

# **Sport and Exercise Science**



## **Practical Assessment Task (PAT) Grade 12 – 2026**

# **Instructions to Teachers**

The purpose of this Practical Assessment Task (PAT) is to give your learners an opportunity to apply the knowledge and skills that they have learnt to a practical real-life situation. The PAT is externally set, internally marked by the teacher, and externally moderated by the IEB.

It consists of four documents:

- Instructions to Candidates
- Instructions to Teachers
- Framework for Implementation
- Assessment Rubric

Teachers should use these documents in conjunction with each other when planning, preparing, and implementing the PAT.

Teachers are free to integrate the PAT process into their own school programme in terms of time and venue. **It is recommended that the PAT is handed out to learners and discussed with them as soon as your school receives them. Learners should start the process by March 2026.**

The PAT must be completed individually by candidates. It is essential that all work is original, as no sharing of data or copying between learners is allowed. Should learners be found using one another's data or duplicating work, the PAT will be declared invalid.

**Teachers are required to give feedback throughout** the process, as indicated in the Framework. Only one final submission may be made for marking; learners may not re-do their PAT File.

### Phase 1

- The teacher is required to provide feedback to learners once the plan of action and survey/questionnaire are designed.
- At the end of Phase 1, all work thus far is **marked**, and the learner marks are **recorded** by the teacher in his/her mark book.
- A Phase 1 preliminary marksheet (Excel format preferred) that includes each learner's mark must be submitted via email to [henningr@ieb.co.za](mailto:henningr@ieb.co.za).
- Select three learners' Phase 1 part of the PAT and attach them to your email. Select PATs from a range of performance levels (top, middle, and low).
- **The due date for submission of the preliminary Phase 1 is 20 March 2026.**

### Phase 2

- At the end of Phase 2, all work within that phase is marked, and the learner marks are recorded by the teacher in his/her mark book.
- A phase 2 preliminary marksheet (Excel format preferred) that includes each learner's mark must be submitted via email to [henningr@ieb.co.za](mailto:henningr@ieb.co.za).
- Select three learners' Phase 2 part of the PAT and attach them to your email. Select PATs from a range of performance levels (top, middle, and low).
- **The due date for submission of the preliminary marks of Phase 2 is 26 May 2026.**

### Phase 3

- At the end of Phase 3, the teacher marks Phase 3 only, and the learner marks are recorded by the teacher in his/her mark book.
- A Phase 3 preliminary marksheet (Excel format preferred) that includes each learner's mark must be submitted via email to [henningr@ieb.co.za](mailto:henningr@ieb.co.za).
- Select three learners' Phase 3 part of the PAT and attach them to your email. Select PATs from a range of performance levels (top, middle, and low).
- **The due date for submission of the preliminary marks of Phase 3 is 26 June 2026.**

**Phase 4**

- At the end of Phase 4 (the end of the PAT), the teacher marks Phase 4 only, and the learner marks are recorded by the teacher in his/her mark book.

**EXTERNAL MODERATION OF PAT FILES**

External moderation will be conducted in October by a panel appointed by the IEB.

Each school must submit a Teacher PAT File and a sample of Learner PAT Files in electronic format. This sample of Learner Files will be selected by the PAT moderator.

The sample will include files across the mark range. Either a 10% sample, a minimum of six files, or all of the files (if fewer than six learners) must be submitted.

**1. COMPILATION OF PAT FILES****Compilation of the Teacher's Practical Assessment Task File**

The Teacher's PAT File is to be set out in the following way and must be submitted online for moderation.

|                                |                     |
|--------------------------------|---------------------|
| Cover Sheet for Teacher's File | Refer to Annexure 1 |
| Rank Order List                | Refer to Annexure 4 |
| Mark Schedule                  | Refer to Annexure 3 |

Please note that teachers **do not** need to include the PAT instructions in the Teacher File.

