

2020 March Moderation - Report



Meeting Details

Meeting took place in:

North

Which meeting is this report for?

HPE - Athlete Development Level 2

Moderation Details for Calibration - Sample 1

Sample 1 - What actions would you recommend for teachers to help the student attain a higher rating (or ratings)?

A specific sample was not utilised for this particular meeting as one hadn't been placed from the last years moderation. Being new to the role of curriculum leader we had a clear discussion around criteria, elements and the need for coverage throughout the school year. A number of key points were considered and seen to be pertinent to our subject area.

Planning for September Moderation 2020 - Statewide Samples

For all courses please nominate the criteria and elements (if desired) for moderation.

Criteria 1-5

State the name of the person who will be providing the samples for March moderation.

March moderation complete. September to be discussed

Sharing Resources

Please record any links to or details of resources that were shared, or describe any assessment strategies that were discussed.

Some clear findings came out of our meeting: Below is a brief list.

- * When assessing we must list the criteria and the elements
- * Fitness components provide a great way to share ideas early within term 1
- * A wellness app (Komado monitor) is a great way to see from wellness focus from the students
- * The RPE scale can be seen as a 6-20 scale, not just a 1-10
- * System integration- Look at the 4 systems with a focus on their own sport.

Komado monitor can also be a part of this

*Sports Nutrition- Practical- complete meal preparation and students look at pre or post event. Also looks at the nutrient content and other analysis

*Injury, prevention and recovery- Assessment list includes presentations from students based around previous injuries they have had or rehab programs they know. Students can follow an athlete and look at how they have recovered from an injury

*Biomechanical analysis- Using Coach's eye or Hudl becomes a great tool for goal setting, but also looking into more technical terms

*A student led focus towards the end of the school year is a great opportunity to see what they have learnt. Examples include gym led sessions by students specifying their own training. A combined triathlon event, where all students take on one facet. Another includes the greatest athlete event where they choose certain items to compete against others.

*A suggestion was made to access a ASCA course that has a cost of around \$500 for a weekend. Good for those wanting to increase their knowledge around S&C

**A major discussion point was around using our resources to put our top athletes in one location. Examples include LC taking MTB, Football and Basketball, SPC taking Hockey, soccer, SOC taking rowing..... We agreed this was an excellent model. The shortfalls were students who just want to be active, not necessarily elite. A topic to further discuss and possibly trial.

*GPS trackers and their use for athletes when looking at overload, exercise intensity etc

*The idea of a whole day practical as well as time for a small moderation task seemed feasible. This would include delegates from the South of the state. Something to discuss with Darren Perry.

Course Support

Please provide details of any future focus and ways forward you would like Curriculum Services to consider in relation to this course:

We feel as a group that we are a unique subject and that specialised training is becoming more apparent. We have an excellent skill set within the group, so for us to have opportunities to lead various components would be of excellent value.