



Boorowa Central School

Excellence through Respect, Responsibility and Participation

Assessment Task Notification

All tasks should be clearly outlined in the notice and give information pertaining to the nature of the task, the outcomes being assessed and the marking schedule giving individual component weightings.

Teacher: Miss Johnson	Course: Stage 5 PASS
Task and Number: Physical Fitness #1	Task Weighting: 20%
Date Issued: 4 th March 2021	Date Due: 18 th March 2021
Syllabus component: Physical Fitness	
Syllabus outcomes being assessed: PASS5-1 - discusses factors that limit and enhance the capacity to move and perform PASS5-2 - analyses the benefits of participation and performance in physical activity and sport PASS5-6 - evaluates the characteristics of participation and quality performance in physical activity and sport PASS5-10 - analyses and appraises information, opinions and observations to inform physical activity and sport decisions.	
Description of task: This task will be completed in practical and theory lessons. In practical lessons, you will complete three fitness tests of your choosing (options will be provided by your teacher). On completion of each test, you will record your result(s). You will then compare your results to the national standards and use this to make a judgement about your performance. In theory lessons, you will complete an ALARM table to help you plan your extended response. The question you will be answering is: <i>Analyse your fitness testing results, propose ideas to improve the components of fitness that are important for your chosen sport.</i>	
Submission of Task requirements: 1. Complete fitness testing in practical lessons and record results. 2. Complete ALARM table in theory lessons using fitness test results. 3. Submit task on the due date.	

Note: If a student is absent for an assessment task or fails to submit a task when it is due, then a medical certificate or other acceptable explanation must be presented on the first day the student returns to school or a zero mark is awarded.



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Assessment Task - Marking Criteria

Criteria	Outstanding	High	Sound	Basic	Limited
Relevant and realistic ideas are proposed to improve components of fitness	10	8	6	4	2
Analyses results accurately and makes judgements about the relevance and importance of fitness testing	5	4	3	2	1
Response to the question, overall information & use of planning sheet	5	4	3	2	1
Extended response format includes a topic sentence, explanation, analysis with examples and links to the question.	5	4	3	2	1
Basic Punctuation- Full stops, Capital letters, commas and sentence structure	5	4	3	2	1