

## YEAR 10 WATER PEH ASSESSMENT 2 - Faster, Higher, Stronger, Together

### Assessment Instructions

During our context 'Faster, Higher, Stronger, Together' we have explored leadership, the skills required to be a competent leader and strategies such as effective communication and group management. We have also begun looking at a variety of movement skills in different olympic sports and having a go at these during practical sessions.

### You assessment task

You will be taking on the role of a coach and becoming an expert in a movement pattern of your choice.

You will need to:

1. Choose a movement pattern and have this okayed by me via the google doc
2. Create a video for the movement pattern showing your development/improvement in the movement over 3 practice sessions. Upload this onto MHOL. *(Example of what this video should look like and additional information available on MHOL underneath the assessment portal.)*
3. Create a how to video for your movement pattern, that teaches your movement pattern to an online audience. This video can be as long or as short as you like and should be emailed to me - [athomas@mhjc.school.nz](mailto:athomas@mhjc.school.nz)

You will be assessed on:

- The development of your movement pattern in your video
- Your effective use of communication skills in your movement pattern how to video

**DUE DATE: Friday 29th October**

Students acquire and apply complex motor skills and understand how effective communication skills assist in the process of motor learning.

<b>Criteria</b>	<b>Working TOWARDS</b>	<b>Working AT</b>	<b>Working ABOVE</b>	<b>Working BEYOND</b>
<b>Movement Skills</b>	You have performed consistent control of a movement pattern.	You have acquired and applied a movement pattern.	You have applied a movement pattern through using motor learning principles.	You have refined use of a movement pattern through using motor learning principles.
<b>Interpersonal Skills</b>	You have described and demonstrated some communication skills that help when coaching others.	You have described and demonstrated many communication skills that help when coaching others.	You have explained and demonstrated communication skills that help you respond to challenging situations when coaching others.	You have evaluated and used effective communication skills to manage changes and conflict when coaching others.
<b>Time Management</b>	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.