



Sample assessment task	
Year level	8
Learning area	Health and Physical Education
Subject	Physical Education
Title of task	Physical Education log
Task details	
Description of task	Students reflect on personal performance and respond to questions about some theoretical concepts of Physical Education
Type of assessment	Summative
Purpose of assessment	<ul style="list-style-type: none">• To provide students with the opportunity to reflect on their performance in various contexts, as well as respond to questions about the theoretical aspects of the syllabus• To assess students' understanding of the theoretical aspects of the syllabus and their ability to self-assess their own performance at the beginning and end of each sport studied
Assessment strategy	Written, oral, digital or observation work*, or any combination of these * This task includes an example of a written Physical Education log. Syllabus content assessed as part of this task may also be assessed using a range of appropriate tools, such as: <ul style="list-style-type: none">• verbal questioning and recording of student responses (using checklists and/or video recordings);• observation and recording of student performances (using checklists and/or assessment rubrics); and/or• student digital portfolios.
Evidence to be collected	Student log
Suggested time	Student logs will be distributed at the beginning of the year. Students will be provided with opportunities throughout the year to complete relevant sections. Students will be required to submit completed logs at the end of Term 3.
Content description	
Content from the Western Australian Curriculum	Measurement of the body's response to physical activity: <ul style="list-style-type: none">• heart rate• breathing/respiration Description of movement using basic terms referring to: <ul style="list-style-type: none">• linear motion• angular motion• general motion Modification of rules, equipment or scoring systems to allow for fair play, safety and inclusion of all participants

Task preparation	
Prior learning	This task is design to be incorporated into the delivery of the syllabus throughout the year, with students completing sections as required following lessons designed to teach specific content.
Assessment differentiation	Teachers should differentiate their teaching and assessment to meet the specific learning needs of their students, based on their level of readiness to learn and their need to be challenged. Where appropriate, teachers may either scaffold or extend the scope of the assessment tasks.
Assessment task	
Assessment conditions	Students will complete sections of the log as required throughout the year.
Resources	Year 8 Physical Education Log

Instructions for teacher

Physical Education Log

In practical lessons, students will:

- practise and develop sport/activity-specific skills and concepts
- in a practical context, develop knowledge and understanding of concepts relating to Understanding movement including: linear, angular, and general motion
- select from a variety of possible responses to solve movement challenges and justify these choices
- receive and be expected to respond to feedback from the teacher
- apply their individual and game skills.

Students should be provided with multiple opportunities to complete sections of the log, such as when a new concept is introduced.

Instructions to students

Throughout the year, during your Physical Education lessons, you will have the opportunity to learn, through practical activities, a number of theory concepts. You will get time to complete various sections of the student log that relate to the concepts covered in class.

All sections of your log must be completed and submitted by the last lesson in Term 3.

Sample marking key

Description	Marks
<p>1. Measurement of the body's response to physical activity (6 marks)</p> <p>Describes what is meant by the following terms in the context of physical activity and outline a simple way how to measure each:</p> <ul style="list-style-type: none"> heart rate breathing/respiration 	
Provides a clear description which includes relevant information that links heart rate to physical activity.	2
Provides a brief description that links heart rate to physical activity.	1
Outlines an appropriate measurement example.	1
	3
Provides a clear description which includes relevant information that links breathing/respiration to physical activity.	2
Provides a brief description that links breathing/respiration to physical activity.	1
Outlines an appropriate measurement example.	1
	3
<p>2. Biomechanical concepts (9 marks)</p> <p>Describe what is meant by the following terms in the context of physical activity and provide one example for each:</p> <ul style="list-style-type: none"> linear motion angular motion general motion 	
Provides a clear description which includes relevant information that links linear motion to physical activity.	2
Provides a brief description that links linear motion to physical activity.	1
Provides an appropriate example.	1
	3
Provides a clear description which includes relevant information that links angular motion to physical activity.	2
Provides a brief description that links angular motion to physical activity.	1
Provides an appropriate example.	1
	3
Provides a clear description which includes relevant information that links general motion to physical activity.	2
Provides a brief description that links general motion to physical activity.	1
Provides an appropriate example.	1
	3

3. Fair play and safety (6 marks) Describe three strategies which can be used to ensure fairness and safety for all participants in one of the sports situations you have studied.	
For each of three strategies:	
Provides a clear description which includes relevant information (for sport selected) to ensure fair play in physical activity.	2
Provides a brief description which includes information (for sport selected) to ensure fair play in physical activity.	1
Strategy 1	2
Strategy 2	2
Strategy 3	2
	6
Total	21



PHYSICAL EDUCATION LOG

PHYSICAL EDUCATION YEAR 8

Name

Throughout the year you will complete:

- practical performances in a variety of sports/activities and reflect on these
- responses to the questions relating to *Understanding movement* and *Learning through movement*.

This log must be submitted by the last lesson in Term 3.

