



# Chester Hill High School

Strength in Unity, Excellence in Education

## Assessment Task PDHPE – Year 10

Course:	PD/H/PE	Year:	10
Topic:	Lifelong Physical Activity		
Assessment Name:	Part B: Fitness Testing Report		
DATE DUE:	Week 9, Term 2	Total Mark/Weighting	15%
STUDENT NAME:			
Progress Check FEEDBACK	<input type="checkbox"/> Use more figurative language <input type="checkbox"/> Watch punctuation <input type="checkbox"/> Complete section ..... <input type="checkbox"/> Look at your headings and setting out <input type="checkbox"/> You must acknowledge sources <input type="checkbox"/> Etc.		
Progress Check Date:		Marks	

I certify that

- This assignment is my own work, based on my personal study and/or research.
- I have **acknowledged all material and sources used in the preparation** of this assignment in a **reference list**.
- Submitted assignments based on group work are not the same as other students' work.
- I have not plagiarised (copied) in part, or in whole the work of other students.
- I have read and I understand the success criteria used for this assessment
- **I have kept a copy of my assignment and the receipt.**
- I understand that a copy of my assignment may be kept and used to make comparisons with other assignments in the future.

Student's Signature: ..... Date: .....



### Assessment Task Student Receipt

(This receipt should be kept as proof of assessment submission)

FAMILY NAME:	GIVEN NAME:
TEACHER:	CLASS:
DATE DUE:	DATE SUBMITTED:
TITLE OF TASK:	TEACHER'S SIGNATURE:

## Task Information

<p><b>Important idea(s) being explored:</b></p>	<p>This task is designed to enable students to draw upon knowledge, skills, and understanding they have acquired throughout lessons taught this term and in Years 7-9 in relation to benefits of being physically fit, fitness principles, training programmes and healthy lifestyles. It will also enable students to develop an essential understanding of the need for 'fitness for life' and provide them with the knowledge and skills to maintain a healthy lifestyle beyond school.</p>
<p><b>Skills, Knowledge and understanding being demonstrated:</b></p>	<ul style="list-style-type: none"> <li>• move with confidence and competence, and contribute to the satisfying and skilled performance of others</li> <li>• take actions to protect, promote and restore individual and community health</li> <li>• develop a willingness to participate in creating and promoting healthy and supportive communities and environments</li> </ul>
<p><b>Task Requirements:</b></p>	<p><b>Part A:</b> Within practical lessons, students will complete various fitness testing that will be analysed in Part B.</p> <p><b>Part B:</b> In the report, students will discuss and analyse the following issues explored in the unit: components of fitness and associated fitness tests; principles of training; the FITT principle and training exercises suitable for a running program.</p> <p><b>Part B - Report: (77 Marks)</b></p> <p>Question 1: Components of Fitness (21 MARKS)</p> <ul style="list-style-type: none"> <li>• <b>Brief description of each component of fitness and identify what test was used to test this component of fitness</b> (2 marks for the component and test)</li> </ul> <p>Question 2: Results (14 MARKS)</p> <ul style="list-style-type: none"> <li>• <b>Compile your data and present it in a table</b> (1 mark for each)</li> <li>• <b>Grade your results using the norms table</b> (1 mark for each)</li> </ul> <p>Question 3: Discussion (15 MARKS)</p> <ul style="list-style-type: none"> <li>• <b>What were your strengths and weaknesses?</b>(5 marks)</li> <li>• <b>How can you improve your results?</b> (10 marks)</li> </ul> <p>Question 4: Principles of Training (12 MARKS)</p> <ul style="list-style-type: none"> <li>• <b>Describe the principle of training and provide examples</b> (3 marks for each detailed description of the <b>four</b> principles)</li> </ul> <p>Question 5: Program (15 marks)</p> <ul style="list-style-type: none"> <li>• <b>Identify training principles</b> (3 marks)</li> <li>• <b>Discuss specific training exercise suitable</b> (6 marks)</li> <li>• <b>Explain the effectiveness of rest days</b> (6 marks)</li> </ul> <p><b>Specific Requirements</b></p> <ol style="list-style-type: none"> <li>1. Students must complete all fitness <b>tests</b> during practical lessons in order to complete the report.</li> <li>2. Students who are out of sports uniform during practical lessons will miss the assessed practical lesson and therefore lose marks. N-Award procedures will apply.</li> <li>3. Students must submit a written report based on their fitness test results using the format of the <b>attached report template</b>.</li> </ol>

