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|  | Physical Education Studies  General Year 11 Units 1 and 2  Task 3 Investigation 1 |
| **Assessment type** | Investigation |
| **Conditions** | Time for the task: the assessment will be due by **Term 2 Week 4**. Students will have ample opportunities to demonstrate complete their task during class time. |
| **Task weighting** | 12.5% |
| **Total marks** | 43 marks |

Students need to produce individual assignments in their own words.

2 hours will be allocated in class, time outside of class will be permitted. It is the responsibility of the absent student to catch up on work outside of class time.

No extension will be given

* Unless student seek permission with a valid reason prior to due dates
* If students request an extension on due dates.
* If students are absent without a valid reason

Extensions will be decided on a case by case basis.

Late work: Students will be penalised 10% every school day including Wednesday until the assessment is handed in. If students submit their assessment over 5 school days late, they can only be penalised to a maximum of 50%. As per the Eastern Goldfields College Assessment Policy.

Students are encouraged to submit drafts before the submission date. There will not be any resubmissions after the due date.

**Part A**

1. Define the term Biomechanics

(2 marks)

1. List two benefits of biomechanics and how it improves sporting performance.

(4 marks)

1. Explain what force absorption is and how it prevents injuries

(2 marks)

1. Describe the terms: linear motion, angular motion and general motion

(6 marks)

**Part B**

1. Choose one of the following skills and identify the key teaching points for Preparation, Action & Follow Through for each stage.

* Dig
* Set
* Underarm Serve
* Block
* Spike

(3 marks)

1. Using a video recording device, record your partner performing the skill and upload it onto the app **‘HUDL technique’**

Analyse your partner’s performance and identify 3 key teaching points for each phase that can be **a) improved** and/or **b) completed correctly.** *(Time will be given in class to use the app)*

Upload the frames to the template below with a brief explanation of how the key teaching points are being performed.

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| --- | --- | --- |
| **Preparation** | **Action** | **Follow Through** |
| Analyzed Image | Analyzed Image | Analyzed Image |
| Explanation of KTPs | Explanation of KTPs | Explanation of KTPs |

(12 marks)

1. Identify on the picture where linear, angular and general motion occurs and give a brief explanation of how the motion is occurring.

|  |  |  |
| --- | --- | --- |
| **Linear** | **Angular** | **General** |
| *Analyzed Image* | *Analyzed Image* | *Analyzed Image* |
| Explanation of Linear Motion: | Explanation of Angular Motion: | Explanation of General Motion: |

(9 marks)

1. State how your chosen skill places stress on the body and what type of load is occurring. Choose a common injury associated and explain the guidelines to prevent the injury.

(5 marks)

**Task 3 Marking Key**

**General PES**

**Investigation 1**

|  |  |  |  |
| --- | --- | --- | --- |
| **Question** | **Description** | **Allocated Marks** | **Student Marks** |
| **Part A** | | | |
| 1 | * Define the term Biomechanics | 2 |  |
| 2 | * Lists 2 benefits (1 mark each; 2 marks total) * Explain how it improves sporting performance for each benefit (1 mark each; 2 marks total) | 4 |  |
| 3 | * Explains force absorption (1 mark) * Explains how it prevents injury (1 mark) | 2 |  |
| 4 | * Full description of linear, angular and general motion (2 marks each ; 6 marks total) * Brief description of linear, angular and general motion (1 mark each) | 6 |  |
| **Part B** | | | |
| 1 | * Identifies Key Teaching Points for chosen skill in correct stage; Preparation, Action & Follow Through (1 mark each; 3 marks total) | 3 |  |
| 2 | * Analysis of each image for each phase | 3 |  |
| * Explanation of KTPs for Preparation phase   (1 mark each; 3 marks total) | 3 |  |
| * Explanation of KTPs for Action phase * (1 mark each; 3 marks total) | 3 |  |
| * Explanation of KTPs for Follow Through phase * (1 mark each; 3 marks total) | 3 |  |
| 3 | * Motion identified on each picture | 3 |  |
|  | * Identifies Linear Motion (1 mark) * Explains where linear motion occurs (1 mark) | 2 |  |
|  | * Identifies Angular Motion (1 mark) * Explains where Angular motion occurs (1 mark) | 2 |  |
|  | * Identifies General Motion (1 mark) * Explains where General motion occurs (1 mark) | 2 |  |
| 4 | * States an injury (1 mark) * Explains how stress is caused (1 mark) * States correct type of load (1 mark) * Provides 2 guidelines (2 marks) | 5 |  |
| Total Marks: | | 43 |  |