# UNIT & ASSESSMENT OVERVIEW – SEMESTER 1, 2018

**FACULTY:** HEALTH & PHYSICAL EDUCATION  
**SUBJECT:** PHYSICAL EDUCATION  
**SEMESTER:** 1  
**YEAR:** 11

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<th>UNIT</th>
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| PHYSICAL ACTIVITY – VOLLEYBALL  
(1) Performance Elements:  
- Skills (dig, set, spike, serve, block, floor defence)  
- Strategies (rotations, court positions and roles, defensive formations, attacking strategy)  
- Game play and rules | Performance Elements:  
Progressive assessment of following Criteria;  
**Acquiring** – acquisition of skills & knowledge  
**Applying** – application of skills & strategies in game play  
**Evaluating** – evaluation of personal skills in drills and game play | Progressive Assessment during Term 1 |
| (2) Theory Focus:  
- Fitness Components  
- Principles of Training  
- Training Methods  
- Training Program design | Design and Evaluate Training Program  
800-1000 words essay  
All 3 criteria assessed (Acquire, Apply, Evaluate) | Draft Due: Week 7  
Final Due: Week 9 |

**MID-SEMESTER BREAK**

| PHYSICAL ACTIVITY - TOUCH FOOTBALL  
- Skills (passing, rucking, dump, roll, force touch, defensive spacing)  
- Strategies (attacking strategy, defending strategies, creating overlaps)  
- Game play and rules | N/A  
Students taking part in New Syllabus Trial that does not include grading of Practical Performance. | N/A |
| (2) Theory Focus:  
- The three energy systems limitations  
- Percentage use of energy systems in physical activities  
- Positional play  
- Energy system analysis | External Exam (130min)  
- 10 multiple-choice questions  
- Short-response questions  
- Extended response to stimulus  
All 3 criteria assessed (Acquire, Apply, Evaluate) | Exam Block  
Week 10-11 |

**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)