

## Coast Year 10 - Assessment 2 - Specific Skill Development.

### Task:

To develop skills across a range of sporting codes and complete 10 Specific skills.

Self directed learning - Practice and develop competency at these skills.

On assessment day - peer marking and adding results

Sport skill	Requirements	A	M	E
Basketball Free Throw	10 shots from the free throw line. 1 point for every shot	5	7	9
Netball Shots	10 shots from various marked points. 1 point for every shot	5	7	9
Tennis Ball Accuracy Throw	10 throws from 15m aiming at a target. 3 points for center, 2 for level 2, 1 point for 3rd. 0 for outside	15	20	26
Football Goal	10 kicks from various positions along the goal line. 3 points for center, 2 for level 2, 1 point for 3rd. 0 for outside	15	20	26
Hockey Goal	10 hits/passes from various positions along around the goal circle. 3 points for center, 2 for level 2, 1 point for 3rd. 0 for outside	15	20	26
Rugby Conversion	10 kicks from various positions along the goal line. 3 points for center over bar, 2 for over bar, 1 point for under the bar. 0 for outside. Must be on the full.	15	20	26
Rugby Pass	10 throws from 15m aiming at a target. 3 points for center, 2 for level 2, 1 point for 3rd. 0 for outside	15	20	26
Tennis Ball Catch	Catch 10 tennis balls thrown at you from 20m	5	7	9
Volleyball Dig/Set	10 digs or sets. Direction must be controlled, have direction and be higher than a net.	5	7	9
Chest Pass	10 throws from 15m aiming at a target. 3 points for center, 2 for level 2, 1 point for 3rd. 0 for outside	15	20	26
<b>Total</b>	<b>220</b>	<b>110+</b>	<b>148+</b>	<b>192+</b>

**Rubric:**

	<b>Working Towards</b>	<b>At</b>	<b>Above</b>	<b>Beyone</b>
<b>Movement Skills</b>	You have performed consistent control of movement skills	You have acquired and applied complex motor skills	You have applied complex motor skills through using motor learning principles	You have refined use of complex motor skills through using motor learning principles
<b>Skill Level</b>	Gained >109 points across all activities	Gained 110+ points across all activities	Gained 148+ points across all activities	Gained 192+ points across all activities

**Marking Sheet:**

<b>Sport</b>	<b>Points</b>
Basketball Free Throw	<b>/10</b>
Netball Shots	<b>/10</b>
Tennis Ball Accuracy Throw	<b>/30</b>
Football Goal	<b>/30</b>
Hockey Goal	<b>/30</b>
Rugby Conversion	<b>/30</b>
Rugby Pass	<b>/30</b>
Tennis Ball Catch	<b>/10</b>
Volleyball Dig/Set	<b>/10</b>
Chest Pass	<b>/30</b>
<b>Total</b>	<b>/220</b>