

ORANGE HIGH SCHOOL

YEAR 11 SPORT, LIFESTYLE AND RECREATION STUDIES

PRACTICAL ASSESSMENT TASK

Assessment Task No 2: Fitness	Date Handed Out:	Due Date: Term 2, 2020	Weighting: 30%	Total Marks: 20
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OUTCOMES BEING 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.

4.4 demonstrates competence and confidence in movement contexts.

CONTEXT FOR THE TASK

DESCRIPTION OF TASK: You are to design and construct the following tasks.

FITNESS CHOICES

Design a 10-stage fitness circuit (lasting approximately 30 minutes) for a group of people from **one** of the following categories:

Young children Teenagers Pregnant Women Athletes (local representative level) The Elderly

You must present your **circuit** and **motivational/promotional** campaign in **video** form.

In your video session, you must ensure that you address the following aspects:

- A variety of exercises that work varying body parts and components of fitness. What protocols will you use during your circuit (how does it run)? Will you be addressing both health and skill related components of fitness?
- Explanation as to why the exercises/activities were selected. What are your goals (fitness related eg- flexibility/muscular endurance)? Explanations and demonstrations of each exercise. Safety considerations?
- Ensure that any equipment used could be substituted by cheap/free/already available equipment for an individual at home. How can any exercise equipment be substituted if not everyone has the equipment you are using in your circuit. Eg Swap dumbbells for water bottles
- Advertise your circuit with a motivational and promotional video (**2mins max**)– encouraging people to take on your session. What components of fitness does your circuit address? How does circuit training work? What are the benefits?

SUBMISSION INSTRUCTIONS

Fitness circuit and promotional video must be submitted via google classroom.

OHS SLR SENIOR ASSESSMENT PROGRAM

I _____ have received notification of the Fitness SLR assessment task. The assessment is to be completed during term 2, 2020.

Name: _____ Signed: _____

Date: _____ Class teacher: _____

MARKING GUIDELINE

Fitness circuit and promotional material.

	Marks
<ul style="list-style-type: none">➤ Provides an appropriate and extensive variety of exercises (relative to the selected group) that work the intended body parts and components of fitness➤ Thoroughly explains and justifies the exercises/activities that were selected and references the layout and order of activities➤ Ensures that the equipment used could be substituted by cheap/free/already available equipment for an individual at home.➤ Informative and appealing advertisement/campaign encouraging people to select the session	17-20
<ul style="list-style-type: none">➤ Provides an appropriate variety of exercises (relative to the selected group) that work the intended body parts and components of fitness➤ Explains and justifies the exercises/activities that were selected and references the layout and order of activities➤ Ensures that the majority of the equipment used could be substituted by cheap/free/already available equipment for an individual at home.➤ Appealing advertisement/campaign encouraging people to select the session	13-16
<ul style="list-style-type: none">➤ Provides a variety of exercises (mostly relative to the selected group) that work the intended body parts and components of fitness➤ Briefly explains and justifies the exercises/activities that were selected and references the layout and order of activities➤ Uses equipment so most could be substituted by cheap/free/already available equipment for an individual at home.➤ Provides a sound advertisement/campaign encouraging people to select the session	9-12
<ul style="list-style-type: none">➤ Provides a variety of exercises (mostly relative to the selected group) that work the intended body parts and components of fitness➤ Briefly explains the exercises/activities that were selected➤ Uses equipment so some could be substituted by cheap/free/already available equipment for an individual at home.➤ Provides an advertisement/campaign encouraging people to select the session	5-8
<ul style="list-style-type: none">➤ Limited attempt at producing a fitness circuit➤ Basic explanation or setup of activities➤ Equipment selected is not readily available equipment for an individual at home.➤ Basic promotional material developed	1-4

