

**Physical Education Unit 3****Assessment Guide****Semester 1 2017**

For Student Progress teachers will make an “on-balance” judgement about each student’s achievement in this subject. They will draw on ACARA assessment standards, classroom observation, and student’s contribution to work in class as well as a range of assessment tasks outlined in this assessment guide.

Possible assessment tasks	Assessment period	Topics and / or Concepts	The achievement grade includes assessment from the following tasks
	<b>Weeks 1 - 7</b>	-Australian Physical Activity & Sedentary Guidelines -Methods of Measuring Physical Activity -Social-ecological Model -Strategies to increase Physical Activity	*Data analysis that analyses primary and secondary data on levels of sedentary behaviors and participation in physical activity. Compare findings to Australian guidelines and using a social-ecological model to critique the effectiveness of an initiative aimed at increasing physical activity levels.
	<b>Weeks 8-14</b>	-Acute Responses to Exercise -Fuels -Energy Systems -Lactate Inflection Point	A practical laboratory report analyzing the acute effects that physical activity has on the cardiovascular, respiratory and muscular systems.
	<b>Weeks 15-20</b>	-Fatigue & Recovery	A practical laboratory report analyzing the relative contribution of the energy systems used predominantly in aerobic and anaerobic activities. Identify the fatigue mechanisms for each event and justify the application of a correct recovery strategy for each event.