



Year 7/8 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:

Outcomes: PD4-1, PD4-2, PD4-3, PD4-9

Written Task - Puberty

Swimming and Bat/ball Skills Benchmark

Term 2: PD4-1, PD4-2, PD4-3, PD4-9

Role Play - Dealing with Conflict in Relationships

Soccer and basketball skills circuit

Term 3: PD4-1, PD4-2, PD4-9, PD4-10

The Big 6 - research assignment

Cross Country Skills and stick games benchmarks

Term 4: PD4-1, PD4-2, PD4-3, PD4-9

Research - Safe and Active Lifestyle

Athletics and oz tag benchmark

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

Refer to the NESAC Grade Scale for more information.