

Year 7 PDHPE

Planning for a balanced lifestyle – 2025

TOPIC: Planning for a balanced lifestyle

MARKS: /25

SUBMISSION REQUIREMENTS:

Thursday 10th April – Term, 1 Week 11

Upload and submit the assessment task on Canvas by 5pm

TASK DESCRIPTION:

You are required to **plan** a balanced lifestyle program for yourself that encourages health and a lifetime of physical activity. You must set yourself two S.M.A.R.T goals to guide your program. This must include one physical activity goal and one nutritional goal.

- Section A: Physical Activity Plan:** Set a physical activity goal for yourself. Create a 4-week **plan** using S.M.A.R.T goals that will assist you in improving. The **plan** must show your activities in a daily format over the 4 weeks, and include PDHPE lessons, afternoon training and weekend sporting games. **(15 marks)**

- Section B: Nutritional Plan:** Create a 2-Week nutritional **plan** to assist with meeting the energy requirements to achieve your physical activity goal. The **plan** must show your meals in a daily format over the 2 weeks, and clearly follow The Australian guide to Healthy Eating. **(10 marks)**

Assessment requirements

You will be assessed on your ability to:

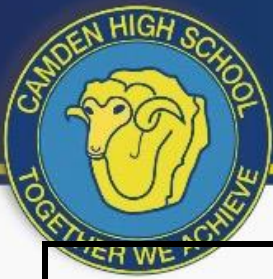
- Complete a 4-week physical activity program to assist you in meeting your physical activity goal.
- Complete a 2-week nutritional plan that meets the Australian Guide to Health Eating and would assist you in achieving your physical activity goal.

OUTCOMES TO BE ASSESSED:

4.8 **Plans** for and participates in activities that encourage health and a lifetime of physical activity.

DIRECTIONAL VERBS:

Plan: To decide on and make arrangements in advance



ASSESSMENT MARKING CRITERIA

Criteria	Mark
Section A: Create a 4-week plan using S.M.A.R.T goals that would assist you in improving. 4.8 Plans for and participates in activities that encourage health and a lifetime of physical activity.	
Plans one physical activity goal that gives extensive consideration of the SMART goal setting criteria. <i>The student creates a comprehensive 4-week Physical Activity plan that meets the needs and works towards their goal, incorporating PDHPE lessons, training and Saturday sport.</i>	13-15
Plans one physical activity goal that gives thorough consideration of the SMART goal setting criteria. <i>The student creates a detailed 4-week Physical Activity plan that meets the needs and works towards their goal, incorporating PDHPE lessons, training and Saturday sport. Although some aspects of the plan may not accurately reflect S.M.A.R.T criteria.</i>	10-12
Plans one physical activity goal that gives sound consideration of the SMART goal setting criteria. <i>The student creates a 4-week Physical Activity plan that works towards their goal, incorporating PDHPE lessons, training and Saturday sport. Although aspects of the plan may not accurately reflect S.M.A.R.T criteria.</i>	7-9
Plans one physical activity goal that gives basic consideration of the SMART goal setting criteria. <i>The student creates a Physical Activity plan that attempts to address and work towards their goal. Although many aspects of the plan may not accurately reflect S.M.A.R.T criteria or meet the 4-week requirement.</i>	4-6
Plans one physical activity goal that gives limited consideration of the SMART goal setting criteria. <i>The student attempts to create a Physical Activity plan but the activities do not accurately reflect their goal. Although most aspects of the plan may not accurately reflect S.M.A.R.T criteria or meet the 4-week requirement.</i>	0-3

Feedback:



ASSESSMENT MARKING CRITERIA

Criteria	Mark
<p>Section 2: Create a 2 Week nutritional plan to assist with meeting the energy requirements to achieve your physical activity goal.</p> <p>4.8 Plans for and participates in activities that encourage health and a lifetime of physical activity.</p>	
<p>Creates an outstanding nutritional plan that supports the energy needs to participate in the physical activity to meet their goal. <i>The student creates an extensive two-week nutritional plan that aligns with the energy requirements of their physical activity goal and shows considerations to the Australian Guidelines to Health Eating.</i></p>	9-10
<p>Creates a thorough nutritional plan that supports the energy needs to participate in the physical activity to meet their goal. <i>The student creates a detailed two-week nutritional plan that aligns with the energy requirements of their physical activity goal and shows considerations to the Australian Guidelines to Health Eating. Although some aspects of the plan do not meet the guidelines or the individual's physical activity needs.</i></p>	7-8
<p>Creates a sound nutritional plan that supports the energy needs to participate in the physical activity to meet their goal. <i>The student creates a two-week nutritional plan that meets the necessary energy requirements of their physical activity goal, with some consideration to the Australian Guidelines to Health Eating. Although aspects of the plan do not meet the guidelines or the individual's physical activity needs.</i></p>	5-6
<p>Creates a basic nutritional plan that supports the energy needs to participate in the physical activity to meet their goal. <i>The student creates a nutritional plan that attempts to meet the necessary energy needs for physical activity, with little consideration to the Australian Guidelines to Health Eating. Although many aspects of the plan do not meet the guidelines or the individual's physical activity needs or meet the 2-week requirement.</i></p>	3-4
<p>Creates a limited nutritional plan that supports the energy needs to participate in the physical activity to meet their goal. <i>The student attempts to create a nutritional plan but it does not meet their physical activity needs, nor does it meet the Australian Guidelines to Health Eating. Although most aspects of the plan do not meet the guidelines or the individual's physical activity needs or meet the 2-week requirement.</i></p>	0-2