**Compilation of Learner's Practical Assessment Task File**

The Learner's File is to be set out in the following order and must be submitted online for moderation.

|  |                     |
|--|---------------------|
| Cover Sheet for Learner's File                           | Refer to Annexure 2 |
| Statement of Authenticity                                | Refer to Annexure 6 |
| AI Declaration   | Refer to Annexure 7 |
| Marked rubric that shows clearly how marks were obtained |                     |
| Marked completed PAT                                     |                     |

**2. ADMINISTRATIVE DOCUMENTATION FOR PAT**

- Cover Sheet for Teacher's File
- Cover Sheet for Learner's File
- Teacher's Record of PAT Marks
- Rank Order List
- Moderation Feedback Form to IEB
- Example of Letter of Authenticity
- Example of AI declaration

2.1 TEACHER'S PAT COVERSHEET



**NATIONAL SENIOR CERTIFICATE EXAMINATION  
SPORT AND EXERCISE SCIENCE  
COVERSHEET FOR TEACHER'S PAT FILE**

Centre Number

\_\_\_\_\_  
**TEACHER'S NAME AND SIGNATURE**

\_\_\_\_\_  
**DATE**

2.2 CANDIDATE'S PAT COVERSHEET



**NATIONAL SENIOR CERTIFICATE EXAMINATION  
SPORT AND EXERCISE SCIENCE  
COVERSHEET FOR LEARNER'S PAT FILE**

Centre Number  Candidate's Exam Number

|              | Plan of action | Design a survey to select athletes | Evidence of surveys | Analyse data | Conduct baseline FMS | Evidence of baseline | Design corrective training programmes | Evidence of corrective training programmes | Create a diary | Evidence of completed diaries | Satisfaction survey | Evidence of surveys | Analysis and evaluation of all data | Conclusion | Organisation and layout | TOTAL |
|--------------|----------------|------------------------------------|---------------------|--------------|----------------------|----------------------|---------------------------------------|--|----------------|-------------------------------|---------------------|---------------------|-------------------------------------|------------|-------------------------|-------|
| <b>Marks</b> | 8              | 4                                  | 4                   | 8            | 4                    | 2                    | 40                                    | 4  | 4              | 2                             | 4                   | 2                   | 8                                   | 4          | 2                       | 100   |
|              |                |                                    |                     |              |                      |                      |                                       |  |                |                               |                     |                     |                                     |            |                         |       |

LEARNER'S SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

TEACHER'S SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

2.3 TEACHER'S RECORD OF PAT MARKS



**NATIONAL SENIOR CERTIFICATE: SPORT AND EXERCISE SCIENCE  
PRACTICAL ASSESSMENT TASK  
MARK SCHEDULE FOR PAT**

Centre Number

| ALPHABETICAL LIST OF CANDIDATES' NAMES | Plan of action | Design a survey to select athletes | Evidence of surveys | Analyse data | Conduct baseline FMS | Evidence of baseline FMS | Design corrective training programmes | Evidence of corrective training programmes | Create a diary | Evidence of completed diaries | Satisfaction survey | Evidence of completed surveys | Analyse test data | Conclusion | Organisation and layout | TOTAL |
|--|----------------|------------------------------------|---------------------|--------------|----------------------|--------------------------|---------------------------------------|--|----------------|-------------------------------|---------------------|-------------------------------|-------------------|------------|-------------------------|-------|
|  | 8              | 4                                  | 4                   | 8            | 4                    | 2                        | 40                                    | 4  | 4              | 2                             | 4                   | 2                             | 8                 | 4          | 2                       | 100   |
|  |                |                                    |                     |              |                      |                          |                                       |  |                |                               |                     |                               |                   |            |                         |       |
|  |                |                                    |                     |              |                      |                          |                                       |  |                |                               |                     |                               |                   |            |                         |       |
|  |                |                                    |                     |              |                      |                          |                                       |  |                |                               |                     |                               |                   |            |                         |       |
|  |                |                                    |                     |              |                      |                          |                                       |  |                |                               |                     |                               |                   |            |                         |       |
|  |                |                                    |                     |              |                      |                          |                                       |  |                |                               |                     |                               |                   |            |                         |       |
|  |                |                                    |                     |              |                      |                          |                                       |  |                |                               |                     |                               |                   |            |                         |       |
|  |                |                                    |                     |              |                      |                          |                                       |  |                |                               |                     |                               |                   |            |                         |       |
|  |                |                                    |                     |              |                      |                          |                                       |  |                |                               |                     |                               |                   |            |                         |       |

