

Assesement Calender - 11 & 12

Grade 11								
	Unit	Number of weeks	Duration of Unit		Type of Assessment	Assessment Criteria	Content	Note
			Planned Start Date	Planned End date				
PHE	1	7	04-Jul	20-Aug	Student Portfolio Viva, and Performance or Demonstration of task/skill.	Knowing and Understanding Applying Investigating	Physical Education Programs and Professions Inclusive Physical Education Organization promoting adaptive sports	
PHE	2	6	22-Aug	30-Sep	Student Portfolio Viva, and Performance or Demonstration of task/skill.	Knowing and Understanding Applying Evaluating Investigating	Identification of Heath Markers Planning for Physical Activity Assessment and Planning of Diet and Nutrition based on Individual Differences	
Term end 1: 10 - October - 24 October 2022								All four criteria will assessed in the term-end assessment Autum Break - 1 October - 7 October 2022
Syllabus covered in term 1 will be considered								
PHE	2	7	01-Nov	24-Dec	Student Portfolio Viva, and Performance or Demonstration of task/skill.	Knowing and Understanding Applying Evaluating Investigating	Management in Sports Administration of tournament Leadership in Sports	
PHE	2	7	16-Jan	28-Feb	Student Portfolio Viva, and Performance or Demonstration of task/skill.	Knowing and Understanding Applying Evaluating Investigating	Effects of Exercise on different body systems of a sports person Adverse effects of over-exercise on sports person Assessment of selected physiological variable Leadership in Sports	
Term-end 2: 1- March - 20 March 2023								All four criteria will assessed in the term-end assessment
Syllabus covered in term 2 will be considered								

Grade 11								
	Unit	Number of weeks	Duration of Unit		Type of Assessment	Assessment Criteria	Content	Note
			Planned Start Date	Planned End date				
Grade 12								
	Unit	Number of weeks	Duration of Unit		Type of Assessment	Assessment Criteria	Content	Note
			Planned Start Date	Planned End date				
PHE	1	7	04-Apr	22-May	Student Portfolio Viva, and Performance or Demonstration of task/skill.	Knowing and Understanding Applying Evaluating Investigating	Importance of Sports Training Path of Adaptation in Training Bio-Motor Abilities and their developing methods in Sports Designing of Sports Training Plan	
PHE	2	7	04-Jul	10-Sep	Student Portfolio Viva, and Performance or Demonstration of task/skill.	Knowing and Understanding Applying Evaluating Investigating	Introduction of Biomechanics Conceptual Understanding of movement Centre of Gravity in Sports Structure of Motor Action	
Readiness assessment: 12 - September - 24 September 2022							Syllabus covered in term 1 will be considered	
Term end 1: 10 - October - 24 October 2022							Syllabus covered in term 1 will be considered	All four criteria will assessed in the term-end assessment Autum Break - 1 October - 7 October 2022
PHE	3	7	01-Nov	24-Dec	Student Portfolio Viva, and Performance or Demonstration of task/skill.	Knowing and Understanding Applying Evaluating Investigating	An approach towards test construction in sports Computation of a test Integrated approach of evaluation	
PHE	4	7	16-Jan	28-Feb	Student Portfolio Viva, and Performance or Demonstration of task/skill.	Knowing and Understanding Applying Evaluating Investigating	Prepare psychological profile of sports person PST Exercise Adherence	
Readiness assessment from 12 to 24 Feb 2023							Syllabus covered in term 2 will be considered	
Term-end 2: 1- March - 20 March 2023							Syllabus covered in term 2 will be considered	All four criteria will assessed in the term-end assessment