



GEORGES RIVER COLLEGE  
PEAKHURST CAMPUS

## YEAR 9 PDHPE ASSESSMENT TASK

**TOPIC:**  
Gymnastics  
(Stage 5)

**TYPE OF TASK:**  
Practical examination

**DUE DATE:**  
Ongoing, Term 2

**WEIGHTING:**  
15%

**OUTCOMES TO BE ASSESSED:**

PD5-4 - Adapts and improvises movement skills to perform creative movement across a range of dynamic physical activity contexts.

PD5-5 - Appraises and justifies choices of actions when solving complex movement challenges.

PD5-10 - Critiques their ability to enact interpersonal skills to build and maintain respectful and inclusive relationships in a variety of groups or contexts.

PD5-11 - Refines and applies movement skills and concepts to compose and perform innovative movement sequences.

**TASK**

Students will be taught the skills and progress through the following Gymnastics apparatus in practical lessons:

- Mini Tramp
- Vault

Throughout practical lessons, students will be assessed on each apparatus.

**INSTRUCTIONS FOR ASSESSMENT:**

Students must be in full PDHPE practical uniform to perform the assessment task for safety purposes. **Due to safety, socks are not permitted to be worn.** Classes will rotate through each apparatus and be assessed by their teacher. Students will be continually assessed over the course of the unit. All lessons will be practical until the unit is complete. If a student is injured and unable to participate, they must bring a signed note from a parent/guardian.

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

If you are absent on the assessment date you must see your class teacher on the first day that you arrive back at school with a medical certificate. You must perform the task on the first day you arrive back at school. Failure to submit a medical certificate may result in a zero mark being awarded.

**GOOD LUCK YEAR 9!**

**Year 9 PDHPE Gymnastics – Assessment Marking Criteria**

<b>MINI TRAMP</b>	<b>Excellent 3 Marks</b>	<b>Good 2 Marks</b>	<b>Fair 1 Mark</b>	<b>0</b>
<ul style="list-style-type: none"> <li>● <b>TUCK JUMP (12 marks)</b> <ul style="list-style-type: none"> <li>- Height in jump</li> <li>- Knees in tuck position</li> <li>- Secure two foot landing</li> <li>- Hold landing for 3 seconds</li> </ul> </li>   <li>● <b>PIKE JUMP (12 marks)</b> <ul style="list-style-type: none"> <li>- Height in jump</li> <li>- Straight legs extended in front of body</li> <li>- Touch toes</li> <li>- Landing</li> </ul> </li>   <li>● <b>STRADDLE JUMP (12 marks)</b> <ul style="list-style-type: none"> <li>- Height in jump</li> <li>- Straight legs extended in split position</li> <li>- Touch toes</li> <li>- Landing</li> </ul> </li> </ul>				

**Total:           /36**

<b>VAULT</b>	<b>Excellent 3 Marks</b>	<b>Good 2 Marks</b>	<b>Fair 1 Mark</b>	<b>0</b>
<ul style="list-style-type: none"> <li>● <b>FLAT BACK (15 marks)</b> <ul style="list-style-type: none"> <li>- Extended arms</li> <li>- Two hands rested on vault</li> <li>- Straight torso</li> <li>- Straight legs</li> <li>- Dish landing</li> </ul> </li>   <li>● <b>DIVE FORWARD ROLL (15 marks)</b> <ul style="list-style-type: none"> <li>- Extended arms</li> <li>- Two hands balanced on crash mat</li> <li>- Curved torso</li> <li>- Straight legs</li> <li>- Roll to stand</li> </ul> </li>   <li>● <b>HANDSPRING (15 marks)</b> <ul style="list-style-type: none"> <li>- Extended arms</li> <li>- Two hands push off vault</li> <li>- Straight torso</li> <li>- Straight legs</li> <li>- Controlled two feet landing</li> </ul> </li> </ul>				

**Total:           /45**

ALTERNATIVE - VAULT	Excellent 1 Marks	Good ½ Mark	0
<ul style="list-style-type: none"> <li>● <b>TUCK THROUGH JUMP (4 marks)</b></li> <li>- Two hands placed on vault</li> <li>- Legs brought up to tuck position</li> <li>- Feet and knees brought through hands</li> <li>- Land in motorbike position</li> </ul> <p style="text-align: right;">Total:</p>			
/4			
<ul style="list-style-type: none"> <li>● <b>STRADDLE VAULT JUMP (4 marks)</b></li> <li>- Two hands on vault</li> <li>- Straight legs extended in split position</li> <li>- Toes pointed</li> <li>- Land in motorbike position</li> </ul> <p style="text-align: right;">Total:</p>			
/4			
<ul style="list-style-type: none"> <li>● <b>VAULTY BUNNY HOP (4 marks)</b></li> <li>- Two hand on vault</li> <li>- Legs brought in to a tuck position</li> <li>- Height in tuck with turn</li> <li>- Land in motorbike facing mini tramp</li> </ul> <p style="text-align: right;">Total:</p>			
/4			

**Total:**            /12