



# ORANGE HIGH SCHOOL

## ASSESSMENT TASK NOTIFICATION

<b>Subject</b>	Personal Development, Health and Physical Education
<b>Topic</b>	STAGE 6 – YEAR 11 – CORE 2 BODY IN MOTION
<b>Class Teacher</b>	Ms Dray, Ms Livingstone and Mrs Winslade
<b>Head Teacher</b>	Ms Dray
<b>Date Given</b>	Term 2, Week 3, May 16 <sup>th</sup>
<b>Date Due</b>	Term 2, Week 6, Wednesday June 5 <sup>th</sup>
<b>Weighting</b>	35%

### TASK DESCRIPTION:

Create a video or series of pictures that shows you performing a movement for one of the following sporting movement options (Netball, Basketball, Athletics, Swimming, Cricket, Dance, Soccer, League) and analyse the movements involved. Complete the following questions to show your understanding of the Body in Motion.

1. Identify at least four major bones, four major muscles, three joints (and type of joint) and three joint actions involved in the movement/s. **4 marks (completion of table)**
2. Describe the immediate physiological responses that occur in your movement/s and explain their influence on movement efficiency. **6 marks (1 page max.)**
3. Explain how an understanding of TWO biomechanical principles can improve performance in the chosen sporting movement/s. **8 marks (1 page max.)**
4. Using research from 2 credible sources, justify the TWO main health and TWO main skill related components of fitness that are essential to performing this movement/s proficiently. In your response you must identify an appropriate fitness test for each component and also explain to what degree is fitness a predictor of performance? **12 marks (2 pages max.)**

Submission note: Videos can be submitted on a USB, but the answers to Question 1, 2, 3 and 4 need to be printed and submitted with your questions on the due date. The USB with the sporting movement clip should be submitted in a sandwich bag that is clearly labelled with the students' full name at the time of assessment submission. The sandwich bag should be stapled to the assessment task. If you are using a video for Question 1, it should be no more than 30 seconds in length. Pictures need to be clearly printed and labelled with arrows showing directions of movement and need to be clearly referred in the table for Question 1.

### EXAMPLE TABLE FOR QUESTION 1

MOVEMENT TIME	MOVEMENT	JOINT ACTION/S	MUSCLE/S INVOLVED	JOINTS INVOLVED/JOINT TYPE	BONES INVOLVED

### TASK SUBMISSION REQUIREMENTS:

1. Question 1, 2, 3 and 4 to be printed on SEPARATE pages (no BACK TO BACK).
2. Size 11 ARIAL NARROW font
3. 1.5 spacing
4. Narrow margins
5. Task is to be submitted to the OHS library between 8.30am - 9.00am on WEDNESDAY JUNE 5<sup>TH</sup>.
6. 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"> <li>- author name</li> <li>- title of the publication (and the title of the article if it's a magazine or encyclopaedia)</li> <li>- date of publication</li> <li>- the place of publication of a book</li> <li>- the publishing company of a book</li> <li>- the volume number of a magazine or printed encyclopaedia</li> <li>- the page number(s)</li> </ul>	<ul style="list-style-type: none"> <li>- author and editor names (if available)</li> <li>- title of the page (if available)</li> <li>- the company or organization who posted the webpage</li> <li>- the Web address for the page (called a URL)</li> <li>- the last date you looked at the page</li> </ul>

**Outcomes/Content Assessed:**

P7 – Explains how body systems influence the way the body moves.

P8 describes the components of physical fitness and explains how they are monitored

P9 describes biomechanical factors that influence the efficiency of the body in motion

P16 - Uses a range of sources to draw conclusions about health and physical activity concepts

P17 – Analyses factors influencing movement and patterns of participation.

**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 in the Preliminary Assessment booklet will be followed regarding the non-completion of assessment tasks.

KEY TERM	DEFINITION
Justify	Support an argument or conclusion
Analyse	Identify components and the relationship between them; draw out and relate implications
Explain:	Show cause and effect
Describe	Provide characteristics and features
Outline	Sketch in general terms; indicate the main features of
Identify	Recognise and name

## **11 PDHPE CORE 2 ASSESSMENT CRITERIA**

1. Identify at least four major bones, four major muscles, three joints (and type of joint) and three joint actions involved in the movement/s

CRITERIA	MARKS
Correctly identifies ALL of the four major bones, four major muscles, three joints (and type of joint) and three joint actions involved in the movement	4 MARKS
Correctly identifies MOST of the four major bones, four major muscles, three joints (and type of joint) and three joint actions involved in the movement	3 MARKS
Correctly identifies HALF of the four major bones, four major muscles, three joints (and type of joint) and three joint actions involved in the movement	2 MARKS
Correctly identifies SOME of the four major bones, four major muscles, three joints (and type of joint) and three joint actions involved in the movement	1 MARK

2. Describe the immediate physiological responses that occur in your movement/s and explain their influence on movement efficiency.

