



ORANGE HIGH SCHOOL

ASSESSMENT TASK NOTIFICATION

Subject	Sport, Lifestyle and Recreation
Topic	Outdoor Recreation
Class Teacher	Mr Callaway
Head Teacher	Mr Baker
Year	12
Date Given	
Date Due	Completed during overnight hike
Weighting	25%

Assessment Outline

Students participate in an overnight expedition of one night and two days. You will demonstrate your understanding of the content of the unit through behaviours, practices, interactions, communication and generic camping skills.

Skills (3 marks each) total of 18 marks

- packing
- shelters
- cooking
- hygiene
- preparation
- navigation

Working with others (3 marks each) total of 9 marks

- communication
- effective group functioning
- leadership qualities

Skills in the natural environment (3 marks each) total of 12 marks

- cognitive skills
- respectful behaviour
- camping skills 1
- camping skills 2

Non-completion of Task:

If you know you are going to be away on the day of the task, you must make alternative arrangements with your teacher beforehand. If you are suddenly away on the day of task, 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
- 4.1 plans strategies to achieve performance goals

Description	Marks
Skills	
Packing <ul style="list-style-type: none"> • uses effective waterproof materials • protects gear from damage • packs so can easily access gear based on need • organises gear efficiently within pack/storage container 	1-3
Shelters <ul style="list-style-type: none"> • selects appropriate location for shelter to be set up • constructs shelter effectively • selects appropriate knots and ties them correctly • sets up sleeping gear appropriately 	1-3
Cooking <ul style="list-style-type: none"> • organises ingredients effectively (minimising packaging, quantities, and using a suitable container) • organises suitable cooking utensils effectively • shows correct and safe stove set up and operation • shows effective cooking skills • uses efficient rubbish management (packaging, matches, leftovers) 	1-3
Hygiene <ul style="list-style-type: none"> • cleans hands prior to food preparation • cleans utensils after use • washes hands after toileting • uses effective water treatment • practises hygienic behaviour while cooking, cleaning and toileting. 	1-3
Preparation <ul style="list-style-type: none"> • selects clothing suitable to activity and environment • provides and accounts for all required personal equipment • uses effective environmental protection: clothing, sunscreen, hat • selects an adequate and appropriate menu • maintains an adequate amount of treated water within an effective storage container • prepares for maximised personal comfort. 	1-3
Navigation <ul style="list-style-type: none"> • shows how to orientate a map • locates present position on a map • selects route between two points • uses a map to navigate selected route 	1-3
Total	/18
Description	
Marks	
Working with others	
Communication; effective group functioning <ul style="list-style-type: none"> • uses verbal methods of communicating information effectively • uses non-verbal methods of communicating information effectively • demonstrates ability to actively listen effectively 	1-3
Effective group functioning <ul style="list-style-type: none"> • works effectively with others • cooperates effectively with others • responds positively to others' ideas 	1-3
Leadership qualities <ul style="list-style-type: none"> • trustworthy/honest • fair • open • instils confidence in others • good listener 	1-3
Total	/9

Description	Marks
Skills in the natural environment	
Cognitive skills <ul style="list-style-type: none"> • identifies various flora and fauna from sightings or evidence • uses common ecological terms when communicating with others about the natural environment • uses the terms nature and natural environments in conversation correctly • identifies components of nature and the natural environment • responds to aspects of nature 	1-3
Respectful behaviour <ul style="list-style-type: none"> • acts in accordance with rules and regulations related to the use of an area • respects others and protects the quality of their experience • displays courtesy towards others • locates campsites away from tracks and other visitors • avoids making loud noises and using raised voice • acts appropriately to respect Indigenous art and other sites of cultural significance • rocks, plants and other natural objects are left undisturbed • observes wildlife from a distance. 	1-3
Camping skills 1 <ul style="list-style-type: none"> • protects riparian areas by camping at least 100 m from lakes and streams • effectively contains equipment within pack/storage container • selects durable clothing and equipment • repackages food to minimise waste and reduce weight • organises all required equipment effectively • walks on trails or durable surfaces around the campsite • selects an established campsite where possible; when not, selects a site that will be durable, with firm, dry ground and minimal vegetation underneath • wears soft-sole shoes • keeps fire small • burns all wood and coals to ash and puts out the fire completely 	1-3
Camping skills 2 <ul style="list-style-type: none"> • buries wastes and toilet paper completely • washes 100m away from stream or lakes, using small amounts of biodegradable soap • strains dishwater to remove solid food particles and scatters particles away from camp • structures/furniture are not built from natural materials • uses stoves for cooking • where fires are permitted, establishes fire places; uses rings • never feeds animals • securely stores food to prevent wildlife gaining access • deposits solid wastes in cat-holes dug 20–25 cm deep at least 100 m from water, camp and tracks • secures all rubbish in a suitable rubbish bag (including leftover food) 	1-3
Total	/12
Final Total	/39
3 marks – Consistently displays all of the required behaviours 2 marks – Consistently displays most of the required behaviours 1 mark – Displays some of the required behaviours 0 marks – Rarely displays the required behaviours	

