



Year 10 PDHPE – Assessment Plan – 2026

Students will be continuously assessed in a wide variety of ways including:

- Written Tests and Quizzes
- Practical Assessments
- Project-Based Assessments
- Group Work / Team Work
- Self-Assessment and Reflection
- Presentations and Oral Assessments
- Case Studies and Scenario-Based Assessments
- Class tests / exams (if suitable)
- Skills Challenges and Fitness Testing
- Homework tasks
- Participation, application and skill development in practical PDHPE classes
- Class participation including discussion and presentations
- Completion of class work and handouts

Major assessment tasks used for assessment include (but are not limited to):

Term 1: Fit for Life: PD5-1, PD5-2, PD5-3 & PD5-7

PD5-1: Assesses their own and others' capacity to reflect on and respond positively to challenges

PD5-2: Evaluates factors that influence health and participates in strategies to promote health and wellbeing

PD5-3: Analyses factors that influence physical activity and devises strategies to improve participation
Recreational Tennis and Pickleball skills

Term 2: Well Being, Physical Activity and Nutrition: PD5-4, PD5-5, PD5-7, PD5-8, PD5-11

Nutrition workbook

World Games and basketball skills

Term 3: Mental Health and Wellbeing: PD5-1, PD5-9, PD5-10

Comic Strip - Dealing with conflict Respectfully

Cross Country and field sports skills benchmarks

Term 4: Play Safe & Stay Safe

Basic First Aid practical Assessment (run by teachers)

Athletics and Practical Beach Day Participation

As with all subjects, students will be assessed in relation to the NESAs Common Grade Scale (A-E).