

YEAR 10 OUTDOOR EDUCATION ASSESSMENT 1

Assessment Instructions

During term 1 and 2 in Outdoor Education we will be participating in a diverse range of outdoor activities, including, white water kayaking, mountain biking and rock climbing. Whilst participating in these activities you will have opportunities to:

- Demonstrate the interpersonal skills we've explored in our ABL sessions
- Acquire and develop new sets of movement skills
- Strengthen your resilience, curiosity and positive mindset

You assessment task:

You are required to:

1. Participate in the organised outdoor activities, with focus on improving your movement skills within them, as well as displaying resilience, curiosity and a positive mindset.
2. Reflect on each activity through a journal entry using the template provided in google classroom.

Due Date: Monday 21st June 2021

Students understand the importance of acquiring and applying complex motor skills and developing responsible attitudes in challenging outdoor situations.

Criteria	Working TOWARDS	Working AT	Working ABOVE	Working BEYOND
Movement Skills	You have <i>yet to show</i> that you can perform consistent control of movement skills in outdoor activities.	You have acquired and applied <i>some</i> complex motor skills in outdoor activities.	You have applied <i>the relevant</i> complex motor skills through using motor learning principles in outdoor activities.	You have <i>refined the use of</i> complex motor skills through using motor learning principles in outdoor activities.
Positive Attitudes	You have <i>yet to show</i> and explain the responsible attitudes needed in challenging outdoor situations.	You have demonstrated and explained <i>some</i> responsible attitudes in challenging outdoor situations.	You <i>have demonstrated and explained</i> responsible attitudes in challenging outdoor situations.	You have <i>consistently demonstrated and comprehensively explained</i> responsible attitudes in challenging outdoor situations.
Time Management	You have not completed the assessment by the due date.	You have completed the assessment by the due date.	You have completed the assessment by the due date.	You have completed the assessment by the due date.