|  | Plan of action | Design a survey to select athletes | Evidence of surveys | Analyse data | Conduct baseline FMS | Evidence of baseline FMS | Design corrective training programmes | Evidence of corrective training programmes | Create a diary | Evidence of completed diaries | Satisfaction survey | Evidence of completed surveys | Analyse test data | Conclusion | Organisation and layout | TOTAL |
|--|----------------|------------------------------------|---------------------|--------------|----------------------|--------------------------|---------------------------------------|--|----------------|-------------------------------|---------------------|-------------------------------|-------------------|------------|-------------------------|-------|
|  | 8              | 4                                  | 4                   | 8            | 4                    | 2                        | 40                                    | 4  | 4              | 2                             | 4                   | 2                             | 8                 | 4          | 2                       | 100   |
|  |                |                                    |                     |              |                      |                          |                                       |  |                |                               |                     |                               |                   |            |                         |       |
|  |                |                                    |                     |              |                      |                          |                                       |  |                |                               |                     |                               |                   |            |                         |       |
|  |                |                                    |                     |              |                      |                          |                                       |  |                |                               |                     |                               |                   |            |                         |       |
|  |                |                                    |                     |              |                      |                          |                                       |  |                |                               |                     |                               |                   |            |                         |       |
|  |                |                                    |                     |              |                      |                          |                                       |  |                |                               |                     |                               |                   |            |                         |       |
|  |                |                                    |                     |              |                      |                          |                                       |  |                |                               |                     |                               |                   |            |                         |       |
|  |                |                                    |                     |              |                      |                          |                                       |  |                |                               |                     |                               |                   |            |                         |       |
|  |                |                                    |                     |              |                      |                          |                                       |  |                |                               |                     |                               |                   |            |                         |       |
|  |                |                                    |                     |              |                      |                          |                                       |  |                |                               |                     |                               |                   |            |                         |       |

I certify that these marks are an accurate reflection of the candidate's own work.

Signature of Teacher: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Principal: \_\_\_\_\_ Date: \_\_\_\_\_

