



Notice of Assessment Task

Year 12 Sports Lifestyle & Recreation Fitness

Date of initial notification: Term 1, Week 3 Tuesday 11th February, 2025	Date of submission: Term 1, Week 5 Tuesday 25th February, 2025
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Teacher: Petre / Ryan	Task Number: 1
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Time Allowed: 2 weeks preparation	Weighting 25%
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Course Component/Focus area/topic/module: Fitness

Task Description: In Class Response

Students will be provided 50 minutes to respond to the following questions. These questions are based on information collected from fitness testing completed in class. Students will be allowed to bring in the Fitness Assessment Task Scaffold into the classroom to assist in answering the outlined questions.

Part A: Fitness Components (8 marks)

Explain your fitness testing results (completed in previous classes). Explanation should be based on:

- Previous training and sporting experience (e.g. playing rugby for 4 years)
- Your lifestyle (e.g. going for daily walks)

(Explain - Relate cause and effect; make the relationships between things evident; provide why and/or how)

Part B: Training Program (7 marks)

Design a one week training program based on the FITT principle. The program should focus on two components of fitness which you identified as needing improvement from your fitness testing results.

Part C: Justification (10 marks)

Justify how the outlined training program will improve the chosen components of fitness.

(Justify - Support an argument or conclusion)

Outcomes/Competencies to be assessed in this task:

- 1.2 explains the relationship between physical activity, fitness and healthy lifestyle
- 2.2 analyses the fitness requirements of specific activities

- If you are absent on the day that the task is due, you **MUST** see your teacher the next day (not your next lesson) that you are present at school to show your medical certificate or produce a misadventure form (refer to your Assessment Booklet for a copy of the form).
- Exemptions and extensions for any other reason will only be determined at the discretion of the Head Teacher, and only in extenuating circumstances. You must advise the Head Teacher as soon as possible if you know you are unable to submit the task on the due date.
- All appeals must be lodged within 48hrs of receipt of the task. Students who may consider an appeal are not permitted to take their task home. The original task cannot be altered in any way prior to the appeal process. See Assessment booklet for details.

Feedback: How will I receive feedback on this task?

- Written
- Verbal
- Whole class
- Individual

Marking Criteria

Part A

Mark	Criteria
1.2 explains the relationship between physical activity, fitness and healthy lifestyle	
7-8	<ul style="list-style-type: none"> • Demonstrates an extensive understanding of the relationship between the results of their fitness testing and their individual training/sporting experience and lifestyle. • Gives multiple examples of previous training/sporting experience that would have assisted the development of their fitness
5-6	<ul style="list-style-type: none"> • Demonstrates a thorough understanding of the relationship between the results of their fitness testing and their individual training/sporting experience and lifestyle. • Gives examples of previous training/sporting experience that would have assisted the development of their fitness.
4	<ul style="list-style-type: none"> • Demonstrates a sound understanding of the relationship between the results of their fitness testing and their individual training/sporting experience and lifestyle. • Gives examples of previous training/sporting experience that would have assisted the development of their fitness.
2-3	<ul style="list-style-type: none"> • Demonstrates a basic understanding of the relationship between the results of their fitness testing and their individual training/sporting experience and lifestyle. • May not make links or provide examples of their training/sporting experience and how that assists the development of their fitness
1	<ul style="list-style-type: none"> • Demonstrates an elementary understanding of the relationship between the results of their fitness testing and their individual training/sporting experience and lifestyle. • May not make links or provide examples of their training/sporting experience and how that assists the development of their fitness
Non-Attempt	<ul style="list-style-type: none"> • Did not complete/ non-attempt

Part B

Mark	Criteria 2.2 analyses the fitness requirements of specific activities 1.2 explains the relationship between physical activity, fitness and healthy lifestyle
7	<ul style="list-style-type: none"> ● Demonstrates an extensive understanding of the FITT principle and its application to a 1 week training program. ● Training program is well designed and includes the following: <ul style="list-style-type: none"> - Clear application of the FITT principle for the components of fitness they have chosen to improve - Each aspect of the FITT principle is accurate for their chosen components of fitness
5-6	<ul style="list-style-type: none"> ● Demonstrates a thorough understanding of the FITT principle and its application to a 1 week training program. ● Training program is mostly designed well and includes the following: <ul style="list-style-type: none"> - Application of the FITT principle for the components of fitness they have chosen to improve - Most aspects of the FITT principle are accurate for their chosen components of fitness
4	<ul style="list-style-type: none"> ● Demonstrates a sound understanding of the FITT principle and its application to a 1 week training program. ● Training program includes the following: <ul style="list-style-type: none"> - Application of the FITT principle for the components of fitness they have chosen to improve - Some aspects of the FITT principle are accurate for their chosen components of fitness
3	<ul style="list-style-type: none"> ● Demonstrates a basic understanding of the FITT principle and its application to a 1 week training program. ● Training program includes the following: <ul style="list-style-type: none"> - Application of the FITT principle for one or both of the components of fitness they have chosen to improve - At least one of the aspects of the FITT principle are accurate for their chosen components of fitness
1-2	<ul style="list-style-type: none"> ● Training program has some evidence of application of the FITT principle ● May not clearly address the components of fitness they have chosen to improve
Non-Attempt	<ul style="list-style-type: none"> ● Did not complete/non-attempt

Part C

Mark	Criteria 2.2 analyses the fitness requirements of specific activities
9-10	<ul style="list-style-type: none"> ● Demonstrates an extensive understanding of how their Training Program will improve the chosen components of fitness. ● Includes clear links between the selected activities as well as their intensity, duration and frequency to the development of the selected components of fitness.
7-8	<ul style="list-style-type: none"> ● Demonstrates a thorough understanding of how their Training Program will improve the chosen components of fitness. ● Includes links between the selected activities as well as their intensity, duration and frequency to the development of the selected components of fitness.
5-6	<ul style="list-style-type: none"> ● Demonstrates a sound understanding of how their Training Program will improve the chosen components of fitness. ● Includes some links between the selected activities as well as their intensity, duration and frequency to the development of the selected components of fitness.
3-4	<ul style="list-style-type: none"> ● Demonstrates a basic understanding of how their Training Program will improve the chosen components of fitness. ● Links between the selected activities to the development of the selected components of fitness may not be clear.
1-2	<ul style="list-style-type: none"> ● Demonstrates a limited understanding of how their Training Program will improve the chosen components of fitness. ● Links between the selected activities to the development of the selected components of fitness may not be accurate.
Non-Attempt	<ul style="list-style-type: none"> ● Did not complete/non-attempt

Mark: /25

What did you do well?
What could you have done better?
Other