



# Condobolin High School



## Notification of an Assessment Task

**Name and Type of Task:** Practical - Principles of Training

**Year:** 10

**Subject:** PDHPE

**Task Number:** 2

**Date Issued:** Week 7, Term 2, 2024

**Date Due:**

10 A: Tuesday 2nd July Period 2 (Term2  
Week10)

10 B: Wednesday 3rd July Period 2 (Term2  
Week10)

**Total Marks:** 20

**Weighting:** 30%

**Class Teacher/s:** Mrs Worland

**Head Teacher:** Mr Small

**Submission Instructions** – Completed in class during the time indicated in the due date above.

### **Task Context:**

During this topic you have participated in several gym sessions where you have learnt how to perform a variety of exercises to suit a range of individuals.

In this task you will be assessed on your demonstration of technique through a variety of strength exercises and your understanding of how exercises can be modified to suit particular groups or individuals.

### **Syllabus Content:**

PD5-4: Adapts and improvises movement skills to perform creative movement across a range of dynamic physical activity contexts

PD5-5: Appraises and justifies choices of actions when solving complex movement challenges

PD5-6: Critiques contextual factors, attitudes and behaviours to effectively promote health, safety, wellbeing and participation in physical activity

PD5-11: Refines and applies movement skills and concepts to compose and perform innovative movement sequences

**Task Description:**

At the gym during class time, you are required to:

Choose 1 strength exercise and on your specified day;

- Demonstrate the exercise for the teacher (with correct technique)
- Demonstrate 1 modified version of this exercise (either a regression or progression)
- Provide a 30 second explanation of why you made the modification, including:
  - Target muscle group (of both exercises performed)
  - What kind of athlete the modification would suit (eg age, injury, level of training)
  - How the modification meets their needs

**Criteria for Assessing Learning:**

You will be assessed on your ability to:

- Demonstrate a variety of strength exercises in the gym
- Make an appropriate modification to a chosen exercise
- Explain reasoning behind modification

**Key Verbs:**

Demonstrate - Show by example

Explain- Relate Cause and Effect, make the relationships between things evident; provide why and/ or how

## Marking Guidelines:

Description	Marks
<ul style="list-style-type: none"><li>● Student demonstrates all steps/components of the strength exercise maximising outcome and safety</li><li>● Student demonstrates ability to effectively modify strength exercises to meet the specific requirements of the person performing the exercise</li><li>● Student provides a wide range of links between the modifications and the suitability for the athlete performing the exercise</li><li>● Student provides a wide range of links between the exercises performed and the target muscle groups</li></ul>	17-20
<ul style="list-style-type: none"><li>● Student demonstrates most steps/components of the strength exercise, showing a high level of regard for the outcome and safety</li><li>● Student demonstrates competent ability to modify strength exercises to meet the specific requirements of the person performing the exercise</li><li>● Student provides a range of links between the modifications and the suitability for the athlete performing the exercise</li><li>● Student provides a range of links between the exercises performed and the target muscle groups</li></ul>	13-16
<ul style="list-style-type: none"><li>● Student demonstrates some steps/components of the strength exercise, showing some regard for the outcome and safety</li><li>● Student demonstrates sound ability to modify strength exercises to meet the specific requirements of the person performing the exercise</li><li>● Student provides some links between the modifications and the suitability for the athlete performing the exercise</li><li>● Student provides some links between the exercises performed and the target muscle groups</li></ul>	10-12
<ul style="list-style-type: none"><li>● Student demonstrates few steps/components of the strength exercise, showing little regard for the outcome and safety</li><li>● Student demonstrates basic ability to modify strength exercises to meet the specific requirements of the person performing the exercise</li><li>● Student provides some characteristics and features of the modifications to the exercise</li><li>● Student identifies muscle groups targeted in the exercise</li></ul>	5-9
<ul style="list-style-type: none"><li>● Student demonstrates limited steps/components of the strength exercise</li><li>● Student demonstrates limited ability to modify strength exercises</li></ul>	1-4

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| <ul style="list-style-type: none"><li>• Student provides limited characteristics and features of the modifications to the exercise</li><li>• Student identifies a muscle group</li></ul> |  |
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