

ASSESSMENT GRID: YEAR 7 PDHPE 2025

Assessment Task	AT 1	AT 2	AT 3	
	<p>Term 2 Week 5A Set Date Friday, 30 May 2025</p> <p>In Class / Hand In</p>	<p>Term 3 Week 8B Set Date Monday, 8 September 2025</p> <p>In Class</p>	<p>Term 3 Week 9A Set Date Friday, 19 September 2025</p> <p>In Class</p>	
Outline / Description	<p>LIVE LIFE WELL</p> <p>My Kitchen Rules Challenge</p> <p>Within this task students will select a nutritious meal to cook their family. They will conduct all costing, prepare, cook and serve the meal and capture the process through written and multimedia formats. Students will then present back to the class.</p>	<p>RISKY BUSINESS</p> <p>Scenario Responses</p> <p>Students will be presented with a number of scenarios and will be required to identify risks involved and provide strategies for how to minimise risk and deal with the situation.</p>	<p>TEACHING GAMES FOR UNDERSTANDING</p> <p>Practical Application of Movement Skills</p> <p>Students will be assessed on their ability to identify, utilise and defend space in a range of sporting contexts.</p>	
Outcomes	PD4-6, PD4-7, PD4-8, PD4-9	PD4-1, PD4-9	PD4-4, PD4-5	
Component				Weightings
Health Wellbeing and Relationships		15		15
Movement Skill and Performance			50	50
Healthy, safe and active lifestyles	25	10		35
Marks	25%	25%	50%	100%

ASSESSMENT GRID: YEAR 7 PDHPE 2025 – OUTCOME STATEMENTS

Course Outcomes	
Health, Wellbeing and Relationships	
Objectives Students will:	Stage 4 Outcomes A student:
demonstrate an understanding of strategies that promote a sense of personal identity and build resilience and respectful relationships	PD4-1 examines and evaluates strategies to manage current and future challenges
	PD4-2 examines and demonstrates the role help-seeking strategies and behaviours play in supporting themselves and others
	PD4-3 investigates effective strategies to promote inclusivity, equality and respectful relationships
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	PD4-4 refines, applies and transfers movement skills in a variety of dynamic physical activity contexts
	PD4-5 transfers and adapts solutions to complex movement challenges
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	PD4-6 recognises how contextual factors influence attitudes and behaviours and proposes strategies to enhance health, safety, wellbeing and participation in physical activity
	PD4-7 investigates health practices, behaviours and resources to promote health, safety, wellbeing and physically active communities
	PD4-8 plans for and participates in activities that encourage health and a lifetime of physical activity
PDHPE Skills	
develop and use self-management , interpersonal and movement skills	PD4-9 demonstrates self-management skills to effectively manage complex situations
	PD4-10 applies and refines interpersonal skills to assist themselves and others to interact respectfully and promote inclusion in a variety of groups or contexts
	PD4-11 demonstrates how movement skills and concepts can be adapted and transferred to enhance and perform movement sequences