

# ORANGE HIGH SCHOOL

## YEAR 12 SPORT, LIFESTYLE AND RECREATION STUDIES

### PRACTICAL ASSESSMENT TASK

<b>Assessment Task No</b> <b>3:</b> <b>Outdoor Recreation</b>	<b>Date Handed Out:</b>	<b>Due Date:</b>	<b>Weighting: 30%</b>	<b>Total Marks: 25</b>
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#### OUTCOMES BEING 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

#### CONTEXT FOR THE TASK

Plan, prepare and design an overnight (2 day) school camping experience for 15 – 20 Year 7 students. You will be assessed on your ability to PLAN and PREPARE for all aspects of an outdoor recreation experience.

##### PLANNING

##### **A) Camp location (1/2 A4 page)**

- Select an appropriate location for your camp
- Provide latitude and longitude for the camp location
- Select the time of year that the camp will take place and provide a brief overview of expected weather conditions. Including temperature ranges, humidity and rainfall
- Provide a contact name and number of a member from the authorities
- Ensure campsite meets council regulations
- Print off a map (you can draw it if you like)

##### **B) Campsite details (1/2 A4 page)**

- Provide a specific map of the campsite area and identify where you will be setting up the following:
  - Area for tents to be set up
  - Water source
  - Lavatories
  - Shelter
- Provide a short explanation as to why you picked this site and why you set the tents up in the nominated location.

##### **C) Outdoor Activities (1 A4 page)**

Select one (1) outdoor recreation activity that the students will be participating in during the camp. Some ideas for activities are below.

- Bush Walking
- Orienteering
- Canoeing/Kayaking
- Abseiling/ Rock Climbing
- Surfing
- Snow Skiing
- Mountain Biking

For your chosen activity you will need to:

- Create a **“how to guide”** for each activity
- Provide a list of **relevant safety equipment** required for the activity.
- Complete a **Risk assessment** (use the template provided by your teacher)

**D) Food Planning(1/2 A4 page)** - you will need to design a menu for the camp starting with Lunch on day one and finishing with lunch on day 2. When planning your menu you will need to consider the following:

- There will be no access to electricity
- Food can be cooked over a fire/trangia

**E) Provide the Year 7 students with a “What to bring List” (1/2 A4 page)** of all the items that they will need to bring. The list needs to provide the students with all items for them to stay safe and be realistic in an outdoor environment. \*\*\*Students need to carry everything that they bring.

### SUBMISSION INSTRUCTIONS

Assessment will be completed and submitted in google classroom.

### OHS SLR SENIOR ASSESSMENT PROGRAM

I \_\_\_\_\_ have received notification of the Outdoor Recreation SLR assessment task. The assessment is to be completed in term 2, 2020.

Name: \_\_\_\_\_ Signed: \_\_\_\_\_

Date: \_\_\_\_\_ Class teacher: \_\_\_\_\_

### Outdoor Recreation Marking Criteria

#### Camp Location

Marks	Criteria
5	<ul style="list-style-type: none"><li>✓ Location selected is appropriate for the student group for a 2-day camp</li><li>✓ Accurate latitude and longitude is provided</li><li>✓ Time of year selected is appropriate and accurate overview of weather is provided.</li><li>✓ Contact details for authorities are provided and location for camp meets regulations</li><li>✓ Clear and detailed map of area is provided</li></ul>
4	<ul style="list-style-type: none"><li>✓ Criteria above is thoroughly covered</li></ul>
3	<ul style="list-style-type: none"><li>✓ Most of the above criteria is covered at a sound level</li><li>✓ Details may be lacking in some areas</li></ul>
2	<ul style="list-style-type: none"><li>✓ Basic information of the camp location is provided</li><li>✓ Most of the criteria lacks detail and would be difficult to plan a camp with the information provided</li></ul>
1	<ul style="list-style-type: none"><li>✓ Limited information of the camp location is provided</li></ul>

#### Campsite Details

Marks	Criteria
5	<ul style="list-style-type: none"><li>✓ Campsite map is detailed and aspects of the campsite are clearly identified</li><li>✓ Explanation explicitly details why campsite was set up in that structure</li></ul>

