



Chester Hill High School

Strength in Unity, Excellence in Education

Assessment Task PDHPE – Year 10

Course:	PD/H/PE	Year:	10
Topic:	Healthy Lifestyles and Lifelong Physical Activity		
Assessment Name:	Topic Test		
DATE DUE:	Term 2, Week 10	Total Mark/Weighting	10%
STUDENT NAME:			
Progress Check FEEDBACK	<input type="checkbox"/> Use more figurative language <input type="checkbox"/> Watch punctuation <input type="checkbox"/> Complete section <input type="checkbox"/> Look at your headings and setting out <input type="checkbox"/> You must acknowledge sources <input type="checkbox"/> Etc.		
Progress Check Date:		Marks	

I certify that

- This assignment is my own work, based on my personal study and/or research.
- I have **acknowledged all material and sources used in the preparation** of this assignment in a **reference list**.
- Submitted assignments based on group work are not the same as other students' work.
- I have not plagiarised (copied) in part, or in whole the work of other students.
- I have read and I understand the success criteria used for this assessment
- **I have kept a copy of my assignment and the receipt.**
- I understand that a copy of my assignment may be kept and used to make comparisons with other assignments in the future.

Student's Signature: Date:



Assessment Task Student Receipt

(This receipt should be kept as proof of assessment submission)

FAMILY NAME:	GIVEN NAME:
TEACHER:	CLASS:
DATE DUE:	DATE SUBMITTED:
TITLE OF TASK:	TEACHER'S SIGNATURE:

Task Information

Important idea(s) being explored:	Planning, implementing and modifying sports to cater for specific groups in Australian society and the management skills needed to organise sporting events.
Skills, Knowledge and understanding being demonstrated:	<ul style="list-style-type: none"> • Enhance their sense of self, improve their capacity to manage challenging circumstances and develop caring and respectful relationships • Take actions to protect, promote and restore individual and community health • Participate in and promote enjoyable lifelong physical activity
Task Requirements:	<p>You will complete an examination that tests the skills and knowledge you have developed throughout Semester One, Year 10 PDHPE. The examination will contain a range of questions including multiple choice, true/false and short answer questions. The examination will be completed online as directed by your teacher.</p> <p>To prepare for this exam you should review the Semester One topics:</p> <ul style="list-style-type: none"> • Healthy Lifestyles • Lifelong Physical Activity
Syllabus Outcomes:	<p>5.1 A student analyses how they can support their own and others' sense of self.</p> <p>5.7 A student analyses influences on health decision-making and develops strategies to promote health and safe behaviours.</p> <p>5.8 A student critically analyses health information, products and services to promote health.</p> <p>5.9 A student formulates goals and applies strategies to enhance lifelong physical activity</p>

Feedback from student about task:

I spent _____ hours working on this task.

The hardest part of this task was _____

The easiest was _____

What I have enjoyed most about learning in **PDHPE** is _____

Learning in **PDHPE** could be improved if:

Dear teacher, I need help in the following areas:

Success Criteria

Elements	Specific Criteria	Mark /Grade				
		A	B	C	D	E
Understands the big idea(s)	Interprets, describes and demonstrates knowledge of the benefits of a healthy lifestyle and lifelong physical activity					
Literacy / Numeracy skills assessed	Appropriate use of critical literacy					
	Appropriate use of terminology associated with healthy lifestyles and lifelong physical activity					
Processes	Answers a series of multiple choice, true/false, short answer and cloze passage questions relating to healthy lifestyles and physical activity					
Demonstrates Skills	Describes a variety of terms relating to healthy lifestyles and physical activity					
Knowledge	Interprets a range of scenarios and close passages relating to healthy lifestyles and physical activity					
Understanding						

FEEDBACK from Teacher:

Completion of assessment during allocated class time. Excellent Moderate Limited

Teacher Signature		Mark	
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