

# Assessment Task Notification

RESPECT | RESPONSIBILITY | PERSONAL BEST



Faculty: PDHPE	Course: Sports, Lifestyle and Recreation	Time allowed: 2 weeks
Teacher: Mr L Bensley	Email: lachlan.bensley2@det.nsw.edu.au	
Task number: 1	Title: Fitness Task	
Year: 11	Due date: Term 1, Weeks 6-10	Weighting: 30%

## Syllabus outcomes assessed:

Outcome 2.3: understands the relationship between diet, physical activity and health

Outcome 2.4: recognises the need for, and participates in, regular physical activity

Outcome 5.1: chooses and participates in a range of indoor and outdoor leisure activities

## 21<sup>st</sup> Century and employment related skills:

<input type="checkbox"/>	Communication	<input type="checkbox"/>	Use of technology
<input type="checkbox"/>	Critical Thinking	<input checked="" type="checkbox"/>	Self-reflection and refinement
<input type="checkbox"/>	Creativity	<input type="checkbox"/>	Problem Solving
<input type="checkbox"/>	Collaboration	<input type="checkbox"/>	Initiative and Enterprise
<input checked="" type="checkbox"/>	Planning and Organising	<input type="checkbox"/>	Cross-Cultural Understanding

## Task description:

### PART A (Individual):

You have been appointed as coach for a sporting team of your choice (you must specify which sport). Throughout the following sections, you will address what is necessary to be a coach and discuss why it's important to understand the fitness requirements of the chosen sport.

In your response you will need to:

### Section 1 – Physical Activity, Fitness and Healthy Lifestyle

Outline what physical activity, fitness and a healthy lifestyle are.

### Section 2 – Skill Development and Training

Select ONE health-related component. Describe how it is used in the chosen sport and describe a training method to support the improvement of that skill.

### Section 3 – Fitness Testing

Outline one fitness test used to test a health or skill related component of fitness in your sport. Your response should include how to deliver the test, equipment and measuring of the test and how to record and evaluate the results.

**PART B: Practical Application and Fitness Testing:**

**Section 1 – Participation**

You will be marked on participation during practical lessons and fitness testing.

**Section 2 – Personal Fitness Card**

Completion of Personal Fitness Card and comparison with 'norms'.

**Assessment criteria:**

You will be assessed on your ability to:

Describe the relationship between physical activity, fitness and healthy lifestyle

Identify health and skill related components of fitness

Participate in a range of fitness testing to the best of their ability

**Method of task submission:**

Submit to classroom teacher

Marking guidelines:

**YEAR 11 PRELIMINARY SLR FITNESS TASK MARKING RUBRIC**

**Outcome 2.3: understands the relationship between diet, physical activity and health**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Achieved Independently	Achieved with support	Not yet achieved

**Outcome 2.4: recognises the need for, and participates in, regular physical activity**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Achieved Independently	Achieved with support	Not yet achieved

**Outcome 5.1: chooses and participates in a range of indoor and outdoor leisure activities**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Achieved Independently	Achieved with support	Not yet achieved

**Effort Grading**

<b>5</b>	The student's effort with this assessment is outstanding, enthusiastic and conscientious.
<b>4</b>	The student's effort with this assessment is highly satisfactory.
<b>3</b>	The student's effort with this assessment is satisfactory.
<b>2</b>	Greater effort is required with this assessment to achieve competency in the outcome to a satisfactory level.
<b>1</b>	The student's effort with this assessment is unsatisfactory.