



GEORGES RIVER COLLEGE
PEAKHURST CAMPUS

YEAR 8 PDHPE
ASSESSMENT TASK

TOPIC:

Gymnastics

TYPE OF TASK:

Composition

DUE DATE:

Term 2 Week 10

WEIGHTING:

15%

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

TASK DESCRIPTION

Students will be studying the sport of Gymnastics in their practical lessons. Using the skills you will be developing over the next few weeks, you are required to compose and perform a gymnastics routine between 1-2 minutes. This will be done in groups of 4-6 students.

The movements/skills that are required within the routine are listed below:

Individual – each person must complete the following:

- 3 x travel movements (run, skip, hop, jump, grapevine, side gallop, zig zag, butt kicks)
- 2 rolls (egg, log, forward, backward)
- 1 balance
- 1 jump off mini tramp (straight, star, tuck)
- 2 weight on hands movements (handstand, cartwheel, wheelbarrow, bunny hop, leapfrog)

Group:

- 2 partner balances
- 2 group balances (start position and finish position)

INSTRUCTIONS FOR SUBMISSION:

The task will be performed during class time, in the Hall. Groups will be called out at random and must be ready to perform on the day they are chosen. Regardless if there are members missing, the routine will be performed to get an indicative result and then performed again at a later date with all members present to finalise the result.

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

If you are absent on the due date you must see Mr Morley on the first day that you arrive back at school **with a medical certificate**. Failure to submit a medical certificate with your task will result in an automatic zero mark, as per the GRC assessment policy.

GOOD LUCK YEAR 8!

Year 8 Gymnastics Assessment – Sequence Composition Marking Criteria

| Names & Scores | | | | | | | |
|----------------|----|----|----|----|----|----|----|
| Name | 1. | 2. | 3. | 4. | 5. | 6. | 7. |
| Total / 40 | | | | | | | |

| Skills – Individual | 4 | 3 | 2 | 1 | 0 |
|--|-------------|---|---|---|---|
| <ul style="list-style-type: none"> • Travel movements (1 mark each) <input type="checkbox"/> run <input type="checkbox"/> skip <input type="checkbox"/> hop <input type="checkbox"/> jump <input type="checkbox"/> grapevine <input type="checkbox"/> side gallop <input type="checkbox"/> zig zag <input type="checkbox"/> butt kicks | | | | | |
| <ul style="list-style-type: none"> • 2 rolls (2 marks each) <input type="checkbox"/> egg <input type="checkbox"/> log <input type="checkbox"/> forward <input type="checkbox"/> backward - technique | | | | | |
| <ul style="list-style-type: none"> • 1 balance - complexity - held for 3 seconds | | | | | |
| <ul style="list-style-type: none"> • 1 jump off mini tramp <input type="checkbox"/> straight <input type="checkbox"/> star <input type="checkbox"/> tuck - technique - landing | | | | | |
| <ul style="list-style-type: none"> • 2 weight on hands movements (2 marks each) <input type="checkbox"/> handstand <input type="checkbox"/> cartwheel <input type="checkbox"/> wheelbarrow <input type="checkbox"/> bunny hop <input type="checkbox"/> leapfrog - complexity - technique | | | | | |
| TOTAL: | / 18 | | | | |
| Skills - Group | 4 | 3 | 2 | 1 | 0 |
| <ul style="list-style-type: none"> • 2 partner balances - complexity - execution - held for 3 seconds each | | | | | |
| <ul style="list-style-type: none"> • 2 group balances - Used as start / finish position - complexity - execution - held for 3 seconds each | | | | | |
| TOTAL: | / 8 | | | | |
| Performance Sequence - Overall | 4 | 3 | 2 | 1 | 0 |
| <ul style="list-style-type: none"> • Complexity | | | | | |
| <ul style="list-style-type: none"> • Creativity/Originality | | | | | |
| <ul style="list-style-type: none"> • Collaboration – throughout creation AND performance of routine | | | | | |
| <ul style="list-style-type: none"> • Timing – between 1-2 minutes in length | | | | | |
| TOTAL: | / 14 | | | | |

Comment:

