Health and Physical Education

Promoting Healthy Behaviours Presentation

Type: Summative

Grade Weighting: 25%

Content Descriptors

Plan and practise strategies to promote health, safety and wellbeing [(ACPPS054 - Scootle )](http://www.scootle.edu.au/ec/search?accContentId=ACPPS054)

Propose and apply movement concepts and strategies with and without equipment [(ACPMP063 - Scootle )](http://www.scootle.edu.au/ec/search?accContentId=ACPMP063)

Participate in physical activities designed to enhance fitness, and discuss the impact regular participation can have on health and wellbeing [(ACPMP064 - Scootle )](http://www.scootle.edu.au/ec/search?accContentId=ACPMP064)

Summary of Task

During this semester, students learnt about the health benefits of physical activity and lifelong physical activities. There was teacher led discussions and the exploration of current media campaigns to improve the health and well-being of young people.

Students were given a week long log sheet to log the amount and type of physical activity, to assess and analyse these activities and finally assess and analyse a fictious student’s activity.

This assessment task relates to the focus area: health benefits of physical activity.

Overview:

Students determine how much physical activity they participate in each week by completing the ‘Physical Activity Record’ and compare this to Australia’s Physical Activity recommendations for 5–12 year olds. They evaluate their level of participation according to current physical activity recommendations for children (minimum 60 minutes of accumulated physical activity in a day) and establish goals and strategies to maintain or improve their physical activity levels.

Student are also to analyse and assess a Year 6 Physical Activity Observation. Students will be presented an example of the physical activity level of a student of similar age and are to present a critique and recommendations of their behaviour.

Students will be given a handout to complete, with writing space for their reflection and critique.

Marking Rubric

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Marking Criteria | Not yet meeting expectation | Mostly Meets Expectation | Fully Meets Expectation | Exceeds Expectations |
| Level of exercise | Student achieved 60min/day on 2 or less occasions | Student achieved 60min/day on 2 - 3 occasions | Student achieved 60min/day on 4 - 5 occasions | Student achieved 60min/day on 6 or more occasions |
| Self-Reflection | Shows little critical assessment of performance | Shows some critical assessment of performance. | Shows some critical assessment of performance. Adds method for improving. | Shows some critical assessment of performance. Adds method for improving and how this will affect performance. |
| Critical Observation | Shows little critical assessment of performance | Shows some critical assessment of performance. | Shows some critical assessment of performance. Adds method for improving. | Shows some critical assessment of performance. Adds method for improving and how this will affect performance. |
| Organisation | Information presented is difficult to understand and requires additional information. | Information is mostly clear with little need for additional information | Information is clear and easily followed. | Information is clear, concise and comprehensive. |

Student submission assessment

Jesse,

The level of activity you have logged in your diary is more than the recommended amount of daily activity for children between the ages of 5 and 12 years old. It is also good to see that you have participated in a wide variety of activities. It is important to keep your exercises different each day.

Your self-reflection illustrates the positive changes you have made to your behaviour, such as reducing the amount of screen time you have. You have also importantly, identified the future results of your actions, if you maintain these activities as you get older.

You have accurately identified where the example student can improve their behaviours to live a more active and healthier lifestyle. The alternatives you have proposed are well thought out and make good use of their current situation.

Excellent work.

Australian Curriculum. (n.d.) *Health and Physical Education, Written Response: Fitness*. <https://australiancurriculum.edu.au/f-10-curriculum/health-and-physical-education>