



GEORGES RIVER COLLEGE  
PEAKHURST CAMPUS

**YEAR 7 PDHPE  
ASSESSMENT TASK**

<b>TOPIC:</b> Modified Team Building	<b>TYPE OF TASK:</b> Practical Task
<b>DUE DATE :</b> Week 8 or 9 during your classes practical lesson	<b>WEIGHTING:</b> 20%

**OUTCOMES TO BE ASSESSED:**  
 PD4-4 Refines, applies and transfers movement skills in a variety of dynamic physical activity contexts  
 PD4-5 Transfers and adapts solutions to complex movement challenges  
 PD4-10 Applies and refines interpersonal skills to assist themselves and others to interact respectfully and promote inclusion in a variety of groups or contexts

**TASK DESCRIPTION**

The students will be split into 2 separate teams to play a modified game of softball. This game will be played over 2 practical lessons. The teams will take turns batting and fielding. When batting, all players must perform ALL of the following skills (in any order) before running through the bases:

- Throwing a vortex
- Throwing a frisbee
- Kicking a stationary ball
- Striking a ball off a tee with a bat
- Serving a Tennis ball with a tennis racquet

When fielding, players will stand still until all of the above skills are performed by a batter. Once this has occurred, the fielders display their teamwork abilities to return all equipment to a bucket before the batter gets to home base. Students will be required to complete an exit slip about the team strategies used, at the end of the lesson. Students will be assessed on their ability to complete the fundamental movement skills above as well as their ability to work together as a team using successful strategies and tactics.

**WHAT TO DO IF YOU ARE SICK/ABSENT ON THE DUE DATE:**

- If you are absent on the due date you must see your teacher on the first day that you arrive back at school **with a medical certificate**. An alternative time will be arranged for you to complete the obstacle course with your team members.

**GOOD LUCK YEAR 7!**

## Year 7 Marking Criteria

### Modified Team Building

#### Batting - Fundamental Movement Skills

Description	Marks
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The student performs a vortex throw using the correct technique	<b>2 Marks</b>
The student performs a frisbee throw using the correct technique	<b>2 Marks</b>
The student kicks a stationary ball using the correct technique	<b>2 Marks</b>
The student successfully hits the ball off a tee using the correct technique	<b>2 Marks</b>
The student successfully performs a tennis serve using the correct technique	<b>2 Marks</b>
<b>TOTAL:</b>	

#### **Fielding - Teamwork aspects**

<b>Description</b>	<b>Marks</b>
The student uses a variety of communication skills with their team members in order to implement successful strategies.	<b>2 Marks</b>
The student plays a role in the team that assists in achieving a shared team goal.	<b>2 Marks</b>
The student works collaboratively to support their team throughout the game.	<b>2 Marks</b>
<b>TOTAL:</b>	

#### **Exit Slip**

<b>Description</b>	<b>Marks</b>
The student can identify 4 successful team strategies that could be adopted to enhance the performance of participants within the game.	<b>4 Marks</b>
<b>FINAL MARK:</b>	<b>/20</b>

#### **Vortex Throw Technique**

- The student holds the base of the vortex in their dominant hand
- The student keeps their throwing elbow high and points non throwing hand to the direction of throw
- The student steps their non dominant leg in front to launch the vortex
- The student pushes their body weight over the front leg after launching the vortex

#### **Frisbee Throw Technique**

- The student holds the frisbee in their dominant hand with the thumb on top of the frisbee and pointer finger on the side of the frisbee
- The student steps their non dominant leg in front to launch the frisbee
- The student twists their body to the direction of the throw with the hip leading
- The student pushes their body weight over the front leg after launching the frisbee

#### **Kicking a Stationary Ball Technique**

- The student uses their non dominant leg to step beside the ball (pointing to the direction of the kick)

- The student creates power by swinging their dominant leg through, kicking the ball
- The student makes contact with the ball using the inside of their foot
- The student keeps their eyes on the ball

#### **Hitting Ball Off Tee Technique**

- The student faces their dominant swinging arm side
- The student holds the bat with two hands using a firm grip
- The student successfully makes contact with the ball only (not the tee)
- The student twists their body as they swing with the hip leading

#### **Tennis Serve technique**

- The student throws the ball up using their non dominant hand
- As the ball descends the student swings the racquet in their dominant hand
- The net of the racquet successfully makes contact with the tennis ball
- The student rotates their shoulders to create power behind the ball