



# ORANGE HIGH SCHOOL

## ASSESSMENT TASK NOTIFICATION

<b>Subject</b>	PDHPE
<b>Topic</b>	Health Promotion
<b>Class Teacher</b>	Variable
<b>Head Teacher</b>	T.Dray
<b>Date Given</b>	Week 2
<b>Date Due</b>	Term 3 – Week 8 (exact date to be confirmed by teacher)

### Year 9 Health Promotion Assessment Task

- **Part A: Fitness Booklet (25 marks)**

Over seven days, each day, record how much physical activity you do. Students complete the Fitness Booklet. This booklet can be presented digitally (via OneNote) or as a hard copy.

- Section 1: Complete the table and record what physical activity you do, for how long, the level of intensity (light, moderate or vigorous) and what/how you were feeling at the time. Complete this on the weekly physical activity record worksheet. (5 marks)
- Section 2: Answer the questions on the Weekly summary worksheet. (7 marks)
- Section 3: Answer the questions on the Physical activity goals worksheet (13 marks)

- **Part B: Physical Activity Campaign (15 marks)**

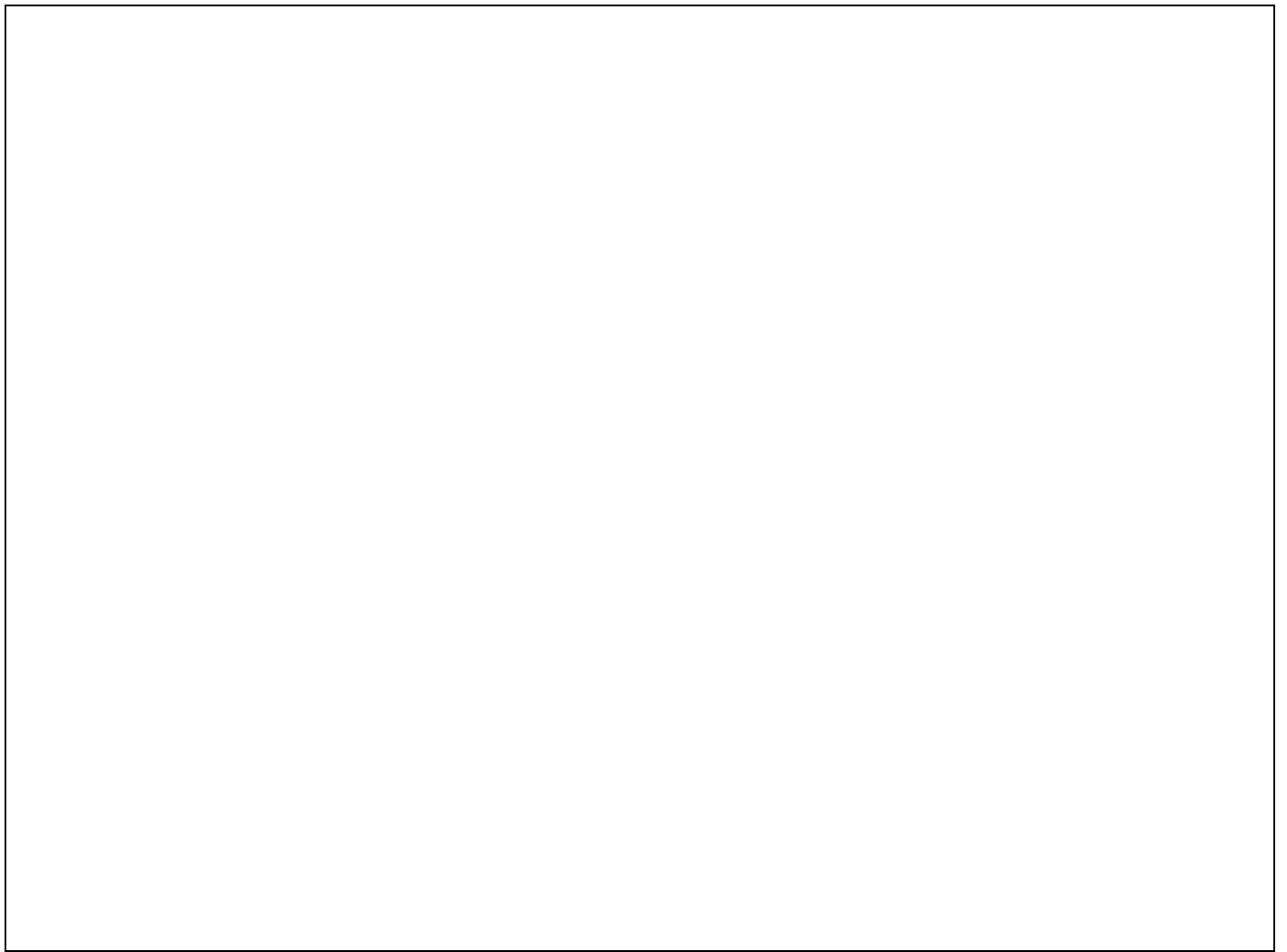
Individually design a Physical Activity Health Promotion Campaign, to raise awareness and promote healthy behaviours to secondary school aged students. Ensure that you cover all the questions below:

- 1) Decide on a goal for your campaign. Consider what **TWO** things you would like to achieve. (2 marks)
- 2) Decide on **TWO** key messages for your campaign. (2 marks)
- 3) Develop **ONE** strategy that you will use for your campaign that will convey the key messages you have selected (above). These strategies must be suitable and accessible to your target group (secondary school aged students). Some suggested strategies may include: (11 marks)
  - poster
  - flyer
  - infographic
  - pamphlet
  - video (visual advertisement)
  - slideshow presentation
  - audio advertisement (which could be presented over the school PA)
  - campaign merchandise
  - An App

The strategies must include:

- Relevant health information including statistics (useful websites include: <https://www.health.gov.au>, <https://www.abs.gov.au/>, <https://www.aihw.gov.au/>)
- **Three** health tips which students could follow that would support healthy behaviour
- The details of **two** relevant support agencies including a short summary of the services they provide.
- Ensure that your campaign is appealing and engaging

MUST SUBMIT THE PART B: PHYSICAL ACTIVITY CAMPAIGN TEMPLATE



**Outcomes/Content Assessed:**

**HSAL 2. How can I plan and advocate for health, safety, wellbeing and participation in a lifetime of physical activity?**

- Design, implement and evaluate creative interventions for enhancing their own and others' fitness levels and participation in a lifetime of physical activity.
- Evaluate strategies and actions that aim to enhance health, safety, wellbeing and physical activity levels and plan to promote these in the school and community.
- Create and evaluate health campaigns, programs or mobile applications that aim to promote fitness or participation in a lifetime of physical activity

**Key Terms:**

- **Describe:** Provide characteristics and features
- **Explain:** Relate cause and effect; make the relationships between things evident; provide why and/or how
- **Compare:** Show how things are similar or different

**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.

**YEAR 9 TERM 3 - HEALTH PROMOTION ASSESSMENT TASK: MARKING CRITERIA**

**PART A**

NAME:

DATE SUBMITTED:

<b><u>CRITERIA:</u></b>		<b><u>0 MARKS</u></b>	<b><u>1 MARK</u></b>	<b><u>2 MARKS</u></b>	<b><u>3 MARKS</u></b>	<b><u>4 MARKS</u></b>	<b><u>5 MARKS</u></b>	<b><u>6 MARKS</u></b>	<b><u>TOTAL</u></b>
<b>PART A</b> Fitness Booklet Section 1		Part A not completed	Weekly Physical activity is completed at limited standard with minimal detail.	Weekly Physical activity is completed at a basic standard with partially detail.	Weekly Physical activity is completed at a sound standard with some detail.	Weekly Physical activity is completed at a high standard with most detail.	Weekly Physical activity is completed at an excellent standard with thorough detail.		
<b>PART A</b> Fitness Booklet Section 2	<b>Q1</b>	Question 1 not answered correctly	Question 1 answered correctly						
	<b>Q2</b>	Question 2 not answered correctly	Question 2 answered correctly						
	<b>Q3</b>	Question 3 not answered correctly	Question 3 answered correctly						
	<b>Q4</b>	Question 4 not answered correctly	Question 4 answered correctly						
	<b>Q5</b>	Question 5 not answered correctly	Only provided 1 correct statement	Has provided 2 correct statement	Has provided 3 correct statement				
<b>PART A</b> Fitness Booklet Section 3	<b>Q1</b>	Question 1 not answered correctly	Question 1 answered correctly						
	<b>Q2</b>	Question 2 not answered correctly	One detailed description of appropriate strategy which relates to goal	Two detailed description of appropriate strategy which relates to goal	Three Detailed description of appropriate strategy which relates to goal				
	<b>Q3</b>	Question 3 not answered correctly	One detailed description of a relevant barrier	Two detailed description of relevant barriers	Three detailed description of relevant barriers				
		<b><u>0 MARKS</u></b>	<b><u>1 MARK</u></b>	<b><u>2 MARKS</u></b>	<b><u>3 MARKS</u></b>	<b><u>4 MARKS</u></b>	<b><u>5 MARKS</u></b>	<b><u>6 MARKS</u></b>	
	<b>Q4</b>	Question 4 not answered correctly	One appropriate strategy to overcome a relevant barrier with limited description	One detailed description of how to overcome a relevant barrier	Two appropriate strategies to overcome a relevant barrier with limited description	Two detailed descriptions of how to overcome relevant barriers	Three appropriate strategies to overcome a relevant barrier with limited description	Three detailed descriptions of how to overcome relevant barriers	
<b>Comment:</b>								<b>Mark /25</b>	

## YEAR 9 TERM 3 - HEALTH PROMOTION ASSESSMENT TASK: MARKING CRITERIA

### PART B

NAME:

DATE SUBMITTED:

<u>CRITERIA:</u>	<u>0 MARKS</u>	<u>1 MARK</u>	<u>2 MARKS</u>					<u>TOTAL</u>
<b>PART B</b> Question 1	Question 1 not completed	Provides <b>ONE</b> clear, achievable and relevant goal for target group, to achieve	Provides <b>TWO</b> clear, achievable and relevant goal for target group, to achieve					
<b>PART B</b> Question 2	Question 2 not completed	Provides <b>ONE</b> clear, relevant and accurate messages for target group (consistent with research evidence)	Provides <b>TWO</b> clear, relevant and accurate messages for target group (consistent with research evidence)					
	<u>0 MARK</u>	<u>1 MARK</u>	<u>2 MARKS</u>	<u>3 MARKS</u>	<u>4 MARKS</u>			
<b>PART B</b> Question 3 a)	Not included	Generally conveys campaign messages	Clearly conveys campaign messages					
<b>b)</b>	Not included	Includes basic relevant health information such as statistics	Includes relevant health information such as statistics					
<b>c)</b>	Not included	Includes one accurate and relevant health tips suitable for target group	Includes two accurate and relevant health tips suitable for target group	Includes three accurate and relevant health tips suitable for target group				
<b>d)</b>	Not included	Includes the contact details of one relevant support agencies	Includes the contact details of one relevant support agencies and a summary of what they are able to provide	Includes the contact details of two relevant support agencies	Includes the contact details of two relevant support agencies and a summary of what they are able to provide			
<b>Comment:</b>							<b>Mark /15</b>	

# YEAR 9 PDHPE 2020

## Fitness Booklet



Student Name: \_\_\_\_\_

Teacher's Name: \_\_\_\_\_

# Activity goals

## Part A - Section 1 – Weekly physical activity record

Use the following table to record the amount of physical activity you do in one week. Then complete Part 2 and Part 3 that follow. (5marks)

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

<u>Day of the week</u>	<u>Type of physical activity</u>	<u>Amount of time</u>	<u>Rate of exertion (light, moderate or vigorous)</u>	<u>How did you feel?</u>

## Part A - Section 2 – Weekly Summary

1. On how many days of the week were you physically active? (1mark)

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2. What were the most common types of physical activity you did? (1mark)

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3. On average, how much moderate physical activity did you do each day? (1mark)

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4. On average, how much vigorous physical activity did you do each day? (1mark)

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5. Compare the amount of physical activity you did each day to the *Australian Physical Activity Guidelines*. Provide three statements which summarise your overall level of physical activity for the week, including whether you were able to meet the guidelines. (3marks)

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## Part A - Section 3 – Physical Activity Goals

1. Set one goal that you will try to achieve to improve or maintain your level of physical activity. Make sure this goal is achievable and realistic. (1mark)

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2. Describe three strategies to help you to improve or maintain the amount of physical activity you do. (3marks)

i) \_\_\_\_\_

\_\_\_\_\_

ii) \_\_\_\_\_

\_\_\_\_\_

iii) \_\_\_\_\_

\_\_\_\_\_

3. Describe three barriers which may prevent you from achieving your goal. (3marks)

i) \_\_\_\_\_

\_\_\_\_\_

ii) \_\_\_\_\_

\_\_\_\_\_

iii) \_\_\_\_\_

\_\_\_\_\_

4. For each barrier (above), explain how you can overcome it and stay on track to achieve your goal. (6 marks)

i) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

ii) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

iii) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Part B: Physical Activity Campaign Template (15 marks)

Title of Physical Activity Campaign: \_\_\_\_\_

Individually design a Physical Activity health promotion campaign, to raise awareness and promote healthy behaviours to secondary school aged students.

Please describe the features and target areas of your campaign by completing the sections below. You are not required to physically design and present your campaign. Use the extra space provided to draw pictures or explain your campaign in more detail if you need to.

- 1) What is the goal for your campaign? Consider what **TWO** things you would like to achieve. (2 marks)

\_a) \_\_\_\_\_

\_\_\_\_\_

\_b) \_\_\_\_\_

\_\_\_\_\_

- 2) What are **TWO** key messages for your campaign. (2 marks)

\_a) \_\_\_\_\_

\_\_\_\_\_

\_b) \_\_\_\_\_

\_\_\_\_\_

- 3) a) What is the **ONE** strategy that you will use to promote your campaign and convey the key messages you have selected (above) (2 marks)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- b) What are some relevant health information including statistics that you will use in your campaign? (2 marks)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- c) What are **Three** health tips which students could follow that would support healthy behaviour? (3 marks)

\_i) \_\_\_\_\_

\_\_\_\_\_

\_ii) \_\_\_\_\_

\_\_\_\_\_

\_iii) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

d) What are the details of **two** relevant support agencies that you are including in your health strategy? Include a short summary of the services they provide. (4 marks)

\_i) \_\_\_\_\_  
\_\_\_\_\_

\_ii) \_\_\_\_\_  
\_\_\_\_\_

Extra space for drawings or further explanation of campaign.