2.4 RANK ORDER LIST FOR PAT



**NATIONAL SENIOR CERTIFICATE EXAMINATION  
SPORT AND EXERCISE SCIENCE  
RANK ORDER LIST FOR PAT**

Centre Number

**CANDIDATES LISTED IN RANK ORDER (HIGHEST TO LOWEST MARKS)**

|    | EXAMINATION NUMBER |  |  |  |  |  |  |  |  |  |  |  | MARK 100 |  |
|----|--------------------|--|--|--|--|--|--|--|--|--|--|--|----------|--|
| 1  |                    |  |  |  |  |  |  |  |  |  |  |  |          |  |
| 2  |                    |  |  |  |  |  |  |  |  |  |  |  |          |  |
| 3  |                    |  |  |  |  |  |  |  |  |  |  |  |          |  |
| 4  |                    |  |  |  |  |  |  |  |  |  |  |  |          |  |
| 5  |                    |  |  |  |  |  |  |  |  |  |  |  |          |  |
| 6  |                    |  |  |  |  |  |  |  |  |  |  |  |          |  |
| 7  |                    |  |  |  |  |  |  |  |  |  |  |  |          |  |
| 8  |                    |  |  |  |  |  |  |  |  |  |  |  |          |  |
| 9  |                    |  |  |  |  |  |  |  |  |  |  |  |          |  |
| 10 |                    |  |  |  |  |  |  |  |  |  |  |  |          |  |
| 11 |                    |  |  |  |  |  |  |  |  |  |  |  |          |  |
| 12 |                    |  |  |  |  |  |  |  |  |  |  |  |          |  |
| 13 |                    |  |  |  |  |  |  |  |  |  |  |  |          |  |
| 14 |                    |  |  |  |  |  |  |  |  |  |  |  |          |  |
| 15 |                    |  |  |  |  |  |  |  |  |  |  |  |          |  |
| 16 |                    |  |  |  |  |  |  |  |  |  |  |  |          |  |
| 17 |                    |  |  |  |  |  |  |  |  |  |  |  |          |  |
| 18 |                    |  |  |  |  |  |  |  |  |  |  |  |          |  |
| 19 |                    |  |  |  |  |  |  |  |  |  |  |  |          |  |
| 20 |                    |  |  |  |  |  |  |  |  |  |  |  |          |  |
| 21 |                    |  |  |  |  |  |  |  |  |  |  |  |          |  |
| 22 |                    |  |  |  |  |  |  |  |  |  |  |  |          |  |

2.5 RANK ORDER LIST FOR PAT CONTINUED



**NATIONAL SENIOR CERTIFICATE EXAMINATION  
SPORT AND EXERCISE SCIENCE  
RANK ORDER LIST FOR PAT CONTINUED**

Centre Number

**CANDIDATES LISTED IN RANK ORDER (HIGHEST TO LOWEST MARKS)**

|    | <b>EXAMINATION NUMBER</b> |  |  |  |  |  |  |  |  |  |  |  | <b>MARK 100</b> |  |
|----|---------------------------|--|--|--|--|--|--|--|--|--|--|--|-----------------|--|
| 23 |                           |  |  |  |  |  |  |  |  |  |  |  |                 |  |
| 24 |                           |  |  |  |  |  |  |  |  |  |  |  |                 |  |
| 25 |                           |  |  |  |  |  |  |  |  |  |  |  |                 |  |
| 26 |                           |  |  |  |  |  |  |  |  |  |  |  |                 |  |
| 27 |                           |  |  |  |  |  |  |  |  |  |  |  |                 |  |
| 28 |                           |  |  |  |  |  |  |  |  |  |  |  |                 |  |
| 29 |                           |  |  |  |  |  |  |  |  |  |  |  |                 |  |
| 30 |                           |  |  |  |  |  |  |  |  |  |  |  |                 |  |
| 31 |                           |  |  |  |  |  |  |  |  |  |  |  |                 |  |
| 32 |                           |  |  |  |  |  |  |  |  |  |  |  |                 |  |
| 33 |                           |  |  |  |  |  |  |  |  |  |  |  |                 |  |
| 34 |                           |  |  |  |  |  |  |  |  |  |  |  |                 |  |
| 35 |                           |  |  |  |  |  |  |  |  |  |  |  |                 |  |
| 36 |                           |  |  |  |  |  |  |  |  |  |  |  |                 |  |
| 37 |                           |  |  |  |  |  |  |  |  |  |  |  |                 |  |
| 38 |                           |  |  |  |  |  |  |  |  |  |  |  |                 |  |
| 39 |                           |  |  |  |  |  |  |  |  |  |  |  |                 |  |
| 40 |                           |  |  |  |  |  |  |  |  |  |  |  |                 |  |
| 41 |                           |  |  |  |  |  |  |  |  |  |  |  |                 |  |
| 42 |                           |  |  |  |  |  |  |  |  |  |  |  |                 |  |
| 43 |                           |  |  |  |  |  |  |  |  |  |  |  |                 |  |
| 44 |                           |  |  |  |  |  |  |  |  |  |  |  |                 |  |

