**Irrawang High School**  
**Assessment Task Notification**

<table>
<thead>
<tr>
<th>Subject:</th>
<th>Health</th>
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</thead>
<tbody>
<tr>
<td>Unit:</td>
<td>Active Lifestyle</td>
</tr>
<tr>
<td>Teacher(s) of class(es) involved:</td>
<td>Year 7 Health Teachers</td>
</tr>
</tbody>
</table>

**Due Date:**

<table>
<thead>
<tr>
<th>Term</th>
<th>Week</th>
<th>Day</th>
<th>Date</th>
<th>Day of Cycle</th>
<th>Date Issued:</th>
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</thead>
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**Total Marks:** 15  
**Weighting:** Nil  
**Task Number:** 4  
**Marker(s):** Year 7 Health Teachers  
**Date Issued:**

**Syllabus Outcomes Assessed:**

4.9 describes the benefits of a balanced lifestyle and participation in physical activity  
4.10 explains how personal strengths and abilities contribute to enjoyable and successful participation in physical activity  
4.15 A student devises, applies and monitors plans to achieve short-term and long-term goals  
4.16 A student clarifies the source and nature of problems and draws on personal skills and support networks to resolve them

**Grade Awarded:**

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**Task:**

You are required to write a report titled “Active Health and its Importance to You”.

In your report you need to include answers to the following questions:

- What are the benefits of a balanced lifestyle?
- What are the benefits of participation in physical activity?
- How do personal strengths and abilities allow you to participate in and enjoy physical activity? (Example: flexibility, balance and muscular strength – gymnastics, dedication, commitment).
- What are the minimum levels of physical activity participation to achieve health benefits?

**Presentation**

Your report needs to be 1½ - 2 pages in length.  
Your report needs to be typed (size 12 font).  
It needs to be clear and well written.  
You can include pictures to reinforce the message you are trying to send.  
You need to include a bibliography (where you got your information from).

**Marking Criteria:**

- Describes the benefits of a balanced lifestyle.  
- Describes the benefits of participation in physical activity.  
- Explains how personal strengths and abilities contribute to enjoyable and successful participation in physical activity.  
- Suggests guidelines and recommendations for minimum physical activity participation to achieve health benefits.  
- Includes a bibliography.

**Other Information:**

Students will be given all assessment tasks in writing at a time appropriate to each task. Students must submit the tasks on the due date or they will lose a portion of the allocated marks. If you are absent, you must submit / complete the assessment, the first day you return to school, with written notification informing the teacher why you were away, this may include a doctor's certificate. You will also need to obtain an appeal form. All tasks must be completed.
### Active Lifestyle and its Importance to You

<table>
<thead>
<tr>
<th>Section</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Introduction</strong></td>
<td>Active health is an important part of a balanced lifestyle. A balanced lifestyle is …</td>
</tr>
<tr>
<td><strong>Benefits of a balanced lifestyle</strong></td>
<td>Benefits of a balanced lifestyle include: …</td>
</tr>
<tr>
<td><strong>Benefits of participation in physical activity</strong></td>
<td>Benefits of participation in physical activity include: …</td>
</tr>
<tr>
<td><strong>Personal strengths and abilities</strong></td>
<td>Strengths and abilities that allow us to participate in and enjoy physical activity include: …</td>
</tr>
<tr>
<td><strong>Minimum level of physical activity participation</strong></td>
<td>The minimum levels of physical activity recommended to achieve health benefits include: …</td>
</tr>
<tr>
<td><strong>Bibliography</strong></td>
<td>Year 7 Active Health Notes.</td>
</tr>
</tbody>
</table>
# Year 7 Health

**Active Lifestyle Assessment Task Feedback**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Mark</th>
<th>Criteria</th>
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</table>
| 13-15 | Extensive knowledge and understanding of active health evidenced by:  
- Thorough description of the benefits of a balanced lifestyle.  
- Thorough description of the benefits of participation in physical activity.  
- Thorough explanation of how personal strengths and abilities contribute to enjoyable and successful participation in physical activity.  
- Suggests and describes in detail guidelines and recommendations for minimum physical activity participation to achieve health benefits.  
- Includes a bibliography of sources. |
| 9-12 | Sound level of knowledge and understanding of active health evidenced by:  
- Good description of the benefits of a balanced lifestyle.  
- Good description of the benefits of participation in physical activity.  
- Good explanation of how personal strengths and abilities contribute to enjoyable and successful participation in physical activity.  
- Suggests and describes guidelines and recommendations for minimum physical activity participation to achieve health benefits.  
- Includes a bibliography of sources. |
| 5-8 | Satisfactory level of knowledge and understanding of active health evidenced by:  
- Fair description of the benefits of a balanced lifestyle.  
- Fair description of the benefits of participation in physical activity.  
- Fair explanation of how personal strengths and abilities contribute to enjoyable and successful participation in physical activity.  
- Suggests some guidelines and recommendations for minimum physical activity participation to achieve health benefits.  
- Includes a bibliography of sources. |
| 2-4 | Poor level of knowledge and understanding of active health evidenced by:  
- Limited description of the benefits of a balanced lifestyle and participation in physical activity.  
- Limited explanation of how personal strengths and abilities contribute to enjoyable and successful participation in physical activity.  
- Suggests few guidelines and recommendations for minimum physical activity participation to achieve health benefits.  
- Includes a bibliography of sources. |
| 0-1 | Provides very little relevant information or does not make a serious attempt. |

Comments