

## MANILLA CENTRAL SCHOOL - ASSESSMENT TASK NOTIFICATION 2024

### Stage 5 PDHPE – Mrs R Cowell



**Task Number:** 1      **Notification Date:** Term 1, Week 7 - Tuesday 12/3/24

**Weight:** 30%      **Due Date:** Term 1, Week 11 - Monday 8/4/24 to Mrs Cowell by 3:20pm

## ICT Report

### OUTCOMES ASSESSED

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

**PD5-6** critiques contextual factors, attitudes, and behaviours to effectively promote health, safety, wellbeing, and participation in physical activity.

**PD5-7** plans, implements, and critiques strategies to promote health, safety, wellbeing and participation in physical activity in their communities.

**PD5-8** designs, implements, and evaluates personalised plans to enhance health and participation in a lifetime of physical activity.

**PD5-9** assesses and applies self-management skills to effectively manage complex situations

### TASK DESCRIPTION

You have been hired by the local council to implement a fitness program that could be conducted on a weekly basis using the local facilities. Your task:

1. Conduct research and report (250 word minimum) on the potential barriers to physical activity in your local community.
2. Research at least two places to be physically active in the local community and outline how people can use the facilities.
3. Design a group fitness circuit that could be conducted in the local community for a particular target group.
4. Report (250 word minimum) on the effectiveness of your fitness program. Including the positives, negatives, and ways to improve.

Total word count: 750-900 words (+/- 10%)

### TASK INSTRUCTIONS

Submit final task (hard copy or email [rebecca.cowell1@det.nsw.edu.au](mailto:rebecca.cowell1@det.nsw.edu.au)) to Mrs Cowell by 3:20pm on the due date – **Monday 8 April 2024.**

If you require an extension on the due date of this task, speak to the Head Teacher Secondary Studies (Miss Nott)

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>• Extensive research and comprehensive report (250 word minimum) on the potential barriers to physical activity in the local community.</li> <li>• Research two or more places that people can be physical active in the local community and outlines how people can use the facilities.</li> <li>• Designs a suitable group fitness circuit that is appropriate for a particular target group in the local community.</li> <li>• Comprehensive report (250 word minimum) on the effectiveness of the fitness program including the positives, negatives, and ways to improve.</li> <li>• Report includes cover page and is well structured with minimal grammatical errors.</li> </ul>	<b>17-20</b>
<ul style="list-style-type: none"> <li>• Thorough research and coherent report (250 word minimum) on the potential barriers to physical activity in the local community.</li> <li>• Research two or more places that people can be physical active in the local community and outlines how people can use the facilities.</li> <li>• Designs a suitable group fitness circuit that is appropriate for a particular target group in the local community.</li> <li>• Coherent report (250 word minimum) on the effectiveness of the fitness program including the positives, negatives, and ways to improve.</li> <li>• Report includes cover page, evidence of writing structure demonstrated with some minor grammatical errors.</li> </ul>	<b>13-16</b>
<ul style="list-style-type: none"> <li>• Some research conducted and basic report on the potential barriers to physical activity in the local community.</li> <li>• Research two or more places that people can be physical active in the local community and/or outlines how people can use the facilities.</li> <li>• Designs a suitable group fitness circuit that is appropriate for a particular target group in the local community.</li> <li>• Basic report on the effectiveness of the fitness program including the positives, negatives, and ways to improve.</li> <li>• Some evidence of writing structure evident with grammatical errors.</li> </ul>	<b>8-12</b>
<ul style="list-style-type: none"> <li>• Minimal research conducted and in complete report on some of the potential barriers to physical activity in the local community.</li> <li>• Research two or less places that people can be physical active in the local community and/or outlines how people can use the facilities.</li> <li>• Designs an in complete group fitness circuit for a particular target group in the local community.</li> <li>• Incomplete report on the effectiveness of the fitness program including the positives, negatives and/or ways to improve.</li> <li>• Minimal use of writing structure evident with grammatical errors resulting in loss of meaning.</li> </ul>	<b>4-7</b>
<ul style="list-style-type: none"> <li>• Outlines some of the potential barriers to physical activity in the local community.</li> <li>• Outlines some places that people can be physical active in the local community and/or outlines how people can use the facilities.</li> <li>• Outlines an in complete group fitness circuit for a particular target group in the local community.</li> <li>• Incomplete report (100 word minimum) on the effectiveness of the fitness program including the positives, negatives and/or ways to improve.</li> <li>• Writing not structured to enhance meaning.</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 PDHPE is

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Learning in PDHPE could be improved if:

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

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