

ASSESSMENT GRID: YEAR 10 PDHPE 2025

Assessment Task	AT 1	AT 2	AT 3	AT 4	
	Term 1 Week 9A Friday, 28 March 2025 In Class	Term 1 Week 11A Friday, 11 April 2025 In Class	Term 3 Week 5A Monday, 26 May 2025 In Class	Term 4 Week 2B As per examination timetable Examination	
Outline / Description	THE HEALTH OF YOUNG PEOPLE In class written responses based on the content covered in PDH lessons	PROBLEM SOLVING IN GAMES 3 Application of skills, strategies and tactics in Territory Games Students will be assessed on the application of skills, strategies and tactics in a range of invasion games.	Composition and Performance Students will compose and perform a dance routine in small groups.	YEARLY EXAMINATION Examination of work covered throughout the year.	
Outcomes	PD5-1, PD5-2, PD5-6, PD 5-7	PD4-5, PD5-10	PD5-4, PD5-9, PD5-10, PD5-11	PD5-1, PD5-2, PD5-3, PD5-6, PD5-7, PD5-9, PD5-10	
Component					Weightings
Health Wellbeing and Relationships	15			10	25
Movement Skill and Performance		25	25		50
Healthy, safe and active lifestyles	10			15	25
Marks	25%	25%	25%	25%	100%

ASSESSMENT GRID: YEAR 10 PDHPE 2024 – OUTCOME STATEMENTS

Outcomes for Assessment Tasks	
Strand: Health, Wellbeing and Relationships	
Objectives Students will:	Stage 5 Outcomes A student:
demonstrate an understanding of strategies that promote a sense of personal identity and build resilience and respectful relationships	PD5-1 assesses their own and others' capacity to reflect on and respond positively to challenges
	PD5-2 researches and appraises the effectiveness of health information and support services available in the community
	PD5-3 analyses factors and strategies that enhance inclusivity, equality and respectful relationships
Strand: Movement skill and performance	
demonstrate an understanding of movement skills, concepts and strategies to respond confidently, competently and creatively in a variety of physical activity contexts	PD5-4 adapts and improvises movement skills to perform creative movement across a range of dynamic physical activity contexts
	PD5-5 appraises and justifies choices of actions when solving complex movement challenges
Strand: Healthy, Safe and Active Lifestyles	
understand the significance of contextual factors that influence health, safety, wellbeing and participation in physical activity enact and strengthen health, safety, wellbeing and participation in physical activity	PD5-6 critiques contextual factors, attitudes and behaviours to effectively promote health, safety, wellbeing and participation in physical activity
	PD5-7 plans, implements and critiques strategies to promote health, safety, wellbeing and participation in physical activity in their communities
	PD5-8 designs, implements and evaluates personalised plans to enhance health and participation in a lifetime of physical activity
PDHPE Skills	
develop and use self-management , interpersonal and movement skills	PD5-9 assesses and applies self-management skills to effectively manage complex situations
	PD5-10 critiques their ability to enact interpersonal skills to build and maintain respectful and inclusive relationships in a variety of groups or contexts
	PD5-11 refines and applies movement skills and concepts to compose and perform innovative movement sequences