

TASK 5: PHYSICAL EDUCATION TASK (PET)

EQUIPMENT REQUIRED FOR THE PRESENTATION OF THE PHYSICAL EDUCATION TASK:

- reference material on dance steps, exercise / fitness routines and sports rules
- wall charts/ task cards/ station cards for exercises, games and dance steps
- even playing area, free of glass and stones to perform exercises, games and dance activities
- markers to mark off playing areas
- clothing for learners to participate in and changing facilities and water
- improvised weights for those learners needing to increase the intensity of the walking / running or exercise programme, for example:
 - cooldrink tins and plastic 500ml cooldrink bottles filled with sand and sealed
 - plastic bags, sand, broad tape and broad strips of cloth
- CD/ Cassette player and CD/ cassette
- DVD, DVD player and TV
- stopwatches/ watches which mark off seconds, scales to weigh learners, tape measures to measure height of learners, 30cm benches/ boxes, 30cm rulers
- improvised and other basic equipment for fitness, games and recreational activities

Suggested assessment tool for Physical Education Task: Terms 1-3

LEVEL	Limited (0-29%)	Adequate (30-49%)	Proficient (50-74%)	Excellent (75-100%)
CRITERIA 1: FREQUENCY OF PARTICIPATION DURING PHYSICAL EDUCATION PERIODS (15 marks)	Participated in 0-29% of all periods: =0% (0 marks) – did not participate at all <10% (1 mark) <20% (2 marks) <30% (3 marks) <30% (4 marks)	Participated in 30-50% of all periods: <40% (5 marks) <40% (6 marks) <50% (7 marks)	Participated in 50-74% of all periods: <60% (8 marks) <60% (9 marks) <70% (10 marks) <75% (12 marks)	Participated in 75-100% of all periods: <80% (12 marks) <90% (13 marks) =100% (15 marks)
CRITERIA 2: OUTCOME OF MOVEMENT PERFORMANCE (10 marks)	Ineffective – movements do not produce the desired outcome at all (0-2 marks)	Requires further attention and refinement – lapses in movements which do not always produce the desired outcome (3-4 marks)	Efficient, effective and appropriate – movements mostly produce the correct desired outcome (5-7 marks)	Exceptional level of skill – movements always produce the desired outcome (8-10 marks)

While only two criteria are provided on the assessment tool for the PET for terms 1-3, you may expand on the performance criterion and introduce additional criteria.

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