelines:

- For Assessment Task completed at home – you must submit the assessment task before school on the next day you attend.
- For Assessment Tasks completed at school – you must report to the relevant Head Teacher before school the next day you attend and discuss when you will complete task missed or a substitute task.
- Complete a 'Misadventure Form' and provide relevant information and evidence to appeal the **zero-mark** awarded. Other circumstances are outlined in the MAHS Assessment Booklet for the particular year. Evidence may include an in person medical certificate for illness or a letter outlining extenuating circumstances or other deemed reasonable reasons. An outcome of your 'Misadventure Form' will be provided by the Deputy Principal.

Students found guilty of **malpractice** which includes plagiarism will be awarded a **zero mark**. If a piece of work is incomplete at the time of submission, it should be submitted as is, and you will be given a mark on what has been completed.

As per our school Assessment Procedures outlined in the MAHS Assessment Booklet for the particular year, you must see your teacher and Head Teacher on the **first day you return** back to school. Please access our school website to access our assessment procedures for each year group and a 'misadventure form' - <https://mountannan-h.schools.nsw.gov.au/community/assessment-schedules.html>



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### Part 1 – Video

Performance Descriptors	
<b>A</b> 9-10	<ul style="list-style-type: none"><li>● Student presents an instructional video that correctly and comprehensively covers all elements in the question</li><li>● Includes introduction, warm up, training drill and demonstrations with explanations</li><li>● Video has clearly defined segments allowing each element to be recognised easily</li></ul>
<b>B</b> 7-8	<ul style="list-style-type: none"><li>● Student presents an instructional video that correctly covers all elements in the question</li><li>● Includes introduction, warm up, training drill and demonstrations with some explanations</li><li>● Video has defined segments allowing each element to be recognised easily</li><li>● Students voice was clear and easily understood.</li></ul>
<b>C</b> 5-6	<ul style="list-style-type: none"><li>● Student presents an instructional video that correctly covers some elements in the question</li><li>● Includes introduction, warm up, training drill and demonstrations</li><li>● Video has some defined segments allowing each element to be recognised easily</li><li>● Students voice was clear and easily understood.</li></ul>
<b>D</b> 3-4	<ul style="list-style-type: none"><li>● Student presents an instructional video that covers some elements of the question</li><li>● Includes some elements of; introduction, warm up, training drill and demonstrations</li><li>● Video has no defined sections</li></ul>
<b>E</b> 1-2	<ul style="list-style-type: none"><li>● Students completed the video but failed to meet all the elements of the question</li><li>● Video is short, lacked depth</li><li>● Minimal effort was displayed</li></ul>
<b>0</b>	<ul style="list-style-type: none"><li>● Non-Attempt</li><li>● Failure to submit task on time</li></ul>

### TEACHER FEEDBACK

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### Part 2- Athletics Participation

Performance Descriptors	
<b>A</b> <b>5</b>	<ul style="list-style-type: none"><li>● Student scores between 2000 and 2500 points</li><li>● Student participates to the best of their ability in all practical lessons</li><li>● Student is always changed with correct equipment for practical</li></ul>
<b>B</b> <b>4</b>	<ul style="list-style-type: none"><li>● Student scores between 1500 and 1999 points</li><li>● Student regularly participates in practical lessons</li><li>● Student always gets changed for practical lessons</li></ul>
<b>C</b> <b>3</b>	<ul style="list-style-type: none"><li>● Student scores between 1000 and 1499 points</li><li>● Student usually is an active participant in practical</li><li>● Students usually gets changed for practical lessons</li></ul>
<b>D</b> <b>2</b>	<ul style="list-style-type: none"><li>● Students' scores between 500 and 999 points</li><li>● Student rarely participates</li><li>● Student rarely gets changed for practical</li></ul>
<b>E</b> <b>1</b>	<ul style="list-style-type: none"><li>● Student scores between 0 and 499 points</li><li>● Student never participates</li><li>● Student never gets changed for practical</li></ul>
<b>0</b>	<ul style="list-style-type: none"><li>● Non-Attempt</li><li>● Failure to submit task on time</li></ul>

### Teacher Feedback

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### Part 3 – Performance Review

Performance Descriptors	
<b>A</b> 9-10	<ul style="list-style-type: none"><li>● Demonstrates an excellent understanding of the athletic events chosen</li><li>● Student clearly identifies and outlines their 2 best events and reasons why they had success e.g. body shape and somatotypes, previous experiences, cross over skills from other sports, training, personality traits and advanced equipment.</li><li>● Use of headings and in excess of 150 words per paragraph</li></ul>
<b>B</b> 7-8	<ul style="list-style-type: none"><li>● Demonstrates a thorough understanding of the athletic events chosen</li><li>● Student identifies and outlines their 2 best events and reasons why they had success e.g. body shape and somatotypes, previous experiences, cross over skills from other sports, training, personality traits and advanced equipment.</li><li>● Use of headings and 100-150 words per paragraph</li></ul>
<b>C</b> 5-6	<ul style="list-style-type: none"><li>● Demonstrates a sound understanding of the athletic events chosen</li><li>● Student identifies 1-2 of their best events and reasons why they had success e.g. body shape and somatotypes, previous experiences, cross over skills from other sports, training, personality traits and advanced equipment.</li><li>● Use of headings and less than 100 words</li></ul>
<b>D</b> 3-4	<ul style="list-style-type: none"><li>● Demonstrates a basic understanding of the athletic events chosen</li><li>● Student identifies only 1 of their best events and provide little reasoning as to their success e.g. body shape and somatotypes, previous experiences, cross over skills from other sports, training, personality traits and advanced equipment.</li><li>● Less than 100 words</li></ul>
<b>E</b> 1-2	<ul style="list-style-type: none"><li>● Demonstrates a limited understanding of the athletic events chosen</li><li>● Student identifies only 1 of their best events and provide limited/no reason why they had success e.g. body shape and somatotypes, previous experiences, cross over skills from other sports, training, personality traits and advanced equipment.</li><li>● Less than 100 words</li></ul>
<b>0</b>	<ul style="list-style-type: none"><li>● Non-Attempt</li><li>● Failure to submit task on time</li></ul>

### TEACHER FEEDBACK

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