



ORANGE HIGH SCHOOL

ASSESSMENT TASK NOTIFICATION

Subject	STAGE 6 PDHPE
Topic	CORE 2: FACTORS AFFECTING PERFORMANCE
Class Teacher	BARRETT/DRAY/WINSLADE
Head Teacher	MS DRAY
Year	12
Date Given	TUESDAY FEBRUARY 26, 2024
Date Due	WEDNESDAY MARCH 27 (WEEK 9), TURNED INTO GC BY 9AM
Weighting	25%

PDHPE TASK 2 FACTORS AFFECTING PERFORMANCE

THIS TASK HAS TWO PARTS

ATHLETE CASE STUDY: Use the Youtube Clip on Josh Daicos as a case study for your responses for both PART A and PART B of this task. <https://t.ly/hZl1m>.

Recommended watching also includes:

1. <https://t.ly/p7YS3> - recovery strategies
2. <https://t.ly/vLegt> - psychological strategies
3. <https://t.ly/j4Nsv> - recovery strategies
4. <https://t.ly/UhMEs> - nutritional strategies

PART A: Research the following question and submit on your Google Classroom by 9.00am on Wednesday March 27th, 2024.

1. Research recovery strategies to discern their main features and EVALUATE the proposed benefits to performance for an elite AFL player. **(1.5 PAGES MAX. – 8 MARKS).**

PART B: You will be assessed on any Core 2 content; Factors Affecting Performance. This will occur on Wednesday March 27th 2024, starting at 8.15am promptly in the YAL.

You will receive a question(s) to the total value of 17 marks for this section

Marking Rubric:

In your answers you will be assessed on how well you:

- demonstrate your knowledge and understanding of course content
- apply the skills of critical thinking, research, analysing and communicating
- illustrate your answer with relevant examples
- present ideas in a clear and logical way

HOW TO SHOW EVIDENCE OF YOUR RESEARCH IN YOUR RESPONSE

For example: In the following, if you have referred to PDHPE.Net and Atomi, list them in your bibliography as -

1. PDHPE.NET
2. Atomi

Then in your response, refer to them specifically as -

“Hydration often involves drinking 500mL of a sports drink, such as PowerAde, and plenty of water (2-3L) over the next 24hrs (1). Dehydration occurs when there is a harmful reduction of water in the body (2).”

YOU MUST DO THIS PROCESS FOR ALL SOURCES OF INFORMATION USED.

Outcomes Assessed

H7 Explains the relationship between physiology and movement potential

H8 Explains how a variety of training approaches and other interventions enhance performance and safety in physical activity

H9 Explains how movement skill is acquired and appraised

H10 Designs and implements training plans to improve performance

H11 Designs psychological strategies and nutritional plans in response to individual performance needs

H16 Devises methods of gathering, interpreting and communicating information about health and physical activity concepts

H17 Selects appropriate options and formulates strategies based on a critical analysis of the factors that affect performance and safe participation.

Task Submission

1. Size 11 ARIAL NARROW font
2. 1.5 spacing
3. Narrow margins
4. Task is to be submitted ONLINE via your Google Classroom by 9am on Wednesday March 27th
5. Bibliography must contain the following information for EACH source. An example of the information to include for each source is listed below. Bibliography is to be included on a separate page.

FROM A PRINT SOURCE	FROM THE INTERNET
<ul style="list-style-type: none"> - author name - title of the publication (and the title of the article if it's a magazine or encyclopaedia) - date of publication - the place of publication of a book - the publishing company of a book - the volume number of a magazine or printed encyclopaedia - the page number(s) 	<ul style="list-style-type: none"> - author and editor names (if available) - title of the page (if available) - the company or organization who posted the webpage - the Web address for the page (called a URL) - the last date you looked at the page

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 HSC booklet will be followed regarding the non-completion of assessment tasks.

KEY VERBS

1. OUTLINE – sketch in general terms
2. DESCRIBE – provide characteristics and features
3. EXPLAIN – show cause and effect
4. COMPARE – show similarities and differences
5. ANALYSE – identify the components, draw out the relationships and relate the implications
6. EVALUATE – make a judgement based on criteria; determine the value of

CORE 2 – MARKING CRITERIA

Research recovery strategies to discern their main features and EVALUATE the proposed benefits to performance for an elite AFL player. **(1.5 PAGES MAX. – 8 MARKS).**

<u>CRITERIA</u>	<u>MARK</u>
Evidence of research is clear and response refers to 3+ credible sources of information Thorough discussion of the main features of the syllabus specific recovery strategies is clear Makes a clear judgement about the proposed benefits and clear links to impact on performance Provides a range of relevant examples Response is logical and cohesive	<u>7-8</u>
Evidence of research is clear and refers to credible sources of information Sound discussion of the main features of the syllabus specific recovery strategies Attempts to make a judgement about the proposed benefits and links to impact on performance Provides a range of relevant examples Response is logical and cohesive	<u>5-6</u>
Evidence of research may be unclear AND/OR sources of information may not be credible Provides characteristics and features of recovery strategies. Provides links to proposed benefits to performance Response may not have addressed the syllabus specific recovery strategies. Examples may be unclear or minimal	<u>3-4</u>
Provides relevant information regarding recovery strategies AND/OR benefits to performance	<u>1-2</u>

OHS PDHPE - Submission of Drafts

The submission of draft work is encouraged at Orange High School. Drafts allow feedback to occur and encourage student reflection. Drafts enable students to:

Strive for excellence.

Respond and act on questioning by a review.

Appreciate the value of a reader's viewpoint/critique of their work.

Assess whether or not their work satisfies the intent/criteria of the task.

Guidelines for Students

Expect a teacher to question and prompt you as to what or how you could refine or improve your work, ("not give you the answer").

PDHPE teachers will provide feedback on one draft per assessment. However, individual staff and students may arrange for additional drafts based on teacher discretion.

Drafts are to be submitted to your usual classroom teacher.

Any final draft should be submitted TWO days prior to the submission date. A review process needs to include time for the reader to comment and adequate time for a response to the feedback. Drafts may be submitted closer to the deadline, however, the student must negotiate this with their teacher directly.

Students should not assume that applying teacher feedback will ensure full marks. As students are incredibly diverse in their ability levels, teachers will seek to provide meaningful feedback to ensure they achieve 'their best.'

Guidelines for Staff

Ideally a reply to a draft will be given within 48 hours.

Access to the task and the marking criteria is necessary.

Reading and critiquing drafts is done primarily by the student's class teacher, if they are not available, all Stage 6

PDHPE teachers are able to read the draft and provide feedback

Limit your comments – 3 or 4 most important aspects.

Alert students to missing components.

Feedback will be reflective of the marking criteria

Teachers are not expected to:

Spend time 'proof reading' and correcting simple punctuation/grammatical mistakes.

Rewrite sentences, phrases, provide scaffold sequence of 'to do' steps.

Grade or indicate any sort of judgment on quality/band/mark.