



# ORANGE HIGH SCHOOL

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## ASSESSMENT TASK NOTIFICATION

<b>Subject</b>	Year 9 Child Studies
<b>Topic</b>	Becoming a Parent
<b>Class Teacher</b>	Lyden
<b>Head Teacher</b>	T. Dray
<b>Year</b>	9
<b>Date Given</b>	Week 5
<b>Date Due</b>	Week 9 (day to be determined by class teacher)
<b>Weighting</b>	25%

### Task

**Design an innovative and educational information package for an expectant mother. Use pictures where necessary. It may be presented as:**

- **a powerpoint presentation/ google slides**
- **a word processed booklet**
- **a poster/infographic/Canva.com**
- **a Video blog**
- **OR A COMBINATION OF ANY OF THE ABOVE PRESENTATION METHODS**

In this you are going to **discuss, explain, identify and evaluate** the following

1. Identify and discuss the nutritional needs of an expectant mother.
2. List 4 dietary supplements and describe their purpose recommended for an expectant mother.
3. Evaluate the benefits of exercise for an expectant mother and recommend 2 different types of exercise for each stage.
4. Describe the potential effects of poor nutrition, drugs, alcohol **and** smoking on the developing baby.
5. Examine how pregnancy and birth affects the social wellbeing of a pregnant woman during pregnancy and post-pregnancy.
6. A bibliography of at least 4 different sources included.

Refer to the marking criteria and checklist (below) to guide your responses for this assessment.

**Non-completion of Task:**

If you know you are going to be away on the day that the task is due, you must make alternative arrangements with your teacher beforehand. If you are suddenly away on the day that the task is due, you must contact your teacher or Head Teacher on your return to school. Documentation will be required in both classes.

**Plagiarism:**

Plagiarism, the using of the work of others without acknowledgement will incur serious penalties and may result in zero award. Any cheating will also incur penalties.

**Failure to follow the above procedures may result in a zero award.**

**The policies and procedures that are outlined on the ROSA booklet will be followed regarding the non-completion of assessment tasks.**

**Common grade scale Stage 5 PDHPE  
Task mark allocation**

A 36-40	The student has an extensive knowledge and understanding of the content and can readily apply this knowledge. In addition, the student has achieved a very high level of competence in the processes and skills and can apply these skills to new situations.
B 28-35	The student has a thorough knowledge and understanding of the content and a high level of competence in the processes and skills. In addition, the student is able to apply this knowledge and these skills to most situations.
C 20-27	The student has a sound knowledge and understanding of the main areas of content and has achieved an adequate level of competence in the processes and skills.
D 12-19	The student has a basic knowledge and understanding of the content and has achieved a limited level of competence in the processes and skills.
E 0-12	The student has an elementary knowledge and understanding in few areas of the content and has achieved very limited competence in some of the processes and skills.

**Outcomes Assessed**

**OUTCOMES**

CS5-5 evaluates strategies that promote the growth and development of children

CS5-6 describes a range of parenting practices for optimal growth and development

CS5-8 evaluates the role of community resources that promote and support the wellbeing of children and families

CS5-12 applies evaluation techniques when creating, discussing and assessing information related to child growth and development

## Child Studies Assessment 1 - Marking Criteria

	<b>Outstanding 10-9</b>	<b>High 8-7</b>	<b>Sound 6-5</b>	<b>Basic 4-3</b>	<b>Limited 2-0</b>
Student has identified and discussed the nutritional needs of an expectant mother	<ul style="list-style-type: none"> <li>- Student has identified the nutrients needed by an expectant mother</li> <li>- Student has discussed the need for the nutrients and any issues related to their consumption</li> <li>- Student's answer is logical and cohesive with great attention to detail.</li> </ul>	<ul style="list-style-type: none"> <li>- Student has briefly identified the nutrients needed by the expectant mother</li> <li>- Student has communicated the need for the nutrients</li> <li>- Student's answer is logical and cohesive.</li> </ul>	<ul style="list-style-type: none"> <li>- Student has listed the nutrients needed by an expectant mother</li> <li>- Minimal communication on why the nutrients are needed.</li> <li>- Student's answer is cohesive.</li> </ul>	<ul style="list-style-type: none"> <li>- Student has only listed nutrients needed by an expectant mother.</li> </ul>	<ul style="list-style-type: none"> <li>- Student has submitted an incomplete or incorrect answer.</li> </ul> <p style="text-align: center;">AND/OR</p> <ul style="list-style-type: none"> <li>- Student has presented incorrect information with multiple errors.</li> </ul>
Recognised recommended supplements				<ul style="list-style-type: none"> <li>- Student has correctly identified 3 to 4 supplements recommended for expectant mothers</li> </ul>	<ul style="list-style-type: none"> <li>- Student has identified 1 to 2 supplements recommended for expectant mothers</li> </ul>
Student has evaluated the benefits of exercise for an expectant mother and recommended 2 different types of exercise for each stage	<ul style="list-style-type: none"> <li>- Student has comprehensively evaluated the benefits of exercise for an expectant mother</li> <li>- Student has comprehensively identified unsafe exercise methods for an expectant mother</li> </ul>	<ul style="list-style-type: none"> <li>- Student has clearly evaluated the benefits of exercise for an expectant mother</li> <li>- Student has clearly identified unsafe exercise methods for an expectant mother</li> </ul>	<ul style="list-style-type: none"> <li>- Student has evaluated the benefits of exercise for an expectant mother</li> <li>- Student has comprehensively identified unsafe exercise methods for an expectant mother</li> </ul>	<ul style="list-style-type: none"> <li>- Student has briefly outlined benefits of exercise for an expectant mother</li> <li>- Student has identified some unsafe exercise practices for an expectant mother</li> </ul>	<ul style="list-style-type: none"> <li>- Student has listed some benefits of exercise for an expectant mother AND/OR listed unsafe practices for expectant mothers</li> </ul>

	<b>Outstanding <u>10-9</u></b>	<b>High <u>8-7</u></b>	<b>Sound <u>6-5</u></b>	<b>Basic <u>4-3</u></b>	<b>Limited <u>2-0</u></b>
Describe the effects of drugs, alcohol, smoking and poor nutrition on a developing baby		<ul style="list-style-type: none"> <li>- Student has researched the lifestyle choices influencing the health of an unborn baby.</li> <li>- Student has supported the research with examples and diagrams</li> <li>- Student has answered the question in a logical and cohesive manner</li> </ul>	<ul style="list-style-type: none"> <li>- Student has presented information about the lifestyle choices that affect the health of an unborn baby with minimal clarity.</li> <li>- Student has supported the research with some pictures</li> </ul>	<ul style="list-style-type: none"> <li>- Student has listed lifestyle choices without accurately explaining consequences on a newborn baby. AND/OR Student has presented incorrect research</li> </ul>	<ul style="list-style-type: none"> <li>- Student has presented an incorrect investigation with multiple errors.</li> </ul>
Examine how pregnancy and birth affects the social wellbeing of a pregnant woman.			<ul style="list-style-type: none"> <li>- A insightful overview of how pregnancy and childbirth may cause loneliness</li> </ul>	<ul style="list-style-type: none"> <li>- A basic overview of how pregnancy and childbirth may cause loneliness</li> </ul>	<ul style="list-style-type: none"> <li>- Question not attempted</li> </ul>
<b>Bibliography</b>				4 sources of information listed, correct bibliography format attempted	Bibliography is written incorrectly or not attempted
<b>Total /40</b>					

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Completed	Questions	Marks
	List 4 Nutrients needed	2
	<b>Explain</b> why each of the identified nutrients are important during pregnancy (how does it help the mother or baby)	8
	List 4 recommended supplements	4
	<b>Evaluate</b> the benefits of exercise on an expectant mother. (talk about positive and negatives)	4
	<b>Identify</b> 2 types of exercise that should be avoided and <b>explain</b> why?	4
	List 2 exercises suitable in Trimester 2 and Trimester 3	2
	<b>Describe</b> the effect that: <ul style="list-style-type: none"> <li>i. Drugs</li> <li>ii. Alcohol</li> <li>iii. Smoking</li> <li>iv. Poor nutrition</li> </ul> have on a developing baby.	2 2 2 2
	<b>Discuss</b> how pregnancy affects the social wellbeing of a pregnant woman during and post pregnancy. (Remember - identify a point then provide examples to explain.)	6
	<b>BIBLIOGRAPHY</b> E.g. <i>Exercise Tips for Pregnancy</i> . May 26, 2017 — Written by Angel Miller. <a href="https://www.medicalnewstoday.com/articles/290217.php">https://www.medicalnewstoday.com/articles/290217.php</a>	2