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|  |  | Year 10 PDHPE Yearly Examination Due Date: Week 3 Term 4 |
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**Date Distributed: 18/10/19 Task Weighting: 30%**

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| **Outcomes**  5.1 analyses how they can support their own and others’ sense of self  5.2 evaluates their capacity to reflect on and respond positively to challenges  5.3 analyses factors that contribute to positive, inclusive and satisfying relationships  5.6 analyses attitudes, behaviours and consequences related to health issues affecting young people  5.7 analyses influences on health decision making and develops strategies to promote health and safe behaviours  5.8 critically analyses health information, products and services to promote health  5.9 formulates goals and applies strategies to enhance participation in lifelong physical activity  5.10 adopts roles to enhance their own and others’ enjoyment of physical activity |

ASSESSMENT OUTLINE

## 1. WHAT AREAS OF LEARNING DOES THIS ASSESSMENT ADDRESS?

The examination will include questions from the following units of work.

* Health Promotion
* Sports Nutrition
* Risky Business
* Road Safety
* Health Consumerism
* Challenges & Adversity
* Fitness Testing
* Court Sports
* Dancing With The Stars
* Field Sports
* Racquet Sports
* Stick Sports
* More specifically the test will evaluate the knowledge and understanding of the following:

alcohol, dance, health promotion initiatives, resilience, diets, sports nutrition, power, fitness testing, STI, road safety, feedback, drug use, relationships, national physical activity guidelines, improving cardiorespiratory fitness, availability of health information, overcoming adversity, adolescence, gender stereotypes and social justice, sport skills and dancing.

## 2. WHY IS THE COMPLETION OF THIS ASSESSMENT IMPORTANT?

This assessment will be used to determine if students can recall, interpret, comprehend and apply

knowledge relating to the units of work studied throughout the year. The preparation required by students for the successful completion of this examination will help students develop personal strategies to assist them in taking greater responsibility for their own learning.

The assessment task will be used by the student and teacher to assess knowledge and understanding of the course outcomes and allow you to refine your skills in preparation for the PDHPE next year.

## 3. WHAT STEPS DO I TAKE TO COMPLETE THIS TASK?

**Task Outline**

Students should revise the work they have completed in Year 10 PDHPE this year. The moodle examination is a combination of 6 true/false, 26 multiple choice and three short response questions, a total of 50 marks.

The written component of the examination includes three short answer questions ranging from four to six marks.

**Details for Submission**

Students will login to moodle during the designated examination period and answer the questions.

All questions are to be answered on moodle.

Study Tips:

At least two weeks before the exam you should go back over the things you've studied in class.

Plan your time - set a time each day to undertake your study for the PDHPE

examination.

Know how you learn best - Most of us have a preferred way of learning. Get to know the

learning style you're most comfortable with and study in the ways you learn best. Speak with

your teacher and they will help you determine your preferred way of learning.

- Auditory learners prefer to learn by listening. Try reading your notes aloud and discussing

them with other people. You might like to record key points and play them back.

- Visual learners prefer to learn by seeing. Try using colours in your notes and draw diagrams

to help represent key points. You could try to remember some ideas as images.

- Tactile / kinesthetic learners prefer to learn by doing. Try using techniques like role-playing

or building models to revise key points.

Make your own study materials - Think up some practice exam questions or create your own

flash cards to help you study. This way you learn it all twice: once when you make the study

materials and once when you use them to revise.

Quiz yourself - Get a friend or family member to quiz you on key concepts. Offer to help your

friends with their work too. Quizzes are great ways to get confident about what you know and

find out what you still need to learn.

Ask for help - If you're stuck on something, or something just doesn't seem to make sense, you

can always ask for help. Talk to your teacher about the things you don't understand. Talk to your

friends and fellow students too. Make sure, you don’t leave this to do until the day before the

examination.

**Details for Completion of the Examination:**

The examination will be undertaken in a computer room, so check with your teacher as to which room you are timetabled into. Ensure you are on time for class as students as the exam will commence as soon as the students arrive.

You will require your moodle log in details.

Students who are absent on the day of the exam are required to present a note on the first day they

return to school explaining the reason for their absence. All notes are to be given to your class teacher. *Refer to the 2018 Assessment Guidelines for more information.*

## ***­­­­­­­­­­­***4. HOW WILL MARKS BE AWARDED TO MEASURE MY LEARNING?

The multiple choice and true /false questions are worth one mark each. Students should select answers that correctly answer the relevant question. The written component of the examination includes three short answer questions ranging from four to six marks, for a total of 50 marks for the whole examination.