2.6 MODERATION FEEDBACK FORM TO IEB



**NATIONAL SENIOR CERTIFICATE EXAMINATION  
SPORT AND EXERCISE SCIENCE  
MODERATION FEEDBACK FORM FOR PAT**

To be completed and retained by the IEB

**Examination Centre Number:** \_\_\_\_\_

*The candidates required to submit Learner Files for moderation (candidates selected by the school)*

| Examination number | School mark (%) | Moderated mark (%) |
|--------------------|-----------------|--------------------|
|                    |                 |                    |
|                    |                 |                    |
|                    |                 |                    |
|                    |                 |                    |
|                    |                 |                    |
|                    |                 |                    |

**Comments:**

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**Recommendations:**

|   |     |    |
|---|-----|----|
| PAT MARKS SHOULD BE ACCEPTED WITHOUT ALTERATION | Yes | No |
|---|-----|----|

Change recommended by moderator: \_\_\_\_\_

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Change to be implemented: \_\_\_\_\_

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PAT moderator's signature: \_\_\_\_\_ Date: \_\_\_\_\_

2.7 LETTER OF AUTHENTICITY



**NATIONAL SENIOR CERTIFICATE EXAMINATION  
SPORT AND EXERCISE SCIENCE  
LETTER OF AUTHENTICITY FOR PAT**

School Letterhead or School Stamp

**DECLARATION BY THE CANDIDATE**

I hereby declare that all the work contained in this PAT File is my own, original work and that if I have made use of any source, I have acknowledged this.

\_\_\_\_\_  
LEARNER NAME

\_\_\_\_\_  
DATE

I agree that, if it is determined by the competent authorities that I have engaged in any fraudulent activities whatsoever in connection with the contents of my PAT, I shall forfeit completely the marks gained for this assessment.

\_\_\_\_\_  
LEARNER NAME

\_\_\_\_\_  
DATE

**DECLARATION BY THE CANDIDATE'S TEACHER**

As far as I know, the above statement by the candidate is true, and I accept that the work offered is his/hers.

\_\_\_\_\_  
TEACHER

\_\_\_\_\_  
DATE

2.8 AI DECLARATION



**NATIONAL SENIOR CERTIFICATE EXAMINATION  
SPORT AND EXERCISE SCIENCE  
AI CANDIDATE DECLARATION**

|                            |  |
|----------------------------|--|
| <b>Candidate Name</b>      |  |
| <b>Subject</b>             |  |
| <b>Assessment Title</b>    |  |
| <b>Teacher</b>             |  |
| <b>Assessment Due Date</b> |  |

I (full name), \_\_\_\_\_, hereby confirm that:

- I have read and understood my school's policy relating to academic dishonesty.
- The task submitted has been completed in full by me.
- I have clearly indicated in the task any sections that were generated or assisted by AI, giving credit where it is due.
- I have adhered to the school policy regarding academic dishonesty – specifically, identifying where AI has been used and citing all sources of information.
- I acknowledge that I may have to verbally explain my answers/solutions presented in this task if asked by my teacher.

Candidate's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

The candidate must complete the table below to declare any use of AI tool in their assessment tasks.

| <b>Section of Task</b>                  | <b>AI Tool Used</b>            | <b>Purpose of Use</b>                      | <b>Extent of AI Use</b>                | <b>Candidate's Own Contribution</b>                      |
|---|--------------------------------|--|--|--|
| <b>e.g. Research, drafting, editing</b> | <b>e.g. ChatGPT, Grammarly</b> | <b>e.g. Idea generation, grammar check</b> | <b>e.g. Light, moderate, extensive</b> | <b>e.g. Wrote all of the content, AI checked grammar</b> |
|   |                                |  |  |  |
|   |                                |  |  |  |
|   |                                |  |  |  |
|   |                                |  |  |  |
|   |                                |  |  |  |
|   |                                |  |  |  |
|   |                                |  |  |  |