Section 1: Practical performance

Sport/activity 1: _____

Sport/activity 2: _____

Sport/activity 3: _____

(modify as appropriate)

In practical lessons, you will:

- practise and develop sport/activity-specific skills and concepts
- in a practical context, develop knowledge and understanding of concepts relating to Understanding movement including: linear, angular and general motion
- select from a variety of possible responses to solve movement challenges and justify these choices
- receive and be expected to respond to feedback from the teacher
- apply your individual and game skills.

Sport/activity 1: _____ movements, tactics and teamwork
(modify as appropriate)

Sport/activity – specific skills

The following individual skills will be taught and assessed in this module:

-
-
-
-
-

The following game skills will be taught and assessed in this module:

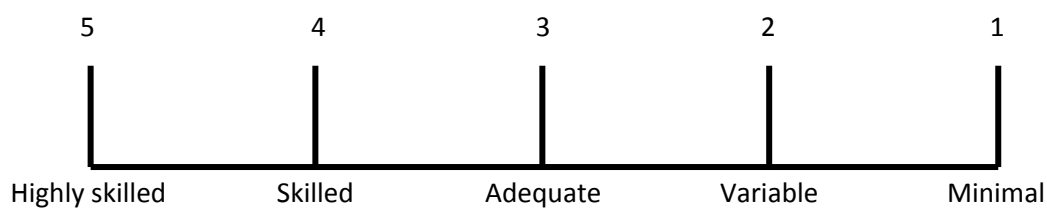
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Self-assessment

1. Following the first lesson, summarise your overall ability level in this sport/activity.

2. Rate your ability level (1–5) at the start and at the end of the module in each of the skills, using the scale below.

Skill	Before (1–5)	After (1–5)



3. Following the completion of the module, summarise your overall ability level in this sport/activity.

Sport/activity 2: _____ movements, tactics and teamwork
(modify as appropriate)

Sport/activity – specific skills

The following individual skills will be taught and assessed in this module:

-
-
-
-
-

The following game skills will be taught and assessed in this module:

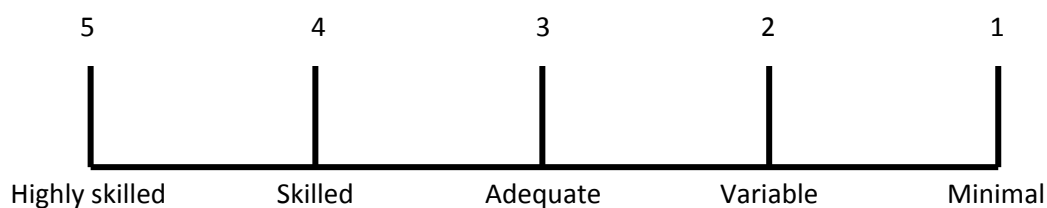
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Self-assessment

1. Following the first lesson, summarise your overall ability level in this sport/activity.

2. Rate your ability level (1–5) at the start and at the end of the module in each of the skills, using the scale below.

Skill	Before (1–5)	After (1–5)



3. Following the completion of the module, summarise your overall ability level in this sport/activity.

Sport/activity 3: _____ movements, tactics and teamwork
(modify as appropriate)

Sport/activity – specific skills

The following individual skills will be taught and assessed in this module:

-
-
-
-
-

The following game skills will be taught and assessed in this module:

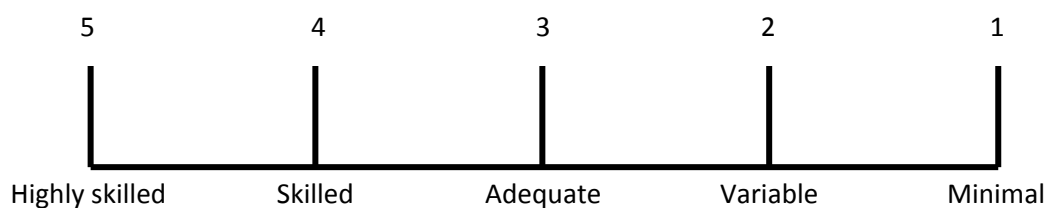
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Self-assessment

1. Following the first lesson, summarise your overall ability level in this sport/activity.

2. Rate your ability level (1–5) at the start and at the end of the module in each of the skills, using the scale below.

Skill	Before (1–5)	After (1–5)



3. Following the completion of the module, summarise your overall ability level in this sport/activity.

Section 2: Understanding and learning through movement

This section is to be completed throughout the year and submitted by the end of Term 3.

1. The body responds in a number of ways during physical activity. Describe what is meant by the following terms in the context of physical activity and outline a simple way to measure each:

a) Heart rate _____

b) Breathing or respiration _____

2. Describe the following terms when used in physical activities or sport and provide one example for each:

a) Linear motion _____

b) Angular motion _____

c) General motion _____

3. Describe **three** strategies which can be used to ensure fairness and safety for all participants in one of the sports situations you have studied.

Sport: _____

a) _____

b) _____

c) _____

