



Year 9, Physical Activity and Sports Studies

Task 4: Fundamental Movement Skills

Due Date: Week 6/7 Practical Lessons

Task Distributed: Week beginning 4/8/25 **Unit:** Fundamental Movement Skills

Task Type: Practical **Task Weighting:** 25%

Outcomes: PASS5-5, PASS5-7, PASS5-9

Task Description

Students are required to participate in a range of practical class activities pertaining to Lacrosse to develop their skills – technical and tactical. Students will be assessed, in class, based on participation, skill technique as well as defensive and attacking strategies.

Students will be assessed on their ability to:

- Demonstrate defensive structure and skills
- Demonstrate attacking structure and skills
- Display Fundamental Movement Skills for Lacrosse – scooping, passing, catching, cradling and shooting.
- Participate in all lessons (with the correct equipment) and demonstrate effective communication and interaction with others

Details of Submission

Students will complete this task over the course of multiple practical lessons throughout Term 3.

Teacher Feedback and Student Self-Reflection

- The task will typically be returned to students within 14 days of the due date.
- At this time verbal feedback, including information on how to improve, will be provided by the teacher.
- Students can clarify or seek further feedback by speaking with their teacher.

How does this link to my learning?

- It addresses students' practical application and involves the development of skills, movement, interaction and communication through the sport of Lacrosse.
- Students will demonstrate what skills they have achieved and sportsmanship
- Report Outcomes linked to this task include: RO3, RO4

Assessment Procedures

All students should be fully aware of the School Assessment Procedures for their year group. These were provided at the beginning of the school year and are available off the school website under the Learning Tab for each year group.

Marking Criteria

Lacrosse Skills and Game Sense (RO4)

Level	Criteria	Marks
Extensive	<ul style="list-style-type: none"> ● Lacrosse- Executes scooping, passing, catching, cradling and shooting with outstanding competency, accuracy and consistency. ● Consistently demonstrates the capacity to refine and improvise attacking and defensive strategies to maximise team strengths and target opposition weaknesses 	13-15
Thorough	<ul style="list-style-type: none"> ● Lacrosse- Executes scooping, passing, catching, cradling and shooting with a high level of competency, accuracy and consistency. ● Demonstrates the capacity to refine and improvise attacking and defensive strategies to maximise team strengths and target opposition weaknesses 	10-12
Sound	<ul style="list-style-type: none"> ● Lacrosse- Executes scooping, passing, catching, cradling and shooting with an adequate level of competency, accuracy and consistency. ● Responds to opponents' passes and movement around the field in relation to their team's needs and opponent tactics 	7-9
Basic	<ul style="list-style-type: none"> ● Lacrosse- Scooping, passing, catching, cradling and shooting skills lacks, accuracy and consistency. ● Displays difficulty attacking and/or defending opponents in relation to team strengths and opposition weaknesses 	4-6
Elementary	<ul style="list-style-type: none"> ● Lacrosse- scooping, passing, catching, cradling and shooting with skills are neither accurate nor consistent ● Displays extreme difficulty attacking and defending opponents in relation to team strengths and opposition weaknesses. 	1-3

Participation (RO3)

Level	Criteria	Marks
Extensive	<ul style="list-style-type: none"> ● High levels of participation in all aspects of the practical lessons with positive communication and interaction with others. 	5
Thorough	<ul style="list-style-type: none"> ● Participation in most aspects of the practical lessons with positive communication and interaction with others. 	4
Sound	<ul style="list-style-type: none"> ● Participation in some of the practical lessons with positive communication and interaction with others. 	3
Basic	<ul style="list-style-type: none"> ● Participation in minimal practical lessons with some positive communication and interaction with others. 	2
Elementary	<ul style="list-style-type: none"> ● Little participation in practical lessons. 	1

Total Marks

Level of Achievement	Skills and Game Sense: RO4	Participation: RO3	Overall Mark
Extensive	13-15	5	17 - 20
Thorough	10-12	4	13 - 16
Sound	7-9	3	9 - 12
Basic	4-6	2	5 - 8
Elementary	1-3	1	1 - 4