



JOHN EDMONDSON HIGH SCHOOL

Assessment Notification

Faculty: PDHPE Course: PDHPE Year: 10

Assessment Task: Healthy Lifestyles

Assessment Weighting: 25% Due: Term 1 Week 10 Date: ____/____/2023

Task Type: Hand in Task In Class Task Practical Task

Outcomes assessed (NESA)

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 Description/Overview

In class students have been exploring the concepts of a Healthy Lifestyle. Students are to create a Newsletter, Website or Pamphlet which focuses on educating, promoting and encouraging young people to make more positive health choices on a daily basis. You are to complete this at home and submit via CANVAS by the due date.

Detailed Assessment Task Description

Students are to create a newsletter, pamphlet or website focused on ONE of the following areas. The topics you can chose to research and investigate include;

- Reduced physical activity in teens.
- Poor food behaviours in adolescence.
- Increase screen based behaviour in teens.
- Lack of sleep and increased sedentary behaviour.

Your Newsletter/Pamphlet/Website should include the following aspects;

- Outline the nature of your chosen topic; include statistics and trends. (3 marks)
- Describe the negative health behaviours/actions of young people related to your topic (5 marks)
- Explain the impact these behaviours could have on an individual's health and wellbeing. Including, physical, mental/emotional and social factors. (6 marks)
- Construct a list of 'Tips' individual strategies that an individual could use to prevent poor health choices. (6 marks)

Identify a range of support services to encourage young people to develop healthier lifestyle choices related to your chosen topic. (4 marks)

- Propose at least one community AND one government initiative of to encourage better health behaviours. (6 marks)

EXTENSION: 10T + 10O ONLY: Provide a detailed justification of ONE of the above initiatives that you have suggested. (why it worked well) (10 marks)

Assessment Criteria		
Grade	Description	Mark Range
Outstanding (O)	<ul style="list-style-type: none"> -Provides accurate and concise information on the nature of the topic. Includes a variety of relevant trends and statistics. - Provides characteristics and features of a variety of negative health behaviours. - Demonstrates extensive knowledge of the impact poor choices has on an individual's health. - Constructs a variety of individual strategies to improve an individual's health related to their topic. - Proposes both an accurate and detailed Community and Government strategy. - Identifies a variety of support services. - Information is presented in a clear and logical manner. (Includes Title, subheading and images). 	26-30
High (H)	<ul style="list-style-type: none"> - Provides accurate and concise information on the nature of the topic. Includes relevant trends and statistics. - Provides characteristic and features of several negative health behaviours. -Demonstrates detailed knowledge of the impact poor choices has on an individual's health. - Provides multiple strategies to improve an individual's health. - Proposes both an accurate Community and Government strategy. - Identifies several support services available. - Information is presented in a clear and logical manner. (Includes title, subheadings and images). 	21-25
Sound (S)	<ul style="list-style-type: none"> - Provides general information on the nature of topic. Includes some trends and statistics relevant to the topic. - Identifies negative health behaviours that are of concern for the specific topic. - Demonstrates an understanding of the impact poor choices has on an individual's health. - Provides relevant strategies to improve an individual's health. - Proposes at least one community or government strategy. - Information is presented in a clear and logical manner. (Includes most aspects of title, subheadings, and images). 	12-20
Basic (B)	<ul style="list-style-type: none"> - Provides some information on the nature of the topic - Identifies some negative behaviours that are of concern. - Demonstrates some knowledge of the impact poor choices has on an individuals health. Identifies some negative health behaviours. 	7-12

	<ul style="list-style-type: none"> - Provides some strategies to improve an individuals health. - Identifies a community or government strategy. - Information presented has some structure. 	
Limited (L)	<ul style="list-style-type: none"> - Provides minimal information relevant to the nature of the topic. - Lists a negative health behaviour. - Demonstrates limited knowledge of the impact poor choices has on an individual's health. - Identifies one strategy to improve an individual's health. - Proposes an irrelevant or unrealistic strategy. - Information is limited. 	0-6

Satisfactory completion of courses

A course has been satisfactorily completed, when the student has:

- Followed the course developed/endorsed by the NSW Educational Standards Authority (NESA)
- Applied himself/herself with diligence and sustained effort to the set tasks and experiences provided in the course.
- Achieved some or all of the course outcomes