<b>CRITERIA</b>	<b>MARKS</b>
<p>Provides characteristics and features of at least THREE immediate physiological responses that occur during the chosen movement pattern (HR, VR, SV, CO, LL). Shows cause and effect of the link between each of the physiological responses and successful movement patterns.</p> <p>Presents at least THREE examples that are relevant to the movements presented in the video/picture.</p> <p>Communicates ideas using subject terminology which are used extensively.</p> <p>Presents a logical and cohesive response</p>	5-6 MARKS
<p>Sketches in general terms 2-3 immediate physiological responses (HR, VR, SV, CO, LL) that occur during the chosen movement pattern.</p> <p>Provides characteristics and features of the links between most of the immediate physiological responses and successful movement patterns.</p> <p>Presents some examples that are relevant to the movements presented in the video/picture.</p> <p>Communicates ideas using subject terminology.</p> <p>Presents a logical and cohesive response</p>	3-4 MARKS
<p>Shows a basic understanding of the immediate physiological responses on successful movement patterns.</p> <p>Examples may be unclear, irrelevant or missing.</p> <p>Response may lack logic and cohesion or not address all required components.</p>	1-2 MARKS

3. Explain how an understanding of TWO biomechanical principles can improve performance in the chosen sporting movement/s.

<b>CRITERIA</b>	<b>MARKS</b>
<p>Comprehensively explains TWO biomechanical principles that can improve performance in the chosen sporting movements.</p> <p>Shows a clear relationship/links between the THREE biomechanical principles chosen and improved performance.</p> <p>Includes at least three examples that are relevant to the chosen sporting movements (in the picture or video that is submitted).</p>	8 MARKS
<p>Describes the characteristics and features of TWO relevant biomechanical principles in detail.</p> <p>Explains a clear relationship/link between ONE of the biomechanical principles and improved performance.</p> <p>Includes two to three examples that are relevant to the chosen sporting movements (in the picture or video that is submitted).</p>	6-7 MARKS
<p>Describes the characteristics and features of ONE relevant biomechanical principles in detail.</p> <p>Explains the link between ONE biomechanical principle and improved performance.</p> <p>Includes an example related to the chosen sporting movements.</p>	4-5 MARKS
<p>Describes ONE biomechanical principles, OR</p> <p>Explains the link between ONE biomechanical principle and improved performance.</p> <p>May includes an example that is related to biomechanical principles.</p>	2-3 MARKS
<p>Includes some relevant information related to biomechanical movements or improved performance .</p>	1 MARK

4. Using research from 2 credible sources, justify the TWO main health and TWO main skill related components of fitness that are essential to performing this movement/s proficiently. In your response you must identify an appropriate fitness test for each component and also explain to what degree is fitness a predictor of performance?

CRITERIA	MARKS
<p>Provides arguments to support the TWO health and TWO skill related components of fitness that are essential to performing the movement proficiently</p> <p>Refers to extensively TWO credible sources to support answer</p> <p>Correctly identifies an appropriate test for each component</p> <p>Relates cause and effect showing the degree to which fitness is a predictor of performance</p> <p>Presents a logical and cohesive response</p> <p>Examples are relevant and extensive</p>	10-12 MARKS
<p>Discusses TWO health and TWO skill related components of fitness that are essential to performing the movement proficiently</p> <p>Refers to TWO credible sources to support answer</p> <p>Correctly identifies an appropriate test for each component</p> <p>Provides characteristics and features of the degree to which fitness is a predictor of performance</p> <p>Presents a logical and cohesive response</p> <p>Examples are relevant</p>	7-9 MARKS
<p>Provides characteristics and features of TWO health and TWO skill related components of fitness that are essential to performing the movement proficiently</p> <p>Sources of information not be referred to clearly or do not support clearly</p> <p>Correctly identifies an appropriate test for each component</p> <p>Sketches in general terms the degree to which fitness is a predictor performance</p> <p>Presents a logical and cohesive response</p> <p>Examples are relevant</p>	4-6 MARKS
<p>Sketches in general terms TWO health or TWO skill related components of fitness that are essential to performing the movement proficiently</p> <p>Supporting sources of information may be unclear, irrelevant or missing</p> <p>Mostly identifies an appropriate test for each component</p> <p>Provides some relevant information regarding fitness testing and performance</p> <p>Examples may be unclear, irrelevant or missing.</p> <p>Response may lack logic and cohesion or not address all required components.</p>	1-3 MARKS