

2021 Year 9 PDHPE Semester 1 Assessment Task

Due Date: Week 6 Tuesday 25th May 2021 (Period 6 at completion of Lesson)

Weighting: 50 % of Semester 1 Assessment mark

Outcomes

- 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

Task

- This assessment task will be completed in class.
- You are able to present your answers to the questions in Word, Powerpoint etc or in a conversation with Mr Shaw during class time. (Some notes will need to be provided with your conversation as evidence of your work in class)
- There is no word limit for the task however you should refer to the questions and marking criteria to ensure you have included all necessary information.

Question 1 (8 marks)

Energy” drinks have become very popular among some young Australians.

- Identify 2 reasons why you think they have become so popular?
- Identify 2 sources where can you find what ingredients are contained in these drinks?
- Is the Monster Energy website a reliable source of information on the effect and risks associated with drinking energy drinks? Why?
- Who should be responsible for controlling the intake of “energy drinks” for children under 16? Why? (eg parents, school, government, themselves)

Question 2 (12 marks)

What sort of attitudes and behaviours do we need to demonstrate as a group in our practical lessons to effectively promote health, safety, wellbeing and participation in physical activity for all students in our class? Your answer should include:

- The impact of physical activity on health and wellbeing
- The need for a safe environment for physical activity
- The idea that safety needs to be both physical and emotional
- Concepts such as teamwork, sportsmanship and support
- What changes need to be made as a group to promote participation?
- What you can do individually to improve the experience for everyone?

Question 3 (10 marks)

Identify an area of need for young people in the local community eg social, sporting, health.

Propose an initiative that could be introduced to address this need and answer the following

- Outline what you aim to achieve by implementing your initiative. Why is it worth implementing?
- What resources would be needed? (eg financial, equipment, venue)
- What assistance do you require? (eg professional, volunteers) How will this assistance be used?
- Identify challenges that you may have to overcome to implement your program.
- When and for how long will the initiative be run? Why?

Marking criteria

PD5-1 Assesses their own and others' capacity to reflect on and respond positively to challenges.

Question 1 (8 Marks)	<ul style="list-style-type: none"> • Identifies 2 reasons why you think they have become so popular. 2 marks • Identifies 2 sources of information on nutritional information. 2 marks • Provides a statement on reliability of information provided on a manufacturers website and justifies their opinion. 2 marks • Identifies who is responsible for consumption of energy drinks and provides reasons why they are responsible. 2 marks 	/2
Energy Drinks		/2
		/2
		/2

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.

Question 2 (12 marks)	<ul style="list-style-type: none"> • Outlines the impact of physical activity on health and wellbeing 2marks • Explains the need for a safe play environment for physical activity 2 marks • Provides an opinion on the idea that safety needs to be both physical and emotional 2 marks • Identifies the need for concepts such as teamwork, sportsmanship and support 2 marks • Identifies what changes need to be made as a group to promote participation? 2 marks • Outlines what you can do individually to improve practical lessons for everyone? 2 marks 	/2
What sort of attitudes and behaviours do we need to adopt as a group in our practical lessons to effectively promote health, safety, wellbeing and participation in physical activity for all students in our class.		/2
		/2
		/2
		/2
		/2

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

Question 3 (10 Marks)	<ul style="list-style-type: none"> • Clearly outlines what they aim to achieve by implementing their initiative. Includes a detailed explanation as to why it is worth implementing. 2 marks • Identifies the basic resources that would be needed to implement their program. 2 marks • Outlines any assistance required and explains how this assistance will be effectively used. 2 marks • Identifies possible challenges/difficulties they will need to overcome to successfully implement their program. 2 marks • Outlines for when and for how long the initiative will be run and explains why these times have been chosen. 2 marks 	/2
Identify an area of need for young people in the local community		/2
		/2
		/2
		/2

Total /30

