

ASSESSMENT TASK NOTIFICATION

Assessment Task No: 1	Date Due:	Weighting: 25%
UNIT: Make Fit and Healthy Normal	NAME:	
FACULTY: PDHPE	YEAR: 9	TEACHER:

SUBMISSION INSTRUCTIONS

Students to submit a written document with answers to the questions provided by their teacher for assessment. These responses must include evidence from the students fitness testing and research of fitness components, principles of training, personal goal setting and their understanding of lifelong fitness benefits.

MARKING

Marker: _____ Signature: _____ Date: _____

	Grade					Mark:
TOTAL:	A	B	C	D	E	_____ / 25

Comment:

STUDENT CONFIRMATION

I certify that...

- The following assignment is all of my own work.
 - I have not copied any material from other sources
 - No one else (including tutors, parents or other family or friends) have completed the work for me.
 - I have provided a list of sources (bibliography) that I have used to help me to complete my assignment.
 - I have provided referencing throughout the assignment to indicate where I have quoted someone else's work.
- I have kept a copy of my work

Student's Signature: _____

ASSESSMENT TASK SHEET

CONTEXT

This assessment task is in conjunction with the fitness testing data you have recorded during practical lessons. Fitness test results enable us to determine our strengths and areas to improve. Physical fitness is essential in order to improve performance.

OUTCOMES BEING ASSESSED

A student will be assessed on the following outcomes:

5.9 Formulates goals and applies strategies to enhance participation in lifelong physical activity

5.16 Predicts potential problems and develops, justifies and evaluates solutions

ASSESSMENT CRITERIA FOR SUCCESS

Student will be assessed on their ability to:

- **Demonstrate accurate analysis of data collected during fitness testing to develop a unique fitness program to meet their individual needs and specific goals**
- **Use a scaffold/template provided by the teacher to develop their program**
- **Respond to the Key words and terms within the questions to be answered**
- **Provide evidence or proof of research through their bibliography and referencing**

TASK DESCRIPTION

During your practical lessons you will complete a battery of fitness tests and record your results. These results will then be used to develop a fitness program suited to you: to improve or maintain your current level of fitness. Your assessment task will also comprise the following questions:

1. **Discuss** the health benefits of being physically fit in a ½ page
2. **Determine** your individual **S.M.A.R.T** goals that you would like to achieve by participating in your fitness program.
3. Using your fitness test results:
Analyse reasons for your current state of fitness. Compared to age standard norms were you below average, average or above average the scores for the components measured.
4. **Design** an individual fitness program for 1 WEEK that helps you achieve your smart goals for fitness improvement. The program is to be based on the **FITT principle** (frequency, intensity, time and type).
5. Describe how the principles of training would be applied to your program if it was extended over a 3 wk period.
6. **Bibliography – identify and note any resources used**
7. **Appendix- include Fitness testing result sheet, S.M.A.R,T goal sheet, and Action plan sheet.**

Definition of key words.

Discuss – Identify issues and provide points for and/against

Outline – sketch in general terms

Analyse – Identify components and the relationships between them; draw out and relate implications.

Describe – Provide characteristics and features

Marking Guidelines

Unit: Make Fit and Healthy Normal

Task Number: 1

Name:.....

MAJOR OUTCOME TO BE ASSESSED

5.9 Formulates goals and applies strategies to enhance participation in lifelong physical activity

MARKING GUIDELINES

MARK/ GRADE

<p>Excellent knowledge, understanding & skills are demonstrated through responses that:</p> <ul style="list-style-type: none"> ▪ Discuss an extensive range of health benefits for becoming physically fit ▪ Outline in extensive detail your S.M.A.R.T goals for your fitness program ▪ Demonstrate an extensive analysis of fitness results with detailed identification of contributing factors. ▪ Designs an extensive program that has compressive links to the FITT principle and fitness results. ▪ Describes in depth how the principles of training will be applied to the program. ▪ Bibliography and Appendix material are completed and included to a high standard 	<p>25 24 23</p>	<p>A OUTSTANDING</p>
<p>Thorough knowledge, understanding & skills are demonstrated through responses that:</p> <ul style="list-style-type: none"> ▪ Thoroughly discusses a range of health benefits for becoming physically fit ▪ Outline in thorough detail your S.M.A.R.T goals for your fitness program ▪ Demonstrate a thorough analysis of fitness results with detailed identification of contributing factors. ▪ Designs a thorough program that has compressive links to the FITT principle and fitness results. ▪ Describes in depth how the principles of training will be applied to the program. ▪ Bibliography and Appendix material are completed and included to a thorough standard 	<p>22 21 20</p>	<p>B THOROUGH</p>
<p>Sound knowledge, understanding & skills are demonstrated through responses that:</p> <ul style="list-style-type: none"> ▪ Satisfactory discusses a range of health benefits for becoming physically fit ▪ Satisfactorily outline your S.M.A.R.T goals for your fitness program ▪ Demonstrate a satisfactory analysis of fitness results with some identification of contributing factors. ▪ Designs a satisfactory program that has some links to the FITT principle and fitness results. ▪ Describes how the principles of training will be applied to the program. ▪ Bibliography and Appendix material are completed and included to a sound standard 	<p>19 18 17 16 15</p>	<p>C SOUND</p>
<p>General knowledge, understanding & skills are demonstrated through responses that:</p> <ul style="list-style-type: none"> ▪ Discusses a basic range of health benefits for becoming physically fit ▪ Outlines a basic set of S.M.A.R.T goals for their fitness program ▪ Demonstrate a basic analysis of fitness results with limited identification of contributing factors. ▪ Designs a basic program that has limited links to the FITT principle and fitness results. ▪ Outlines how the principles of training will be applied to the program ▪ Poor Bibliography and Appendix 	<p>14 13 12 11 10</p>	<p>D BASIC</p>
<p>Limited knowledge, understanding & skills are demonstrated through responses that:</p> <ul style="list-style-type: none"> ▪ Discuss a limited range of health benefits for becoming physically fit ▪ Outlines a limited set of S.M.A.R.T goals for their fitness program ▪ Demonstrates a basic outline of fitness results with limited/no contributing factors. ▪ Designs a basic program that has limited/no links to the FITT principle and fitness results. ▪ Provides little/no evidence how the principles of training will be applied to the program ▪ Basic Bibliography and appendix . 	<p>8-9 6-7 4-5 2-3 0-1</p>	<p>E ELEMENTARY</p>

