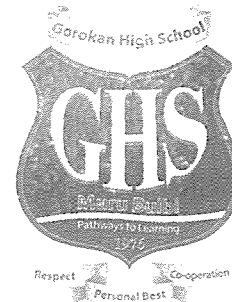


Assessment Task Notification



RESPECT | RESPONSIBILITY | PERSONAL BEST

Faculty: PDHPE	Course: Sports, Lifestyle and Recreation	Time allowed: 5 weeks
Teacher: Miss Olivia Glanville		Email: olivia.glanville1@det.nsw.edu.au
Task number: 1	Title: Fitness Task	
Year: 11	Due date: Term 1, Weeks 5-10	Weighting: 30%

Syllabus outcomes assessed:

Outcome 1.2: explains the relationship between physical activity, fitness and healthy lifestyle
 Outcome 2.1: explains the principles of skill development and training
 Outcome 3.2: designs programs that respond to performance needs
 Outcome 3.3: measures and evaluates physical performance capacity

21st 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

CONTEXT FOR TASK

Students will be examining the components of a healthy lifestyle and the factors that influence lifestyle. They will investigate lifestyle balance, focusing on physical activity and training.

TASK

You have been employed as a personal trainer at your local gym to create a health and nutrition plan for one of their adult returning members who is looking to improve their overall health and lifestyle.

You are to create a training plan for the member by including the following:

PART A – Balanced Lifestyle and Training (20 marks)

1. Health information (10 marks):

A one-page infographic that explains the benefits of a balanced lifestyle and physical activity

2. Four-week fitness plan (10 marks):

A four-week fitness program that is based on the FITT principle. This can be completed in a table that outlines the requirements of a program catering to the needs of the returning member.

PART B - Practical Application and Fitness Testing (15 marks):

1. Participation (5 marks)

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

2. Personal Fitness Booklet (10 marks)

- a) Students complete each fitness test, record results and compare them against the appropriate age-group 'norms' in the student work booklets. (5 marks)
- b) Describe 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. (5 marks)

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; and

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

Method of task submission:

Submit to library by Wk 10 Friday.

Marking guidelines:

YEAR 11 PRELIMINARY SLR FITNESS TASK MARKING RUBRIC

PART A - Balanced Lifestyle and Training (20 marks)

<u>1 - Health Information</u>	
MARK	CRITERIA
9-10	<ul style="list-style-type: none">● Makes evident the relationship between physical activity, fitness and a healthy lifestyle on successful performance in their chosen sport.● Provides relevant examples.
7-8	<ul style="list-style-type: none">● Provides characteristics and features of physical activity, fitness and a healthy lifestyle.● Provides characteristics and features of success within the chosen sport● Provides relevant examples
5-6	<ul style="list-style-type: none">● Provides characteristics and features of some components (physical activity, fitness and a healthy lifestyle).● Sketches in general terms success within the chosen sport.

	<ul style="list-style-type: none"> ● May provide relevant examples
3-4	<ul style="list-style-type: none"> ● Sketches in general terms physical activity, fitness and a healthy lifestyle. ● May include information related to success in the chosen sport.
1-2	<ul style="list-style-type: none"> ● Provides some information related to physical activity, fitness, healthy lifestyles or success in the chosen sport.

2 – Four-Week Fitness Plan

MARK	CRITERIA
9-10	<ul style="list-style-type: none"> ● Demonstrates extensive knowledge and understanding about the health and skill requirements of fitness ● Provides detailed explanations about requirements specific to the athlete's sport ● Provides relevant examples
7-8	<ul style="list-style-type: none"> ● Demonstrates thorough knowledge and understanding about the health and skill requirements of fitness ● Provides explanations about requirements specific to the athlete's sport ● Provides examples
5-6	<ul style="list-style-type: none"> ● Demonstrates sound knowledge and understanding about the health and/or skill requirements of fitness ● Provides some links to requirements specific to the athlete's sport ● Provides example(s)
3-4	<ul style="list-style-type: none"> ● Demonstrates basic knowledge about the health and/or skill requirements of fitness ● Provides information about the athlete's sport
1-2	<ul style="list-style-type: none"> ● Provides relevant information about the health and/or skill requirements of fitness and/or information about the athlete's sport

PART B - Practical Application and Fitness Testing (10 marks)

<u>1 - Participation</u>	
MARK	CRITERIA
5	<ul style="list-style-type: none"> ● Demonstrates high levels of personal best in all lessons
4	<ul style="list-style-type: none"> ● Demonstrates high levels of personal best in most lessons of practical testing.
3	<ul style="list-style-type: none"> ● Demonstrates above average personal best in lessons of practical testing
2	<ul style="list-style-type: none"> ● Demonstrates below average personal best in lessons of practical testing
1	<ul style="list-style-type: none"> ● Student completes some aspects of the Personal Fitness Card and successfully identifies and draws relationship between some of their scores and their correct 'norm'.
0	<ul style="list-style-type: none"> ● Non-Attempt

2A - Personal Fitness Cards	
MARK	CRITERIA
5	<ul style="list-style-type: none"> Students completes every aspect of the Personal Fitness Card and successfully identifies and draws relationship between their scores and their correct 'norm'.
4	<ul style="list-style-type: none"> Students completes every aspect of the Personal Fitness Card and successfully identifies and draws relationship between most of their scores and their correct 'norm'.
3	<ul style="list-style-type: none"> Students completes most aspects of the Personal Fitness Card and successfully identifies and draws relationship between their scores and their correct 'norm'.
2	<ul style="list-style-type: none"> Students completes most aspects of the Personal Fitness Card and successfully identifies and draws relationship between most of their scores and their correct 'norm'.
1	<ul style="list-style-type: none"> Student completes some aspects of the Personal Fitness Card and successfully identifies and draws relationship between some of their scores and their correct 'norm'.
0	<ul style="list-style-type: none"> Non-Attempt

2B – Describe a Fitness Test	
MARK	CRITERIA
5	<ul style="list-style-type: none"> Clearly indicates the main features of one fitness test used to test a health or skill related component of fitness in their chosen sport Provides characteristics and features of the test, including the equipment and measuring of the test and how to record and evaluate the results
4	<ul style="list-style-type: none"> Indicates the features of a fitness test used to test a health or skill related component of fitness in their chosen sport Sketches in general terms the test and its procedures.
3	<ul style="list-style-type: none"> Sketches in general terms a fitness test used to test a health or skill related component of fitness in their chosen sport Sketches in general terms the test and its procedures.
2	<ul style="list-style-type: none"> Recognises and names one fitness test used to test a health or skill related component of fitness in their chosen sport Provides some information on how to deliver the test, the equipment and measuring of the test and how to record and evaluate the results
1	<ul style="list-style-type: none"> Provides some relevant information
0	<ul style="list-style-type: none"> Non-attempt