4	<ul style="list-style-type: none"> <li>✓ Campsite map is detailed and aspects of the campsite are clearly identified</li> <li>✓ Explanation thoroughly details why campsite was set up in that structure</li> </ul>
3	<ul style="list-style-type: none"> <li>✓ Campsite map is detailed and aspects of the campsite are clearly identified</li> <li>✓ Explanation of camp structure set up is sound and/or some information may be missing</li> </ul>
2	<ul style="list-style-type: none"> <li>✓ Campsite map is basic and may lack detail</li> <li>✓ Not all structures are identified and or structures are not in appropriate locations</li> <li>✓ Explanation provides basic details why campsite was set up in that structure</li> </ul>
1	<ul style="list-style-type: none"> <li>✓ Campsite map information is limited and details difficult to identify</li> <li>✓ No explanation provided as to why campsite was set up</li> </ul>

### **Food Planning**

Marks	Criteria
5	<ul style="list-style-type: none"> <li>✓ Food planning is extensive and highly appropriate for a 2-day camp</li> <li>✓ Food planning has clearly considered the location and facilities available</li> </ul>
4	<ul style="list-style-type: none"> <li>✓ Food planning is thorough and appropriate for a 2-day camp</li> <li>✓ Food planning has considered the location and facilities available</li> </ul>
3	<ul style="list-style-type: none"> <li>✓ Food planning is sound</li> <li>✓ Some food items may not be entirely appropriate for a 2-day camp</li> <li>✓ Food planning has some consideration of facilities available</li> </ul>
2	<ul style="list-style-type: none"> <li>✓ Food planning is basic and may not be entirely appropriate for a 2-day camp</li> <li>✓ Food planning may show little consideration of the facilities available</li> </ul>
1	<ul style="list-style-type: none"> <li>✓ Food planning is limited and would not be sufficient for a 2-day camp</li> <li>✓ Food planning shows little consideration for facilities available</li> </ul>

## **Outdoor Activity**

Marks	Criteria
5	<ul style="list-style-type: none"><li>✓ Creates an extensive “how to guide” for the outdoor activity</li><li>✓ Guide is logical and easy to follow</li><li>✓ Creates an extensive list of relevant safety equipment that considers all aspects of the activity.</li><li>✓ Risk assessment is extensive and has considered all safety aspects of the activity</li><li>✓ Risk assessment is clear and easy to read</li></ul>
4	<ul style="list-style-type: none"><li>✓ Creates a thorough “how to guide” for the outdoor activity</li><li>✓ Guide is logical and easy to follow.</li><li>✓ Creates a thorough list of relevant safety equipment that considers all aspects of the activity</li><li>✓ Risk assessment is thorough and has considered most safety aspects of the activity</li><li>✓ Risk assessment is clear and easy to read</li></ul>
3	<ul style="list-style-type: none"><li>✓ Creates a sound “how to guide” for the outdoor activity</li><li>✓ Guide is logical and easy to follow</li><li>✓ Creates a sound list of safety equipment</li><li>✓ List may not consider all aspects and/or some aspects may not be relevant to the activity</li><li>✓ Risk assessment is sound and has considered most safety aspects of the activity</li><li>✓ Risk assessment is clear and easy to read</li></ul>
2	<ul style="list-style-type: none"><li>✓ Creates a basic “how to guide” for the outdoor activity and/or does not complete a “how to guide”</li><li>✓ Guide may lack structure</li><li>✓ Creates a basic list of safety equipment.</li><li>✓ List may not consider all aspects and/or some aspects may not be relevant to the activity</li><li>✓ Risk assessment is basic and has not considered all safety aspects of the activity</li><li>✓ Risk assessment may be unclear and hard to understand</li></ul>
1	<ul style="list-style-type: none"><li>✓ Creates a limited “how to guide” for the outdoor activity and/or does not complete a guide for the activity</li><li>✓ Guide may lack structure</li><li>✓ Creates a limited list of safety equipment</li><li>✓ List may not consider all aspects and/or some aspects may not be relevant to the activity</li><li>✓ Risk assessment is limited and shows very little consideration for safety aspects of the activity</li><li>✓ Risk assessment is incoherent and/or irrelevant</li></ul>

## **What to bring list**

Marks	Criteria
5	<ul style="list-style-type: none"><li>✓ List is extensive and demonstrates extensive consideration for all aspects of the camp</li></ul>
4	<ul style="list-style-type: none"><li>✓ List is thorough and demonstrates consideration for most aspects of the camp</li></ul>

3	✓ List is sound, however may lack consideration for some aspects of the camp
2	✓ List is basic and a student using this list would require extra assistance
1	✓ limited in the information required and would not be beneficial to students planning to attend the camp

