



# ORANGE HIGH SCHOOL

## ASSESSMENT TASK NOTIFICATION

<b>Subject</b>	Sport, Lifestyle and Recreation
<b>Topic</b>	Resistance Training
<b>Class Teacher</b>	Mr Callaway
<b>Head Teacher</b>	Mr Baker
<b>Year</b>	12
<b>Date Given</b>	
<b>Date Due</b>	Completed during practical classes
<b>Weighting</b>	25%

### Assessment Outline

Students are to select/design a Resistance Training Program based on your fitness goals.

Students perform their chosen program and monitor your progress during term 4.

#### **Task Description:**

You are to:

- a. Identify the type of program you will undertake, eg. Muscular Endurance, power, strength.
- b. State a goal you wish to achieve. (must be specific, achievable, measurable)
- c. Select a training outline including the number of training sessions per week, (include exercises, sets and repetitions).
- d. Implement your training program and record your progress.

#### **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.

**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.**

### **Outcomes Assessed**

- 1.3 demonstrates ways to enhance safety in physical activity
- 2.3 selects and participates in physical activities that meet individual needs, interests and abilities
- 3.2 designs programs that respond to performance needs
- 3.3 measures and evaluates physical performance capacity
- 4.4 demonstrates competence and confidence in movement contexts

Student's Reflections

Teacher Feedback

<p><b><u>Takes Control of Learning</u></b>                      I challenge myself to be the best I can be by completing my selected resistance training program and finding a way to raise the bar each training session.                       If I finish early, I challenge myself by completing extra exercises.</p>	<p>1 2 3 4 5</p>	<p>1 2 3 4 5</p>
<p><b><u>Supports Classmates</u></b>                      I support my training partners when they struggle or hesitate due to fatigue or lack of commitment.                      I'm a team player!</p>	<p>1 2 3 4 5</p>	<p>1 2 3 4 5</p>
<p><b><u>Expands with Extensions</u></b>                      I have increased my knowledge of resistance training exercises and guide others in correct technique and the use of equipment.</p>	<p>1 2 3 4 5</p>	<p>1 2 3 4 5</p>
<p><b><u>Understands Directions</u></b>                      I watch and listen to instructions/safety considerations whilst in the gym.</p>	<p>1 2 3 4 5</p>	<p>1 2 3 4 5</p>
<p><b><u>Respectful</u></b>                      I show consideration for myself and others whilst in the gym.</p>	<p>1 2 3 4 5</p>	<p>1 2 3 4 5</p>
<p><b><u>Persistent</u></b>                      I stay on task and complete resistance training activities, even when the workout becomes challenging.</p>	<p>1 2 3 4 5</p>	<p>1 2 3 4 5</p>