UNIT & ASSESSMENT OVERVIEW – 9 HPX SEMESTER 1, 2018

FACULTY: HEALTH & PHYSICAL EDUCATION

<table>
<thead>
<tr>
<th>UNIT ASSESSMENT TASK</th>
<th>DUE DATE</th>
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| PHYSICAL ACTIVITY: TRL (Touch Rugby League) | Performance Elements: Progressive assessment of following:  
- acquisition of skills and knowledge  
- application of skills in a TRL environment  
- evaluation of personal skills in a TRL environment | Progressive Assessment |
| Performance Elements:  
- Rucking  
- Passing  
- Kicking  
- Game Awareness | Assignment- Research Report | Draft Due: Week 7  
Final Due: Week 9 |
| MINOR GAMES – if pool unavailable | Progression Assessment | |
| THEORY FOCUS:  
Strategic Awareness  
-Modified Games  
-Game plans and Strategy  
-Rules | Progression Assessment | |
| MID-SEMESTER BREAK | Progression Assessment | |
| PHYSICAL ACTIVITY: Weights and Fitness  
Performance Elements  
-Cardiovascular fitness techniques  
-Strength Building techniques  
-Endurance Building techniques | Performance Elements: Progressive assessment of following Criteria;  
- acquisition of skills & knowledge  
- application of skills & knowledge  
- evaluation of personal skills | |
| THEORY FOCUS: ANATOMY & PHYSIOLOGY  
- Skeletal, Muscular, Cardio-respiratory systems  
- Responses to exercise | Multimodal Presentation – Interactive Poster | Draft Due: Week 8  
Final Due: Week 10 |

ASSESSMENT INFORMATION
In cases of student absence on the due date for an assessment task, the college assessment policy will be followed.  
(see Student Diary for details)