

# MANILLA CENTRAL SCHOOL - ASSESSMENT TASK NOTIFICATION 2024

## Stage 5 PASS – Rebecca Cowell

Task Number: 1

Notification Date: Week 6, Wednesday 6/3/24

Weight: 30%

Due Date: Week 9, Wednesday 27/3/24 3:20pm



# Activity Journal

## OUTCOMES ASSESSED

PASS5-4 analyses physical activity and sport from personal, social, and cultural perspectives

PASS5-6 evaluates the characteristics of participation and quality performance in physical activity and sport.

PASS5-7 works collaboratively with others to enhance participation, enjoyment, and performance

## TASK DESCRIPTION

You are to keep a journal of the activities you participate in and analyse the benefits for health of each one. You will research and discuss the participation levels for different social groups, such as the **elderly**, people with a **disability**, **young people**, **different cultural groups**, people who live in **regional and remote** areas, for each activity and reflect on ways to overcome barriers to participation.

## TASK INSTRUCTIONS

Participate in **THREE** physical activities within the class setting, and **ONE** of your own choosing, either during school sport, or in your free time.

Keep a record of each activity analysing the benefits of participation from your own perspective while also reflecting on the benefits from the perspective of other user groups as listed above.

Promote a strategy for each physical activity studied which would allow them to identify and minimise barriers of participation in relation to the identified user groups.

Each physical activity should be recorded on a separate page, **approximately 300-500 words for each one**.

Submit final (hard copy or email [rebecca.cowell1@det.nsw.edu.au](mailto:rebecca.cowell1@det.nsw.edu.au)) to Mrs Cowell by the due date

Teacher's signature: \_\_\_\_\_

Mrs R Cowell

Head Teacher's signature: \_\_\_\_\_

Miss A Nott

Deputy Principal's signature: \_\_\_\_\_

Mrs R Ferguson

## MARKING CRITERIA

### Marking Criteria

<ul style="list-style-type: none"> <li>• Demonstrates an extensive understanding of the health benefits of a variety of sports.</li> <li>• Extensive discussion of the participation levels of a variety of social groups reflecting on their physical, mental, and social aspects of health and wellbeing.</li> <li>• Use of a variety of sentence structures and extensive PDHPE terminology. You have very few errors in grammar, usage, spelling, and punctuation. The errors that are there do not make writing unclear.</li> <li>• Research is presented in a sophisticated manner, with a cover page and bibliography (three or more reliable sources).</li> </ul>	<b>17-20</b>
<ul style="list-style-type: none"> <li>• Demonstrates a thorough understanding of the health benefits of a variety of sports.</li> <li>• Thorough discussion of the participation levels of a variety of social groups reflecting on their physical, mental, and social aspects of health and wellbeing Discusses the positives of its use and outlines the ethics surrounding it's use.</li> <li>• Use of a variety of sentence structures and correct PDHPE language. You have some errors in grammar, usage, spelling, and punctuation. A few of these errors may make parts of the writing unclear.</li> <li>• Research is presented in a structured manner, with a cover page and bibliography (three or more sources).</li> </ul>	<b>13-16</b>
<ul style="list-style-type: none"> <li>• Demonstrates a sound understanding of the health benefits of a variety of sports.</li> <li>• Sound discussion of the participation levels of a variety of social groups reflecting on their physical, mental, and social aspects of health and wellbeing Includes an article about the technology and summarises some of the main points.</li> <li>• Use of some PDHPE terminology. There are some errors in grammar, usage, spelling, and punctuation.</li> <li>• Research is presented in a structured manner, with a cover page and bibliography (three or less sources).</li> </ul>	<b>8-12</b>
<ul style="list-style-type: none"> <li>• Demonstrates a basic understanding of the health benefits of a variety of sports.</li> <li>• Basic discussion of the participation levels of a variety of social groups reflecting on their physical, mental, and social aspects of health and wellbeing</li> <li>• Lists some of the positives of its use and may outlines the ethics surrounding it's use.</li> <li>• Use of minimal PDHPE terminology. There are some errors in grammar, usage, spelling, and punctuation.</li> <li>• Research is presented in an unstructured manner, with a bibliography (three or less sources).</li> </ul>	<b>4-7</b>
<ul style="list-style-type: none"> <li>• Demonstrates a limited understanding of the health benefits of a variety of sports.</li> <li>• Limited discussion of the participation levels of a variety of social groups reflecting on their physical, mental, and social aspects of health and wellbeing</li> <li>• Use of limited PDHPE terminology. There are many errors in grammar, usage, spelling, and punctuation.</li> <li>• Research is presented in an unstructured manner, no evidence of a bibliography</li> </ul>	<b>1-3</b>
<ul style="list-style-type: none"> <li>• Non serious attempt</li> </ul>	<b>0</b>

**Feedback:**

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Teacher Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Task Mark:	Task Rank:	Cumulative Rank:

**Feedback from student about task:**

I would rate my effort \_\_\_\_\_ / 10 on this task.

The hardest part of this task was

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The easiest part was

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What I have enjoyed most about learning in PASS is

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Learning in PASS could be improved if:

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

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