

Assessment highlights 2021

Physical Education

Internal assessment 3

Project — folio

Campbell Watchirs

Brisbane Grammar School

Assessment overview

Context

In this unit, students engaged in integrated learning experiences about energy, fitness, training and the application of body and movement concepts in a selected Track and Field event.

The syllabus conditions outline that the student response should be presented as a project — folio. The folio is comprised of two components:

- the first component is a multimodal presentation of 9–11 minutes. The multimodal presentation must feature a combination of at least two modes, where one mode must be visual, and the second mode is either written or spoken/signed
- the second component is a 2–3 minute video of supporting evidence of the student's performance in the chosen physical activity.

Task

Students were asked to select one Track and Field event from the list provided in the *Physical Education General Senior Syllabus 2019*. They were then required to devise one personal competition-phase training strategy for a five-week period aimed at enhancing their individual performance in a selected movement strategy.

Students were required to evaluate the effectiveness of

- the training strategy they devised
- their personal performance in the selected Track and Field event.

In their multimodal response, students were required to provide evidence of:

- recognition and explanation of appropriate concepts and principles about energy, fitness and training, as well as body and movement concepts
- analysis of primary and secondary data to ascertain significant relationships between specified concepts
- synthesise of the significant relations to devise a personal training strategy
- evaluation of their personal training strategy and their performance in their chosen Track and Field event
- justification of development, modification and maintenance of the training strategy and their personal performance.

In the supporting video evidence, evidence was required of a student's individual performance in their chosen Track and Field event that illustrated:

- demonstration of specialised movement sequences and two movement strategies
- application of specified body and movement concepts to the performance.

Student response

Note: The following sample is an unedited authentic student response reproduced with permission. Any images or sources that do not have copyright approval have been redacted from the multimodal response or supporting visual evidence. The response may contain errors and/or omissions that do not affect its overall match to the characteristics indicated in the top performance levels of the instrument-specific marking guide.

The student response has been uploaded as two video files, available at www.qcaa.qld.edu.au/senior/assessment/assessment-highlights/pe/video.



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