

**COONABARABRAN HIGH SCHOOL
ASSESSMENT TASK NOTIFICATION
PDHPE
STAGE 6 YEAR: 11**



Task Number:	Two	Task Value:	30%
Subject:	PDHPE	Unit/Topic:	Core 2- The body in motion
Date received:	Week 8, Term 2	Date Due:	Week 10, Term 2 4/7/24 Draft 27/6/24

Syllabus Outcomes Addressed:

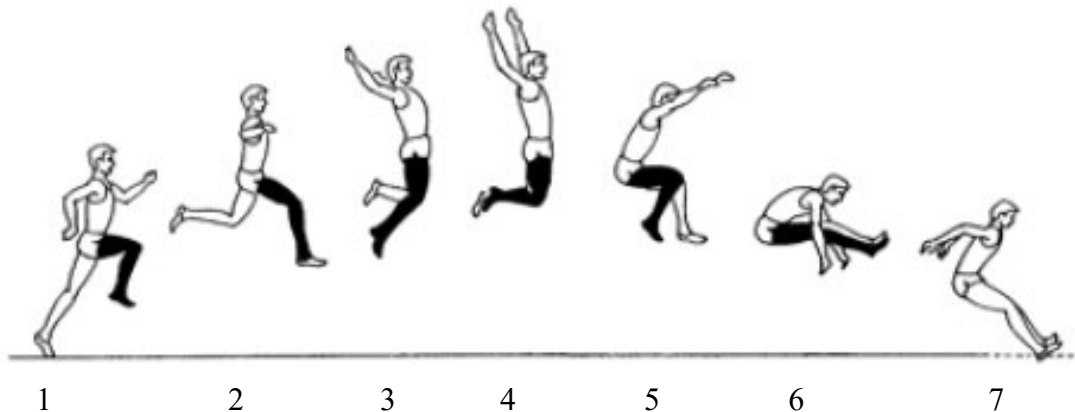
- P7 explains how body systems influence the way the body moves
- P9 describes biomechanical factors that influence the efficiency of the body in motion
- P16 uses a range of sources to draw conclusions about health and physical activity concepts
- P17 analyses factors influencing movement and patterns of participation

Assessment Policy:

- This is a compulsory assessment task.
- If a student absent, due to illness or misadventure from a task or the day a task is due, they must provide a valid evidence, e.g. doctors certificate.
- For planned absences, students must arrange an extension form (green) and hand it to your class teacher prior to the due date of the task.
- Failure to do this may result in a mark of zero being recorded.

Task:

Part A- Student need to complete the table that outlines the major muscles, bones, agonist, antagonist, joint type and joint movements of the long jumper below. **This is to be handed in on the day of the in-class assessment.**



- From the picture above, students need to analyse the actions of the long jumper.
- Analyse the movement of the right leg at the knee between numbers 5 and 6. Secondly analyse the movement between the right arm at the elbow between numbers 6 and 7.

Part B-This is an in-class assessment that will comprise of 3 exam style questions on the following areas of the syllabus;

- aerobic and anaerobic training
 - FITT principle

- circulatory system
 - components of blood
 - structure and function of the heart, arteries, veins, capillaries
 - pulmonary and systemic circulation
 - blood pressure.
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- health-related components of physical fitness
 - cardiorespiratory endurance
 - muscular strength
 - muscular endurance
 - flexibility
 - body composition

- skill-related components of physical fitness
 - power
 - speed
 - agility
 - coordination
 - balance
 - reaction time

Students may bring in one A4 double sided page of notes to assist in their assessment. NOTES MUST BE HAND WRITTEN.

Part A- Assessment Criteria

- Analyse a range of movements and name the bones involved and the joint action, muscles involved, muscle action and type of contraction.
- Identify the location of the major muscles and groups listed and analyses the joint action each is involved in.
- Identifies the relevant components affecting joint function and stability and describes in detail their function.

Marking Criteria:

(A)

Breakdown of Assessment Task	Mark
<ul style="list-style-type: none">● Displays an extensive understanding of the function of the various tissues and structures in relation to movement patterns.● Shows extensive knowledge and understanding of the relationship between different structures associated with movement.● Displays extensive knowledge of movement patterns of joints and the characteristics that allow for that particular movement.	15-20
<ul style="list-style-type: none">● Displays a thorough understanding of the function of the various tissues and structures in relation to movement patterns.● Shows thorough knowledge and understanding of the relationship between different structures associated with movement.● Displays thorough knowledge of movement patterns of joints and the characteristics that allow for that particular movement.	10-14
<ul style="list-style-type: none">● Displays a sound understanding of the function of the various tissues and structures in relation to movement patterns.● Shows sound knowledge and understanding of the relationship between different structures associated with movement.● Displays sound knowledge of movement patterns of joints and the characteristics that allow for that particular movement.	5-10

- Displays a limited understanding of the function of the various tissues and structures in relation to movement patterns.
- Shows limited knowledge and understanding of the relationship between different structures associated with movement.
- Displays limited knowledge of movement patterns of joints and the characteristics that allow for that particular movement.

0-4