



**Assessment Task 1
Year 10
Term 1, 2008**

Subject: PDHPE
Topic: Self Defence
Task No: 1
Date Issued: Week 7 Term 1
Date Due: During all practical lessons
Marks: 20
Weighting: 35%

Outcomes

- 5.4 adapts, transfers and improves movement skills
- 5.5 composes and appraises movement

Task Description

Students will be marked on their application and skill performance during all Self Defence lessons with Larry Freidberg (ETG Self Defence).

Marking Criteria

Students will be assessed on the following criteria:

- Participate in 4 practical sessions
- Demonstrate a satisfactory level (or above) of the required skills in a continuous effective motion.
- Listen to instructors directions
- Ability to be able to work in small group simulations



11/3/08

Dear Parents/Guardians

RE: Compulsory Self Defence course for Year 10

As part of the Year 10 Personal Development, Health and Physical Education syllabus, students are participating in a Self Defence Unit. There will be an assessment task which will assess the teaching outcomes covered over the four lessons.

The girls are being instructed by Larry Friedberg who is the Head Instructor of ETG (Ears, Throat, Groin) Self Defence Courses. He has a wide range of qualifications, and has worked closely with the NSW Police Force, and many schools in the Sydney region.

The cost per student is \$30 for 4 lessons, which will be charged to your account. The timetable for the classes is below.

10.3	10.1& 10.2
Tuesday march 11 12.20pm-1.20pm	Friday march 7 12.20pm-1.20pm
Thursday march 13 8.45am-9.45am	Tuesday march 11 2.05pm-3.10pm
Friday march 14 12.20pm - 1.20pm	Tuesday march 18 8.40am-9.45am
Tuesday march 18 11.15am-12.20pm	Tuesday march 25 2.05pm-3.10pm

Yours faithfully,

Damien Clucas
(Yr 10 PD/H/PE Coordinator)