



ASSESSMENT GRID: YEAR 12 PDHPE 2025

Assessment Task	AT 1	AT 2	AT 3	AT 4	
	Term 4 Week 5A Wednesday, 13 November 2024 In Class	Term 1 Week 10B Tuesday, 1 April 2025 In Class	Term 2 Week 8B Wednesday, 18 June 2025 In Class	Term 3 Year 12 Examination - Week 3/4 As per examination timetable Select Date (exclude if exam) Examination	
Outline / Description	Sports Medicine This task asks students to demonstrate their knowledge, understanding and skills in the prevention, assessment, management and recovery from sports injuries. They will read stimulus scenarios and answer questions.	Health Priorities in Australia Written task requiring students to justify Australia's health priorities.	Factors Affecting Performance Written responses analysing strategies and plans athletes can utilise to improve performance.	Trial Exam An exam with content from Core 1, Core 2, Sports Medicine and Improving Performance, following the format of the HSC exam.	
Outcomes	H8, H13, H16, H17	H1, H2, H3, H4, H5, H14, H15, H16	H7, H8, H9, H10, H11, H16, H17	H1, H2, H3, H4, H5, H7, H8, H9, H10, H11, H13, H14, H15, H16, H17	
Component					Weightings
Knowledge and Understanding	10	10	10	10	40
Skills in critical thinking, research, analysis and communicating	10	15	15	20	60
Marks	20	25	25	30	100%



ASSESSMENT GRID: YEAR 12 PDHPE 2025 OUTCOME STATEMENTS

Course Outcomes	
H1	describes the nature and justifies the choice of Australia's health priorities
H2	analyses and explains the health status of Australians in terms of current trends and groups most at risk
H3	analyses the determinants of health and health inequities
H4	argues the case for health promotion based on the Ottawa Charter
H5	explains the different roles and responsibilities of individuals, communities and governments in addressing Australia's health priorities
H7	explains the relationship between physiology and movement potential
H8	explains how a variety of training approaches and other interventions enhance performance and safety in physical activity
H9	explains how movement skill is acquired and appraised
H10	designs and implements training plans to improve performance
H11	designs psychological strategies and nutritional plans in response to individual performance needs
H13	selects and applies strategies for the management of injuries and the promotion of safety in sport and physical activity
H14	argues the benefits of health-promoting actions and choices that promote social justice
H15	critically analyses key issues affecting the health of Australians and proposes ways of working towards better health for all
H16	devises methods of gathering, interpreting and communicating information about health and physical activity concepts
H17	selects appropriate options and formulates strategies based on a critical analysis of the factors that affect performance and safe participation.