

## PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

A student:

- 4.1 describes and analyses the influences on a sense of self
- 4.2 identifies and selects strategies that enhance their ability to cope and feel supported
- 4.3 describes the qualities of positive relationships and strategies to address the abuse of power
- 4.4 demonstrates and refines movement in a range of contexts and environments
- 4.5 combines the features and elements of movement composition to perform in a range of contexts and environments
- 4.6 describes the nature of health and analyses how health issues may impact on young people
- 4.7 A student identifies the consequences of risk behaviours and describes strategies to minimise harm
- 4.8 describes how to access and assess health information, products and services
- 4.9 describes the benefits of a balanced lifestyle and participation in physical activity
- 4.10 explains how personal strengths and abilities contribute to enjoyable and successful participation in physical activity

<b>PERSONAL DEVELOPMENT, HEALTH &amp; PHYSICAL EDUCATION – CYCLE 1 2019</b>				
<b>Task</b>	<b>Course Outcomes</b>	<b>Task Description</b>	<b>Weight</b>	<b>Due Week Beginning</b>
<b>1</b>	4.6, 4.7	Half Yearly Examination	20%	Term 2 , Week 3
<b>2</b>	4.7, 4.8	1 <sup>st</sup> Aid Topic Test with Practical Scenario	15%	Term 3, Week 6
<b>3</b>	4.9, 4.10	Fit for Life Fitness Testing	15%	Term 4, Week 5
<b>4</b>	4.4, 4.5	Ongoing Practical	50%	All Year

<b>PERSONAL DEVELOPMENT, HEALTH &amp; PHYSICAL EDUCATION – CYCLE 2 2018</b>				
<b>Task</b>	<b>Course Outcomes</b>	<b>Task Description</b>	<b>Weight</b>	<b>Due Week Beginning</b>
<b>1</b>	4.1, 4.2	Topic Test	20%	Term 2 , Week 3
<b>2</b>	4.2, 4.3	Changes and Challenges	15%	Term 3, Week 6
<b>3</b>	4.3	Power Take - Home Task	15%	Term 4, Week 5
<b>4</b>	4.4, 4.5	Ongoing Practical	50%	All Year