

# PICTON HIGH SCHOOL

Creating Opportunities Achieving Success



## STAGE 6 – Year 11 PDHPE 2024

### Topic – Body in Motion

<b>Due Date:</b> Wednesday 26 <sup>th</sup> June 2024 - period 1 & 2 in class.	<b>Assessment Name:</b> Body in Motion
<b>Mark:</b> /49	<b>Weighting:</b> 30%

#### TASK DESCRIPTION:

**You will be required to sit an in-class exam period 1 and 2 on Wednesday the 26th of June 2024. You will be allocated two periods to complete this task on the day.**

This task is broken up into **two** parts:

- Part 1** - You will need to go to a variety of stations placed within the classroom (**15 in total**). At these stations you will see numerous images/structures/questions that you are required to identify and respond to. You are required to read the questions carefully at each station and write your answers in the spaces provided in the assessment booklet provided. (**Total marks /36**).
- Part 2** - You are then required to complete **TWO** exam style questions that follow in your assessment booklet. **Please note** for the extended response questions, the information required will come from CQ2. Question 1 is worth 5 marks and Question 2 is worth 8 marks. (**Total marks for this section /13**).

#### SYLLABUS OUTCOMES TO BE ASSESSED:

- P7** Explains how body systems influence the way the body moves.  
**P8** Describe the components of physical fitness and explains how they are monitored.  
**P16** Uses a range of sources to draw conclusions about health and physical activity concepts.

#### DIRECTIVES TO BE ASSESSED:

*Identify:* Recognise and name.

*Describe:* Provide characteristics and features.

*Discuss:* Identify issues and provide points for and/or against

#### ASSESSMENT CRITERIA AND STUDENT CHECKLIST

Students will be assessed on their ability to:

- Identify the skeletal, muscular, respiratory, and circulatory systems.
- Joints
- Joint Actions
- Types of contractions
- Blood vessels
- Aerobic/anaerobic fitness
- FITT Principle
- Fitness Testing