

ORANGE HIGH SCHOOL



ASSESSMENT TASK NOTIFICATION

Subject	Physical Activity and Sports Studies
Topic	Fueling My Body
Class Teacher	JONES / LYDEN / WHARTON
Head Teacher	MS DRAY
Date Given	WEEK 2
Date Due	WEEK 6

FUELING MY BODY

TASK DESCRIPTION:

PART A:

Create a meal plan for EITHER a 100m sprinter OR a tennis player. The plan should detail snacks, meals and/or drinks for:

- a. Pre-Event
- b. During the event
- c. Post-event

For each meal, explain when the meal is planned for (e.g. night before, morning of the event, day after the event, etc) and justify each food/drink inclusion including the benefits that it offers in enhancing the athlete's performance.

PART B:

Create an advertisement for one of the products or foods in your meal plan.

This needs to:

- a. Advertise the benefits of that product and its role in enhancing the performance of your chosen athlete (100m sprinter OR tennis player)
- b. Present it as either a:
 - i. Video advertisement (30 sec)
 - ii. Radio advertisement (30 sec)
 - iii. Slideshow (5 slides)
 - iv. Poster (1x A4 Paper)
- c. Be creative and make it appealing!!

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.

MARKING CRITERIA

	0-2 MARKS	3-4 MARKS	5-6 MARKS	7-8 MARKS	9-10 MARKS
PART A (Meal Plan)	<p>Demonstrates limited knowledge and understanding of food and drinks that are beneficial for their chosen athlete for:</p> <p>a) Event preparation b) During an event c) Post-event recovery</p> <p>No / brief explanation of the benefits of:</p> <p>a) When these meals are planned for b) Why they will be beneficial for the athlete at this time</p> <p>No outline of amount and size of food and drink</p>	<p>Demonstrates basic knowledge and understanding of food and drinks that are beneficial for their chosen athlete for:</p> <p>a) Event preparation b) During an event c) Post-event recovery</p> <p>General explanation of the benefits of:</p> <p>a) When these meals are planned for b) Why they will be beneficial for the athlete at this time</p> <p>Outline of amount and size of food and drink</p>	<p>Demonstrates sound knowledge and understanding of food and drinks that are beneficial for their chosen athlete for:</p> <p>a) Event preparation b) During an event c) Post-event recovery</p> <p>Detailed explanation of the benefits of:</p> <p>a) When these meals are planned for b) Why they will be beneficial for the athlete at this time</p> <p>Outline of amount and size of food and drink</p>	<p>Demonstrates thorough knowledge and understanding of food and drinks that are beneficial for their chosen athlete for:</p> <p>a) Event preparation b) During an event c) Post-event recovery</p> <p>Explicit explanation of the benefits of:</p> <p>a) When these meals are planned for b) Why they will be beneficial for the athlete at this time</p> <p>Specific outline of amount and size of food and drink</p>	<p>Demonstrates extensive knowledge and understanding of food and drinks that are beneficial for their chosen athlete for:</p> <p>a) Event preparation b) During an event c) Post-event recovery</p> <p>Explicit explanation of the benefits of:</p> <p>a) When these meals are planned for b) Why they will be beneficial for the athlete at this time</p> <p>Specific outline of amount and size of food and drink</p>
	0-1 MARKS	2 MARKS	3 MARKS	4 MARKS	5 MARKS
PART B (Advertisement)	<p>Promotion of up to one health benefit of the selected product for the chosen athlete. Product may be included in meal plan in PART A. Presentation is in a relevant format.</p>	<p>Promotion of some health benefits of the selected product for the chosen athlete. Product is included in meal plan in PART A. Presentation is in a relevant format.</p>	<p>Promotion of a number of health benefits of the selected product for the chosen athlete. Product is included in meal plan in PART A. Presentation is in a relevant format and is appealing to the audience.</p>	<p>Detailed promotion of a number of accurate health benefits of the selected product for the chosen athlete. Product is included in meal plan in PART A. Presentation is in a relevant format and is appealing to the audience.</p>	<p>Explicit promotion of a range of accurate health benefits of the selected product for the chosen athlete. Product is included in meal plan in PART A. Presentation is in a relevant format and is appealing to the audience.</p>