

MANILLA CENTRAL SCHOOL - ASSESSMENT TASK NOTIFICATION 2023

Stage 5 PASS – R Felstead

Task Number: 1

Weight: 20%

Notification Date: Term 1 Week 6 – 1/03/2023

Due Date: Term 1 Week 8 Friday 17/03/2023 by 3:20pm



BODY SYSTEMS

OUTCOMES ASSESSED

PASS5-1 discusses factors that limit and enhance the capacity to move and perform

PASS5-10 analyses and appraises information, opinions and observations to inform physical activity and sport decisions.

TASK DESCRIPTION

Students analyse and evaluate the human body systems and how they work together to allow the body to function. Students discuss the contribution and importance of each system during physical activity and examine the influence of energy production on performance through participation.

TASK INSTRUCTIONS

- Complete ONE question from each SECTION
- Research and answer all questions
- Present answers in report format
- List all references used
- Assessment must be word processed
- The report should be at least three pages long (excluding reference list) Font: Times New Roman 12
- The following websites may be used in your research:
 - www.innerbody.com.au
 - www.factmonster.com.au
 - www.pearsons.com.au

Progress Check

- ☐ Select a question from each section as required (3 in total)
- ☐ Demonstrate some research using accurate resources to assist in answering questions
- ☐ Provide a reference list of sources used
- ☐ Use of fonts, headers, footers, page numbers and other formatting tools
- ☐ Other: _____

A hard copy of your task must be submitted to your class teacher by 3:20pm on 17/03/2023.

Teacher's signature: _____

Mrs R Felstead

Head Teacher's signature: _____

Miss A Nott

Deputy Principal's signature: _____

Mrs A Lawrence

CHOOSE ONE QUESTION FROM EACH SECTION

TASK	MARK
SECTION ONE	
1. Define the following words in your own words: Skeletal system, circulatory system, muscular system and respiratory system.	4
2. List four interesting facts about any of the body systems	
3. List four muscles and where they are located	
4. Identify eight bones in the skeletal system	
5. Identify four chambers of the heart	
6. Use a diagram and list four components of the respiratory system	
SECTION TWO	
7. Explain how the synovial joints work to create movement in the body	5
8. Examine (comment in detail) the consequences of dehydration and over hydration on an athlete’s performance	
9. Explain the difference between the functions of all of the body systems (muscular, skeletal, circulatory and respiratory)	
10. Analyse how exercise affects all of the four body systems	
11. Collect two newspaper articles on any of sporting performance and summarise the main information from the articles	
SECTION THREE	
12. To test how efficiently your heart works during exercise, design an experiment to test this.	6
13. Explain how blood flows around the human body.	
14. Design an experiment that compares and contrasts two sports drinks. Recommend which drink is most effective in assisting performance.	
15. Discuss the contribution and importance of all of the body systems during physical activity	

STUDENT REFLECTION ON TASK

I would rate my effort _____/ 10 on this task.

The hardest part of this task was

The easiest was

What I have enjoyed most about learning in PASS is

Learning in PASS could be improved if:

Dear Mrs Felstead, I need help in the following areas:

MARKING CRITERIA

Description	Marks
<ul style="list-style-type: none"> Accurate and effective report- layout, language and presentation All answers clearly explained with reference to supplementary material Uses at least 4 resources. Shown in reference list. Accurate in-text referencing 	12-15
<ul style="list-style-type: none"> Developing report- layout language and presentation Clear answers with explanation minimal reference to supplementary material Basic attempt at in-text referencing. Uses 2-3 resources. Reference list shown. 	6-11
<ul style="list-style-type: none"> Limited report- layout language and presentation No clear explanation. Limited answers with no reference to supplementary material Limited attempt at in-text referencing. No listing 	0-5

Completion of assessment during allocated class time:

☐ Excellent
 ☐ Moderate
 ☐ Limited

Feedback:

Teacher signature: _____ Date: _____

Task Mark:	Task Rank:	Cumulative Rank: