

Pendle Hill High School

Assessment Task Cover Sheet

Faculty/Subject:	PDHPE	Assessment Task No:	1
Year:	7	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 Health and lifelong physical activity

Due Date: 4/4/20

Weighting: 40%

OUTCOMES

PD4-6 recognises how contextual factors influence attitudes and behaviours and proposes strategies to enhance health, safety, wellbeing and participation in physical activity

PD 4-7 investigates health practices, behaviours and resources to promote health, safety, wellbeing and physically active communities

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 and identify what qualities you need to be a healthy person.

Remembering (2 marks)

Explain the difference between fitness and health.

Understanding (4 marks)

Outline and explain the components of health.

Understanding (4 marks)

Discuss how you can improve each of the components of health.

Applying (6 marks)

Discuss what risks to health you see in being overweight or underweight.

Analysing (8 marks)

Create a food group triangle poster using an A4 page.

Analysing (8 marks)

Using a variety of sources, investigate the images of a healthy person as portrayed by the media and discuss why or why not this may be an unrealistic view of health. Assess what factors contribute to the health of a person.

Evaluating (10 marks)

Define the term 'fad diet' and list ten fad diets that have been promoted by the media and celebrities. Explain the reasons why fad diets do not work long term.

Creating (12 marks)

Create a ten-question survey on the lifestyle habits of your class. Analyse the trends in your results and outline some of the consequences of unbalanced lifestyles. Using a poster or PowerPoint present your information to the class. (two per group maximum)

Creating (12 marks)

Create a food journal and record your nutritional intake for a week. Compare your eating habits to the recommended guidelines for adolescents. Write a brief report on your diet (is it adequate, what can be improved, how can healthy alternatives be included)

CRITERIA AND FEEDBACK

Criteria	Marks
- An excellent investigation into the issues of 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 health. - Attempted most or all of the tasks and answers are well written.	15-17
- A basic understanding of the issues involved with health.	10-14
- A limited understanding of the issues involved with 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.