



Year 10 PDHPE – Assessment Plan – 2025

Students will be continuously assessed in a wide variety of ways including:

- Written Tests and Quizzes
- Practical Assessments
- Project-Based Assessments
- Group Work / Team Work
- Self-Assessment and Reflection
- Presentations and Oral Assessments
- Case Studies and Scenario-Based Assessments
- Class tests / exams (if suitable)
- Skills Challenges and Fitness Testing
- Homework tasks
- Participation, application and skill development in practical PDHPE classes
- Class participation including discussion and presentations
- Completion of class work and handouts

Major assessment tasks used for assessment include (but are not limited to):

Term 1: The Next Chapter: PD5-1, PD5-9

Job Application - cover letter and resume

Recreational Sports and Pickleball skills

Term 2: Well Being, Physical Activity and Nutrition: PD5-4, PD5-5, PD5-7, PD5-8, PD5-11

Nutrition workbook

Lifestyle Sports and basketball skills

Term 3: Relationships

Case Study - role play and written submission

Comic Strip - Dealing with conflict Respectfully

Athletic and field sports skills benchmarks

Term 4: First Aid & CPR

First Aid / CPR Written and practical Assessment

Cross Country and Practical Beach Day Participation

As with all subjects, students will be assessed in relation to the NESA Common Grade Scale (A-E).