



ORANGE HIGH SCHOOL

ASSESSMENT TASK NOTIFICATION

Subject	Personal Development, Health and Physical Education
Topic	STAGE 6 – YEAR 11 – CORE 2 BODY IN MOTION
Class Teacher	Ms Dray and Mrs Winslade
Head Teacher	Ms Dray
Date Given	Term 2, Week 2
Date Due	Term 2, Week 6, Friday June 5 th , 2020
Weighting	35%

CORE TWO: BODY IN MOTION TASK (2 PARTS)

Students are to submit both parts to the Student Hub on Friday June 5th between 8.30-9.00am.

PART A – VIDEO ANALYSIS

You will observe video footage of an athlete completing a sport related movement and analyse this movement by responding to the following:

1. IDENTIFY four major bones, four major muscles, three joints (and type of joint) and three joint actions involved in the movement/s. Put this in a table. **4 marks (1/3 page)**
2. Choose ONE skill and ONE health related component of fitness related to the movement. DESCRIBE how they affect the successful performance of the movement. **6 marks (2/3 page)**
3. EXPLAIN how an understanding of forces can affect the performance of the entire sport related movement. **8 marks (1 page max)**

Choose ONE of the following movements to analyse. Be clear in your response which movement you are referring to.

<https://bit.ly/2xw7vcX>

<https://bit.ly/3c1eadZ> (1.20)

<https://bit.ly/3fpNRjY>

<https://bit.ly/2W09FL7>

PART B - RESEARCH

4. Using 3 credible and relevant sources, research the FITT principle and ANALYSE how it can be used to improve the athlete's performance in their sport related movement. **8 marks (1 page max)**

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

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 that day. 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
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. Choose ONE skill and ONE health related component of fitness related to the movement and DESCRIBE how they affect the successful performance of the movement. **6 marks (2/3 page)**

CRITERIA	MARKS
Provides characteristics and features of ONE health and ONE skill related components of fitness that are essential to performing the movement successfully Presents a logical and cohesive response Examples are relevant	5-6 MARKS
Sketches in general terms ONE health and/or ONE skill related components of fitness that are essential to performing the movement successfully Examples may be unclear, irrelevant or missing. Response may lack logic and cohesion or not address all required components.	3-4 MARKS
Identifies relevant information regarding health and skill related components of fitness May lack examples	1-2 MARKS

3. EXPLAIN how forces affect the performance of the entire sport related movement. **8 marks (1 page)**

CRITERIA	MARKS
Comprehensively explains how force can improve performance in the chosen sporting movement. Shows a clear relationship/links between the biomechanical principle and improved performance. Includes multiple examples that are relevant to the chosen sporting movement Response is logical and cohesive	7-8 MARKS
Describes the characteristics and features of how force can improve performance in the chosen sporting movement in detail. Shows a clear link between the biomechanical principle and improved performance. Includes some examples that are relevant to the chosen sporting movements	5-6 MARKS
Sketches in general terms how force can improve performance in the chosen sporting movement Link between the biomechanical principle and improved performance may be unclear Includes an example related to the chosen sporting movements.	3-4 MARKS
Includes some relevant information related to biomechanical movements or improved performance.	1-2 MARKS

4. Using 3 credible and relevant sources, research the FITT principle and ANALYSE how it can be used to improve the athlete's performance in their sport related movement. **8 marks (1 page max)**

CRITERIA	MARKS
Draws out components, the relationships between them and shows the implications of the FITT principle improving the athlete's performance in their sport related movement Refers to extensively THREE credible sources to support answer Presents a logical and cohesive response Examples are relevant and extensive	7-8 MARKS
Shows cause and effect of the FITT principle and links it to how it improves the athlete's performance. Refers to THREE credible sources to support answer Presents a logical and cohesive response Examples are relevant	5-6 MARKS
Provides characteristics and features of the FITT principle and makes some links to how it improves the athlete's performance. Sources of information not be referred to clearly or do not support clearly Presents a logical and cohesive response Examples are relevant	3-4 MARKS
Sketches in general terms the FITT principle Supporting sources of information may be unclear, irrelevant or missing Examples may be unclear, irrelevant or missing. Response may lack logic and cohesion or not address all required components.	1-2 MARKS

