



ORANGE HIGH SCHOOL

ASSESSMENT TASK NOTIFICATION

Subject	10 PASS
Topic	Physical Activity for Health and Fitness
Class Teacher	Mrs Causer, Mr Wharton and Mrs Chopping
Head Teacher	Ms Dray
Year	10
Date Given	Week 7
Date Due	Week 10
Weighting	25%

Assessment Outline

Part A

1. Students will participate in and measure each of the health-related and skill-related fitness tests. Students are to discuss and write about **ONE** fitness tests for health-related and **ONE** for a skill-related fitness components.
2. Students will compare their results to the standard norms given with each test and record their ranking (eg excellent, good, average, below average, poor).

Part B

1. Students will design a training plan to achieve a specific fitness goal relevant to their personal fitness results and sporting needs. They will pick one health-related and one skill-related component that they need to improve, and design their training program to align with the two.

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

<u>Outcomes Assessed</u>	
1.1 Discusses factors that limit and enhance the capacity to move and perform. 1.2 Analyses the benefits of participation and performance in physical activity and sport. 4.2 Displays management and planning skills to achieve personal and group goals.	A Student in this range:
Very proficient	<ul style="list-style-type: none"> • Presents all required information to a high standard. • Consideration of all factors influencing lifestyle is evident when drawing conclusions around current fitness status. • Strategies planned to enhance fitness are realistic and achievable, reflecting personal goal setting for the individual. • Provides a comprehensive explanation that outlines how their lifestyle has had a positive or negative influence on their test results • Makes inferences about how they could modify their lifestyle in order to have a positive impact on their results, with detailed supporting discussion
Proficient	<ul style="list-style-type: none"> • Presents an assignment addressing most areas to a high standard with some areas addressed to a satisfactory level only. • Discusses with some detail some lifestyle factors which influence health status but does not treat all areas identified with the same amount of detail. • Provides a sound explanation that outlines how their lifestyle has had a positive or negative influence on their test results • Identifies valid strategies to address health and fitness issues identified through the testing and applies these appropriately. • Makes inferences about how they could modify their lifestyle in order to have a positive impact on their results, with supporting discussion
Competent	<ul style="list-style-type: none"> • Presents an assignment addressing most areas to satisfactory level with some areas addressed to a high standard. • Considers some factors which emphasise lifestyle choices but presents a limited discussion. • Provides an adequate explanation that states that their lifestyle has had a positive or negative influence on their test results, with little reference to how. • Mentions some processes to be implemented to improve health status but does not make a definite link to enhancing personal health status. • Makes limited inferences about how they could modify their lifestyle in order to have a positive impact on their results, with supporting discussion
Developing	<ul style="list-style-type: none"> • Presents a basic assignment addressing most areas to a satisfactory level. • Identifies a series of strategies to address health and fitness issues identified in the testing stage but does not demonstrate a depth of knowledge. • Provides a limited explanation that states that their lifestyle has had a positive or negative influence on their test results, with no reference to how. • Identifies and uses adequate resources for examining current health and lifestyle issues. • Evaluates some aspects of lifestyle in relation to current fitness status in a brief manner
Yet to achieve	<ul style="list-style-type: none"> • Presents a basic task aimed with little or no reference to the set task. • Fails to cover many aspects required to address the task description • Work presented is of a low / poor standard • Fails to submit the task

Marking Rubric:

