

Bundarra Central School
PRELIMINARY COURSE 2017
SLR

COURSE NAME: SPORT, LIFESTYLE & RECREATION

MODULE / UNIT: Fitness

TIMING: Term 1 Weeks 5-7

DATE: Tuesday 1st March

PERIOD/S: As per timetabled lessons

TASK NUMBER: 2

WEIGHTING: 25%

OUTCOMES: A student:

- 1.2 Explains the relationship between physical activity, fitness and healthy lifestyle
- 1.3 Demonstrates ways to enhance safety in physical activity
- 2.2 Analyses the fitness requirements of certain activities
- 3.2 Designs programs which respond to performance needs
- 3.3 Measures and evaluates physical performance capacity
- 4.1 Plans strategies to achieve performance goals

TASK: This task consists of **TWO** parts (**Part A** and **Part B**)

Part A: Student Research (30 marks)

Each student is required to select a sport of their choice and research **TWO** different health or skill related fitness components (from the lists below) used by athletes during performance in this sport.

Health Related:

- Cardio-respiratory Endurance
- Muscular Endurance
- Muscular Strength
- Flexibility
- Body Composition

Skill Related:

- Power
- Agility
- Coordination
- Speed
- Balance
- Reaction Time

Students are to present their research using the following headings (suggested length **TWO** A4 pages):

Heading	Content required
Fitness Component	- name each identified fitness component
Definition	- provide a definition of each fitness component
Application	- explain when and how EACH fitness component relates to the selected sport. Components may relate to specific phases, movements, actions, positions or throughout the duration of the sport.
Tests	- name and describe a test and testing procedures for EACH of the selected fitness components (labelled diagrams may be used to assist). Performance ratings are to be used to describe test scores.
Drill	- identify and explain a drill to improve athletic performance of EACH of the selected fitness components (labelled diagrams should be used to help illustrate responses).

Part B: Presentation (20 marks)

Students are to conduct a practical session (**10 mins**) which highlights **ONE** of the fitness component identified. Each student is to set up equipment and the relevant area and teach their peers (fellow classmates) their drill. Student instructions should include the name of the drill, its purpose, an explanation and demonstration of how to perform it, as well as a description of its relevance to the sport and fitness component. All hard copies/electronic copies of tasks are to be submitted on the due date of this task.

ASSESSMENT CRITERIA: You will be assessed on your ability to:

- Define/Explain a fitness component in a clear and logical manner
- Identify the fitness requirements of a selected activity
- Describe how physical performance can be measured
- Show knowledge and understanding of fitness components in relation to training

ADDITIONAL NOTES:

* The Campus Assessment Policy and procedures **MUST** be followed

* Tasks must be completed or handed in on the due date during the regular class

* Tasks that are handed in late may receive ZERO (0) marks and an N Warning letter issued

* Students should refer to the Policy sections on submission of work, plagiarism, illness and/or misadventure appeals, and the assessment task appeals process

Task 2, SLR Preliminary, 2017
Yr 11 Assessment Task 2 Marking Criteria

Student Name – _____

Part A: Student Research

Criteria	Marks
<ul style="list-style-type: none"> • Correctly names and provides a thorough description of two health or skill related fitness components. • Provides a comprehensive definition and explanation of how each of the chosen fitness components relate to a selected sport. • Provides evidence of thorough investigation of the testing procedures used to measure and rate each fitness component. • Provides a thorough explanation of a drill used to improve each fitness component. • Presents information in a clear and logical manner. • Provides a detailed reference list. 	26-30
<ul style="list-style-type: none"> • Correctly names and provides a detailed description of two health or skill related fitness components. • Provides an extensive definition and explanation of how each of the chosen fitness components relate to a selected sport. • Provides a detailed investigation of the testing procedures used to measure and rate each fitness component. • Provides a detailed explanation of a drill used to improve each fitness component. • Presents information in a clear and logical manner. • Provides a reference list. 	21-25
<ul style="list-style-type: none"> • Names and describes two fitness components. • Provides a good definition and explanation of how each of the chosen fitness components relate to a selected sport. • Provides some of the testing procedures used to measure each fitness component. • Provides an explanation of a drill used to improve each fitness component. • Presents information in a clear and logical manner. 	16-20
<ul style="list-style-type: none"> • Names and describes two fitness components. • Outlines how each of the chosen fitness components relates to a selected sport. • Provides some of the testing procedures used to measure each fitness component. • Provides some explanation of how a drill may be used to improve each fitness component. 	11-15
<ul style="list-style-type: none"> • Identifies some information on two fitness components. • Outlines how the chosen fitness components relate to a selected sport. • Lists some of the testing procedures used to measure each fitness component. • States how a drill may be used to improve the each component. 	6-10
<ul style="list-style-type: none"> • Provides limited information on one or more fitness components. <p>AND/OR</p> <ul style="list-style-type: none"> • Makes limited reference of how each fitness components relate to a selected sport. <p>AND/OR</p> <ul style="list-style-type: none"> • Makes limited reference to the testing procedures and drills used to measure or improve performance. 	1-5

Part B: Presentation

Criteria	Mark
<ul style="list-style-type: none"> • Sets up the designated area and equipment for the practical session. • Demonstrates comprehensive knowledge and thorough investigation of the fitness component and sport. • Provides clear instructions, explanation and demonstration of the drill used to improve the chosen fitness component. • Demonstrates a high level of ability to coordinate student involvement in their performance of the drill. • Presents information in a clear and logical manner. 	16-20
<ul style="list-style-type: none"> • Sets up the designated area and equipment for the practical session. • Demonstrates a good knowledge of the fitness component and sport. • Provides instructions to participants with sound explanation and demonstration of the drill. • Coordinates student involvement in their performance of the drill. 	11-15
<ul style="list-style-type: none"> • Demonstrates some knowledge of the fitness component and sport. • Provides some instructions, explanation and demonstration of the drill. • Demonstrates some ability to coordinate participants during the practical session. 	6-10
<ul style="list-style-type: none"> • Demonstrates a limited knowledge of the fitness component and sport. • Provides some instructions, explanation and demonstration of the drill. <p>AND/OR</p> <ul style="list-style-type: none"> • Presents some relevant information 	1-5

COMMENT:
