



# ORANGE HIGH SCHOOL

## ASSESSMENT TASK NOTIFICATION

Subject	PDHPE
Topic	Health Promotion
Class Teacher	Variable
Head Teacher	T Dray
Date Given	Week 2
Date Due	Term 3 - Week 8 (Exact date to be confirmed by teacher)

### Year 9 Health Promotion Assessment

- **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 is available in the PDHPE folder. Please bring a copy.

- Complete the table and record what physical activity you do, for how long, the level of intensity (light, moderate or vigorous) and the frequency. (5 marks)
- Answer the questions that follow the table. (20 marks)

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

Individually plan a Physical Activity Health Promotion Campaign, to raise awareness and promote healthy behaviours to students.

1. Choose **ONE** strategy/campaign idea. Clarify the details of your strategy/campaign. ie what is it, how will it be used, who is the target group, etc. Your strategy/campaign idea must be suitable and accessible to your target group (secondary school aged students). Some ideas include:
  - poster
  - flyer
  - infographic
  - pamphlet
  - video (visual advertisement)
  - slideshow presentation
  - audio advertisement (which could be presented over the school PA)
  - campaign merchandise
  - An App
2. What are the goals for your campaign?
3. What are some relevant health information including statistics (useful websites include: <https://www.health.gov.au>)
4. What are **three** health tips which students could follow that would support your campaign and healthy behaviour?
5. What are the details of **two** relevant support agencies including a short summary of the services they provide.

**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 and B**

Name \_\_\_\_\_

DATE SUBMITTED: \_\_\_\_\_

**PART A**

<b><u>CRITERIA</u></b> <b><u>PART A</u></b>	<b><u>0 MARKS</u></b>	<b><u>½ MARK</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>Activity log</b>	Part A not completed		Weekly Physical activity is completed at a limited standard with minimal detail.	Weekly Physical activity is completed at a basic standard with partial 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>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 5 not answered correctly		Only provided 1 correct statement	Has provided 2 correct statements	Has provided 3 correct statement	Has provided 3 correct statements + met the guidelines			
<b>Q5</b>	Question 1 not answered correctly		Goal is not very detailed or achievable and realistic	Goal is detailed, achievable and realistic					
<b>Q6</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>Q7</b>	Question 3 not answered correctly		One detailed description of a relevant barrier	Two detailed descriptions of relevant barriers	Three detailed descriptions of relevant barriers				
<b>Q8</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>	

## PART B

<u>CRITERIA PART B</u>	<u>0 MARKS</u>	<u>1 MARK</u>	<u>2 MARKS</u>	<u>3 MARKS</u>	<u>4 MARKS</u>	<u>TOTAL</u>
Q1	Not included	Generally clarifies campaign with limited detail	Clearly clarifies campaign	Adequately clarifies campaign with satisfactory detail	Extensively clarifies campaign with great detail	
Q2	Question 1 not completed	Provides <b>ONE</b> clear and relevant goal for target group to achieve	Provides ONE clear, achievable and relevant goal for target group to achieve	Provides <b>TWO</b> clear and relevant goals for target group to achieve	Provides <b>TWO</b> clear, achievable and relevant goal for target group to achieve	
<b>Q3</b>	Not included	Includes basic relevant health information statistics	Includes relevant health information statistics			
<b>Q4</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>Q5</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>Part A /25</b>  <b>Part B /15</b>  <b>TOTAL /40</b>



# YEAR 9 PDHPE 2021

## Fitness Booklet



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

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

**ctivity Analysis**  
**Part A – Weekly physical activity record**

Use the following table to record the amount of physical activity you do in one week. Then complete the questions that follow.

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

<u>Day of the week</u>	<u>Type of physical activity list each activity</u>	<u>Amount of time</u>	<u>Rate of exertion (light, moderate or vigorous)</u>

## Part A - Activity Analysis

1. On how many days of the week were you physically active? (½ mark)

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2. What were the most common types of physical activity you did? (½ mark)

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

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4. 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. Did you meet the guidelines? (4 marks)

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5. 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. (2 marks)

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

i) 

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ii)

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iii)

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

i)

ii)

iii)

8. 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 plan 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.**

1. Choose **ONE strategy/campaign** idea eg poster, flyer, infographic, pamphlet, video (visual advertisement), slide show presentation, audio ad (radio), campaign merchandise, an App.

Strategy/campaign idea \_\_\_\_\_

Clarify the details of your strategy/campaign. ie what is it, how will it be used, what does it look like, what information would it have in it.

(4

marks)

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2. What are the **goals** for your campaign? Consider what **TWO** things you would like to achieve. (4 marks)

a) \_\_\_\_\_

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b) \_\_\_\_\_

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

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4. What are **three** health tips which students could follow that would support your campaign and healthy behaviour? (3 marks)

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

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

5. What are the details of **two** relevant support agencies that could complement your health strategy/campaign? Include a short summary of the services they provide. (2 marks)

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

\_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_