



ORANGE HIGH SCHOOL

ASSESSMENT TASK NOTIFICATION

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|----------------------|------------------------------------|
| Subject | Sport, Lifestyle and Recreation |
| Topic | Fitness |
| Class Teacher | Mr Callaway |
| Head Teacher | |
| Year | 11 |
| Date Given | |
| Date Due | Completed during practical classes |
| Weighting | 30% |

Assessment Outline

- Students will complete ten (10) different health and skill related fitness tests.

The events are:

- Multi stage fitness test
- Hand Grip Dynamometer
- Push Up test
- Sit and Reach
- Vertical Jump Test
- Illinois Agility Run
- Hand Wall Toss Test
- 40m sprint
- Stork stand
- Ruler reaction time Test

Excellent rating- 5 marks
Good rating - 4 marks
Average rating – 3 marks
Fair rating – 2 marks
Poor rating – 1 mark

- Students will be allocated marks out of 5 for each event according to the norms listed in their Fitness workbook.

Part B

Students work in pairs to consider the following questions and design a fitness training session for a chosen sport.

- 1) Choose two health-related and two skill-related components of health that are crucial for success in your chosen sport. Examine why these components are essential for efficient movement and performance in your chosen sport.
- 2) Evaluate different training methods for integration for your chosen sport: (Why would they be effective or ineffective practices?)
 - a) Elastic/Resistance bands (Strength training)
 - b) Dynamic Stretching (Flexibility Training)
 - c) Fartlek (Aerobic training)
 - d) Anaerobic interval (Anaerobic Training)
 - e) Free/Fixed Weights (Strength training)

3) Students are to write a fitness-focused training session (45 minutes length) that targets two health-related and two skill-related components of fitness that relate to the students chosen sport.

a) Your session should be for a group of 14 X 16-17 year-olds. Keep this in mind when designing your training session and ensure all participants are involved throughout.

b) Your session must be 45 minutes in length and address all four of your chosen components as the primary target (you may cross into more components in secondary benefits)

Part C

Participation in the student led fitness sessions.

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

1.1 applies the rules and conventions that relate to participation in a range of physical activities.

1.3 demonstrates ways to enhance safety in physical activity.

3.1 selects appropriate strategies and tactics for success in a range of movement contexts.

4.4 demonstrates competence and confidence in movement contexts.



Fitness – Fitness Testing - Marking Criteria

Name: _____ Mark/50: _____

| Grade | Mark out of 50 |
|------------------|----------------|
| A Outstanding | 45+ |
| B Proficient | 35-45 |
| C Sound | 25-35 |
| D Developing | 15-25 |
| E Yet to achieve | 0-15 |

| Personal Fitness Card | | | |
|------------------------------|-------------------|--------|----------------|
| Fitness Test | Individual Result | Rating | Score out of 5 |
| Multi Stage Fitness Test | | | |
| Hand Grip Dynamometer | | | |
| Push up Test | | | |
| Sit and Reach | | | |
| Vertical Jump Test | | | |
| Illinois Agility Run | | | |
| Hand Wall Toss | | | |
| 40m sprint | | | |
| Stork stand | | | |
| Ruler Reaction Time Test | | | |
| Total score out of 50 | | | |

| MARKING CRITERIA | Marks |
|---|------------|
| <ul style="list-style-type: none"> ● Extensive examination of two components of fitness in relation to movement efficiency and overall performance in your chosen sport. ● Extensive evaluation of different training methods in relation to your chosen sport ● Training session demonstrates very high level competency in fitness program writing that responds to performance needs ● All criteria met | 25-30 A |
| <ul style="list-style-type: none"> ● Thorough examination of two components of fitness in relation to movement efficiency and overall performance in your chosen sport. ● Thorough evaluation of all five training methods in relation to your chosen sport ● Training session demonstrates high level competency in fitness program writing that responds to performance needs ● All criteria met | 19-24 B |
| <ul style="list-style-type: none"> ● Sound examination of two components of fitness in relation to movement efficiency and overall performance in your chosen sport. ● Sound evaluation of all five training methods in relation to your chosen sport ● Training session demonstrates adequate level competency in fitness program writing that responds to performance needs ● Most criteria met | 13-18 C |
| <ul style="list-style-type: none"> ● Basic examination of two components of fitness in relation to movement efficiency and overall performance in your chosen sport. ● Basic evaluation of all five training methods in relation to your chosen sport ● Training session demonstrates limited level competency in fitness program writing that responds to performance needs ● Some criteria met | 7-12 D |
| <ul style="list-style-type: none"> ● Elementary examination of two components of fitness in relation to movement efficiency and overall performance in your chosen sport. ● Elementary evaluation of all five training methods in relation to your chosen sport ● Training session demonstrates very limited level competency in fitness program writing that responds to performance needs ● Some criteria met | 0-6 E |

| MARKING CRITERIA | Marks |
|---|------------|
| <ul style="list-style-type: none"> ● Training session participation demonstrates an excellent level of competency in following a fitness program that responds to performance needs | 17-20 A |
| <ul style="list-style-type: none"> ● Training session participation demonstrates very high level competency in following a fitness program that responds to performance needs | 13-16 B |
| <ul style="list-style-type: none"> ● Training session participation demonstrates a sound level of competency in following a fitness program that responds to performance needs | 9-12 C |
| <ul style="list-style-type: none"> ● Training session participation demonstrates a basic level of competency in following a fitness program that responds to performance needs | 5-8 D |
| <ul style="list-style-type: none"> ● Training session participation demonstrates an elementary level of competency in following a fitness program that responds to performance needs | 1-4 E |