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ORANGE HIGH SCHOOL



ASSESSMENT TASK NOTIFICATION

Subject	Physical Activity and Sports Studies
Topic	Improving Fitness
Class Teacher	JONES / NICOL
Head Teacher	MS DRAY
Date Given	Monday 2/8/21 (WEEK 4)
Date Due	Monday 13/9/21 (WEEK 10)

IMPROVING FITNESS

TASK DESCRIPTION:

PART A:

You must select ONE health-related component and ONE skill-related component of fitness that you personally would like to improve.

Create a training plan which:

- focuses on improving both of the selected components of fitness
- consists of four (4) sessions
- is explicitly detailed (e.g. identify type of exercise, any weights used, repetitions, sets, amount of rest, etc)
- incorporates the F.I.T.T. principle (refer to Lesson 1)
- sequences the sessions appropriately (i.e. gradually increase weight/time/distance, etc)
- is appropriate for you as an athlete

Each session will go for a double-period (approximately 1h 30min) and will be required to address both of your selected components of fitness. It is up to you to split the times spent on each component as you wish.

This part is due to be submitted via Google Classroom by Monday 16/8/21 (Week 6).

PART B:

During the double-period practical lessons, you will use the time to complete your training sessions as developed in your training program. Each student will conduct individual personalised training sessions for themselves. Your effort and application to your training will be assessed as well as your ability to follow your designed training program.

This part is an ongoing assessment.

PART C:

In Week 10, we will complete an in-class task which will require you to reflect on your training plan; your effort and application; and how your fitness has changed.

This part is to be completed in class on Monday 13/9/21 (Week 10). Refer to the "Non-completion of Task" section below if you know that you will be absent on this day.

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.

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MARKING CRITERIA

PART A (Training Plan)	0-2 MARKS	3-4 MARKS	5-6 MARKS	7-8 MARKS	9 MARKS
<p><i>Due Monday 16/8/21 (Week 6)</i></p>	<p>Designs a detailed fitness program which:</p> <ul style="list-style-type: none"> - identifies ONE health-related or ONE-skill related component to be improved - includes exercises that may improve the selected components of fitness - may sequence the sessions (i.e. gradually increase weight/time/distance, etc) <p>OR</p> <p>The task is not submitted.</p>	<p>Designs a fitness program which:</p> <ul style="list-style-type: none"> - identifies ONE health-related and/or ONE-skill related component to be improved - has four (4) training sessions - includes exercises that may improve the selected components of fitness - shows some evidence of incorporating the F.I.T.T. principle - sequences the sessions appropriately (i.e. gradually increase weight/time/distance, etc) - is appropriate for you as an athlete 	<p>Designs a detailed fitness program which:</p> <ul style="list-style-type: none"> - identifies ONE health-related and ONE-skill related component to be improved - has four (4) training sessions of appropriate duration (1h 30min) - includes exercises aiming to improve each of the selected components of fitness - shows evidence of incorporating the F.I.T.T. principle - sequences the sessions appropriately (i.e. gradually increase weight/time/distance, etc) - is appropriate for you as an athlete 	<p>Designs a detailed fitness program which:</p> <ul style="list-style-type: none"> - identifies ONE health-related and ONE-skill related component to be improved - has four (4) training sessions of appropriate duration (1h 30min) - includes specific exercises aiming to improve each of the selected components of fitness - shows some evidence of incorporating the F.I.T.T. principle - sequences the sessions appropriately (i.e. gradually increase weight/time/distance, etc) - is appropriate for you as an athlete 	<p>Designs an explicitly detailed fitness program which:</p> <ul style="list-style-type: none"> - identifies ONE health-related and ONE-skill related component to be improved - has four (4) training sessions of appropriate duration (1h 30min) - includes specific exercises aiming to improve each of the selected components of fitness - shows evidence of incorporating the F.I.T.T. principle - sequences the sessions appropriately (i.e. gradually increase weight/time/distance, etc) - is appropriate for you as an athlete
<p>PART B (Effort and Application to Training) <i>Ongoing Assessment</i></p>	<p>0-1 MARKS</p> <p>Never or rarely engages in training sessions.</p>	<p>2 MARKS</p> <p>Engages in some training sessions. Mostly follows individual training program.</p>	<p>3-4 MARKS</p> <p>Engages in training sessions with varied effort. Mostly follows individual training program.</p>	<p>5 MARKS</p> <p>Engages well in most training sessions in an effort to improve their fitness. Follows individual training program.</p>	<p>6 MARKS</p> <p>Engages well in every training session in an effort to improve their fitness. Directly follows individual training program.</p>
<p>PART C (In-Class Reflection) <i>In-Class on Monday 13/9/21 (Week 10)</i></p>	<p>10 MARKS</p> <p>Marking guidelines to be supplied with in-class task.</p>				

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TOTAL -

/25