**Year 7 PDHPE**  
**Planning for a balanced lifestyle – 2024**

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| **TOPIC**: Planning for a balanced lifestyle | **MARKS:** /25 |
| **SUBMISSION REQUIREMENTS:**  Thursday 11th April – Term 1, Week 11 Upload and submit the assessment task on Canvas by 5pm | |
| **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 for in advance | |
| **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)** | |
| **A**SSESSMENT CRITERIA:  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. | |

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| **ASSESSMENT MARKING CRITERIA** | |
| **Criteria**  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. | **Mark** |
| ***Plans*** one physical activity goal that gives extensive consideration of the SMART goal setting criteria. *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.* | 13-15 |
| ***Plans*** one physical activity goal that gives thorough consideration of the SMART goal setting criteria. *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.* | 10-12 |
| ***Plans*** one physical activity goal that gives sound consideration of the SMART goal setting criteria. *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.* | 7-9 |
| ***Plans*** one physical activity goal that gives basic consideration of the SMART goal setting criteria. *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.* | 4-6 |
| ***Plans*** one physical activity goal that gives limited consideration of the SMART goal setting criteria. *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.* | 0-3 |

Feedback:

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| **ASSESSMENT MARKING CRITERIA** | |
| **Criteria**  Section 2: Create a 2 Week nutritional ***plan*** to assist with meeting the energy requirements to achieve your physical activity goal.  4.8 **Plans** for and participates in activities that encourage health and a lifetime of physical activity. | **Mark** |
| Creates an outstanding nutritional ***plan*** that supports the energy needs to participate in the physical activity to meet their goal.*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.* | 9-10 |
| Creates a thorough nutritional ***plan*** that supports the energy needs to participate in the physical activity to meet their goal. *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.* | 7-8 |
| Creates a sound nutritional ***plan*** that supports the energy needs to participate in the physical activity to meet their goal. *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.* | 5-6 |
| Creates a basic nutritional ***plan*** that supports the energy needs to participate in the physical activity to meet their goal. *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.* | 3-4 |
| Creates a limited nutritional ***plan*** that supports the energy needs to participate in the physical activity to meet their goal. *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.* | 0-2 |