Personal Development, Health & Physical Education

In Year 7, not every task is a formal assessment task, but every piece of work counts towards the grade achieved for your report. At the end of the year, a grade will be assigned to each student based on the combination of formal and informal assessment. A grade A, B, C, D or E will be allocated.

All class work, course work, practical work, field work, tests etc., are assessable. All work contributes towards success in the course and to the achievement of the outcomes specified in the syllabus.

60% of your assessment is based on the following common formal assessment tasks:

<table>
<thead>
<tr>
<th>NATURE OF THE TASK</th>
<th>WEIGHTING</th>
<th>DATE OF TASK SUBMISSION</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Task 1: Practical Performance</td>
<td>10%</td>
<td>Term 1</td>
</tr>
<tr>
<td>• Task 2: Class test</td>
<td>10%</td>
<td>Term 2, Week 1</td>
</tr>
<tr>
<td>• Task 3: Practical Performance</td>
<td>20%</td>
<td>Term 3</td>
</tr>
<tr>
<td>• Task 4: Assignment</td>
<td>20%</td>
<td>Term 4, Week 1</td>
</tr>
</tbody>
</table>

40% of your assessment is based on continuous, formative tasks which include:

<table>
<thead>
<tr>
<th>COURSE ACTIVITY</th>
<th>WEIGHTING</th>
<th>DATE OF TASK SUBMISSION</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Classwork based on attendance</td>
<td>5%</td>
<td>Continuously during the course</td>
</tr>
<tr>
<td>• Being prepared for practical lessons</td>
<td>5%</td>
<td></td>
</tr>
<tr>
<td>• Class activities</td>
<td>15%</td>
<td></td>
</tr>
<tr>
<td>• Practical performance</td>
<td>15%</td>
<td></td>
</tr>
</tbody>
</table>

Students need to refer to the 'Year 7 Assessment Guidelines, 2013' for full details.
### Elderslie High School

**PDHPE Scope and Sequence**

**Year 7**

<table>
<thead>
<tr>
<th>PDH Unit</th>
<th>PE Unit</th>
</tr>
</thead>
</table>
| • Getting Along With Others  
  - Communication, Fitting in, Bullying, Harassment, Support  
  (7-8 lessons) | • Striking Games  
  - Cricket, T-Ball, Softball  
  (5 lessons) |
| • Healthy You  
  - Eating habits and physical activity, dietary guidelines, lifelong physical activity.  
  (7-8 lessons) | • Fitness Activities  
  (5 lessons) |
| • Personal Safety and First Aid  
  (5 lessons) | • Athletics  
  (5 lessons) |
| | • Invasion Games  
  - Basketball, Soccer, Netball, Touch  
  (5 weeks) |
| | • Skill and Performance  
  - Gymnastics  
  (5 weeks) |
| | • Striking Games  
  - Cricket, T-Ball, Softball  
  OR  
  • Net Court Games  
  - Volleyball, Mini Tennis  
  (5 lessons) |