

GEORGES RIVER COLLEGE PEAKHURST CAMPUS



YEAR 10 PDHPE PRACTICAL ASSESSMENT TASK

**TOPIC:**

Gymsports Composition Task
(Practical Performance)

TYPE OF TASK:

Practical Group Composition Task

DUE DATE:

Ongoing Assessment
Final Assessment Week 8

WEIGHTING:

15%

OUTCOMES TO BE ASSESSED:

- › Adapts and improvises movement skills to perform creative movement across a range of dynamic physical activity contexts PD5-4.
- › Appraises and justifies choices of actions when solving complex movement challenges PD5-5.
- › Critiques their ability to enact interpersonal skills to build and maintain respectful and inclusive relationships in a variety of groups or contexts PD5-10.
- › Refines and applies movement skills and concepts to compose and perform innovative movement sequences PD5-11.

TASK DESCRIPTION:

Your task is to choreograph and present a Gymnastics Aerobics routine in a group of six to eight people. Your routine should contain gymnastics skills linked with aerobics foot patterns/moves. Your routine is to be presented to a chosen/set piece of music. You will need to select from 3 pieces of music allocated by your teacher. Each piece of music will have a different theme. The tempo will be easy to move to. If you choose to include these, you must use them effectively and throughout your routine. The routine must be at least 2 minutes and no longer than 3 minutes in length.

YOUR ROUTINE MUST DEMONSTRATE THE FOLLOWING ELEMENTS OF COMPOSITION:

- SPACE – Changes in direction, the levels you work at, the group formations, the patterns you cover on the floor area.
- TIME – Changes in pace, slow to fast movements.
- RHYTHM – The use of the music and timing within your group.
- RELATIONSHIPS – Working with others in the group and with equipment in your routine.

YOU MUST INCLUDE THE FOLLOWING SKILLS IN YOUR ROUTINE:

- A clear starting position
- Aerobics choreography/ foot patterns
- 2 springing and landing movements
- 2 weight on hands movements
- 2 balances held for 2 seconds each
- 2 rolls
- 4 travelling movements
- Strength moves
- Flexibility moves
- A clear finishing position

STUDY AND PREPARATION:

- You will be given class time to compose and rehearse your Gym Sports composition with your group, however, you are not limited to this and can utilise time at home and/or during recess and lunch to practise.
- Ensure that you have addressed each of the criteria listed, otherwise you may lose valuable marks.

INSTRUCTIONS FOR PRESENTATION:

- Students will be notified of their performance assessment time two weeks prior to the assessment date. Your group is expected to be prepared when you are called up to perform your routine during week 6 lessons.
- You will perform your routine even if you have a member(s) missing/absent. This is **NOT** a reasonable excuse to use on the day.
- For the task itself, students are expected to wear full PE practical uniform. If your hair is long it must be pulled back into a ponytail (for safety reasons) and no jewellery is to be worn at all. **All students are to perform in bare feet (i.e. no shoes or socks) – this includes normal lessons leading up to assessment.**
- You are not to refer to written notes (on your hand or paper) during the performance.

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

If you are absent on the due date you must see your class teacher on the first day that you arrive back at school with a medical certificate. You must then organise a time with your PDHPE teacher to perform your composition with your group. Failure to submit a medical certificate on the day or your first day back will result in an N-award warning for PDHPE.

GOOD LUCK YEAR 10!

Year 10 PDHPE



Assessment Marking Criteria Gym Sports Composition Assessment Marking Criteria

- ❖ Use these marking criteria as a checklist to ensure that you have addressed all criteria
- ❖ Please attach this to your task and hand to your teacher on the due date.
- ❖ Please ensure your task has your name and teacher's name clearly written on the front

Overall Composition	4	3	2	1	0	Mark
Composition and choreography <ul style="list-style-type: none"> - A clear start position - (Must be held until first count of movement) - Spatial interest- Changes in levels, directions, group patterns and formations. - Rhythmic interest- Use of music, use of timing and unison in your group. - Use of Time/ Dynamics- Force, flow and overall use of energy. - Relationships- Working with others in your group and equipment. - Originality- Shows an interesting variety of movements that are unique and original. - Creativity- Movement links with the theme of the music, movement is creative and imaginative - Complexity of Choreography- Use of arm lines and varied footwork, limited repetition in routine - Quality of Transitions- Clean and precise connecting movements (not walking around aimlessly in-between movements) - A clear finishing position- (Held for at least 5 seconds). 						
Total for Composition and Choreography						
Skill <ul style="list-style-type: none"> - A wide variety of Aerobics steps/ moves. - 2 springing and landing movements (e.g. Star jump, straddle jump, tuck jump, straight jump etc.) - 2 weight on hands movements (e.g. Handstand, balances, cartwheels, wheel barrow). - 2 balances held for 2 secs (see ideas) - 2 rolls (forward, backward, log etc.) - 4 travelling movements (in varied directions) - Strength moves (push ups, sit ups, static press etc.) - Flexibility moves (leg kicks, splits, straddle sit etc.) 						
Total for Skill						
Group Performance	4	3	2	1	0	
Presentation <ul style="list-style-type: none"> - Evidence that student knows routine thoroughly- is not copying others - Maturity of performance 						
Total Overall Score						/80