

Pendle Hill High School

Assessment Task Cover Sheet

Faculty/Subject:	PDHPE	Assessment Task No:	1
Year:	10	Assessment weighting:	40%
Date Given:	9/3/20	Due date and time:	3/4/20
Student name:		Teacher:	

Submission Instructions

- The task must be completed by the due date. Hard copies must be handed to your regular classroom teacher during school hours and signed for.
- Email submissions must be sent to the following email account:
- Assignments received after **3:15pm** on the due date will be classed as a late submission, unless an alternate time is stated on the assessment cover sheet.
- Students must attend school and all scheduled classes on the due date of the assessment. See assessment handbook for details.

Absence/Late Submission

Late submission:

- For students in Years 11 and 12, the penalty is zero for work submitted after the due date and time. An immediate N award warning letter will be mailed to parents.
- For students in Years 7, 8, 9 and 10 the penalty is 20% of total mark per day (not marks scored). The penalty includes weekend and public holidays. This will result in an N award warning letter being mailed to parents for Year 9 and 10 students.

Absence:

- **Year 11 -12** - you are required to complete and submit to the front office an **Assessment Appeal form** within 48 hours of returning to school.
- **Year 7 -10** - if you are absent from school on the day the task is to be completed, you are required on your return to school to provide a medical certificate or other documentation to the front office and your class teacher.
- Failure to provide adequate documentation will result in late submission penalties being applied.

Student Confirmation - please tick

- This is all my own work. I have referenced any work used from other sources and have not plagiarised the work of others. I understand that plagiarised work will receive zero marks and an N award warning letter.
- I have attached a complete bibliography - where appropriate.
- I have kept a copy of my assignment.

Student Signature: _____

Assessment Task Receipt

Students are to complete before handing in. Teacher signs the receipt that must be kept by the student.

Student Name: _____ Subject: **PDHPE**

Task No: **1** Due Date: **03/04/2020** Date submitted: ____/____/____

Student Signature: _____ Teacher Signature: _____

Assessment Task 1 Identity and wellbeing

Due Date: 3/4/20

Weighting: 40%

OUTCOMES

PD5-3 analyses factors and strategies that enhance inclusivity, equality and respectful relationships

PD5-2 researches and appraises the effectiveness of health information and support services available in the community

PD 5-9 assesses and applies self-management skills to effectively manage complex situations

PD5-10 critiques their ability to enact interpersonal skills to build and maintain respectful and inclusive relationships in a variety of groups or contexts

This matrix of activities aims to provide you with a variety of learning experiences. Students can choose to complete some of the options to accumulate **a minimum of 10 marks.**

The maximum amount of marks a student is to attempt is 20.

Remembering (2 mark)

Define the what mental health is

Remembering (2 marks)

Discuss how mental health can be dynamic

Understanding (4 marks)

Explain how sleep and physical activity play a role in our mental health.

Understanding (4 marks)

Summarise what depression is and include signs and symptoms

Applying (6 marks)

Identify the management strategies that can be put in place from someone suffering from a specific mental health issue.

Analysing (8 marks)

Analyse how values play an important role in the decisions that we make.

Analysing (8 marks)

Compare and contrast healthy relationships with and unhealthy ones.

Evaluating (10 marks)

Evaluate factors that impact your identity and others. Include how these factors play a role in shaping ours and others identity.

Creating (12 marks)

Create a brochure/poster or blog that promotes positive mental health including strategies to overcome issues. Students to create a poster/brochure that:

- identifies a range reasons backed by research why this initiative would work
- identifies the appropriate organisations to be involved
- identifies how this will be enforced
- describe advantages of this policy

Creating (12 marks)

Create a short video clip surrounding a mental health issue. This can include understanding of a specific mental health issue, how to deal with certain situations or simply a public service video to improve awareness.

CRITERIA AND FEEDBACK

Criteria	Marks
- An excellent investigation into the issue of mental health - Attempted all tasks and used a wide variety of resources. - Clearly articulated points that have a cohesive nature and has provided relevant examples where necessary. - Excellent use of vocabulary that is appropriate to the context	18-20
- A good understanding of the issues of mental health - Attempted most or all of the tasks and answers are well written.	15-17
- A basic understanding of the issues involved with mental health	10-14
- A limited understanding of the issues involved with mental health	1-9

Feedback	Mark

SUBMISSION

Write answers in **this** document. If you choose to do a poster/brochure/blog or video, you must hand those to your teacher on a USB. Any questions about how to submit, please see your teacher.