	Use the attached fitness testing norms to complete the results section.
<b>Syllabus Outcomes:</b>	<p><b>Outcome 5.4</b> A student adapts, transfers and improvises movement skills and concepts to improve performance.</p> <p><b>Outcome 5.5</b> A student composes, performs and appraises movement in a variety of challenging contexts.</p> <p><b>Outcome 5.9</b> A student formulates goals and applies strategies to enhance participation in lifelong physical activity.</p>

**Feedback from student about task:**

I spent \_\_\_\_\_ hours working on this task.

The hardest part of this task was \_\_\_\_\_

The easiest was \_\_\_\_\_

What I have enjoyed most about learning in *PDHPE* is \_\_\_\_\_

Learning in *PDHPE* could be improved if:

\_\_\_\_\_

\_\_\_\_\_

Dear teacher, I need help in the following areas:

\_\_\_\_\_

\_\_\_\_\_

### Success Criteria

Elements	Specific Criteria	Mark /Grade				
Understands the big idea(s)						
Literacy / Numeracy skills assessed						
Processes						
Demonstrates Skills						
Knowledge						
Understanding						

**FEEDBACK from Teacher:**

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Completion of assessment during allocated class time.  Excellent  Moderate  Limited

<b>Teacher Signature</b>		<b>Mark</b>	
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## Marking Criteria

Elements	Specific Criteria
<b>Understands the big idea(s)</b>	Successfully participates in and completes all fitness test to the best of their ability
	Describes the components of fitness in relation to the fitness tests
	Tabulates results of the fitness tests and performance
	Discusses results of fitness tests making mention of strengths and weaknesses
	Provides recommendations for improving their physical activity levels by designing a two training program incorporating FITT and principles of training
	Provides recommendations for improving performance for a long distance runner by designing a two week training program
<b>Processes</b>	Participates in 7 fitness tests
	Records result of each test on fitness card
	Uses norm scores to determine level of fitness and performance Gathers data using online calculator for some tests
	Completes accurate and well researched report
<b>Literacy / Numeracy</b>	Uses appropriate language and layout
	Tabulates test results and scores for each test
	Checks spelling and grammar
	Uses correct units of measurement

## Marking Criteria/Teacher Feedback:

<b>CRITERIA 1: Components of Fitness (21 MARKS-3 marks for each test)</b> <ul style="list-style-type: none"> <li>• Brief description of each component of fitness (2 marks)</li> <li>• Student will receive 1 mark for each accurate identification of associated test</li> </ul>		<b>MARKS</b>  21	
<b>CRITERIA 2: Results (14 MARKS-2 marks for each test)</b> <ul style="list-style-type: none"> <li>• Compile your data and present it in a table and grade your results</li> <li>• Student will receive 1 mark for each accurate result and grade</li> </ul>		<b>MARKS</b>  14	
<b>CRITERIA 3: Discussion (15 MARKS)</b> <ul style="list-style-type: none"> <li>• What were your strengths and weaknesses? How can you improve?</li> <li>• Student will receive 5 marks for each accurate strength/weakness</li> <li>• 10 marks for discussing areas that need improvement using PE terminology and the FITT principle</li> </ul>		<b>MARKS</b>  15	
<b>CRITERIA 4: Principles of Training (12 MARKS)</b> <ul style="list-style-type: none"> <li>• Describe the principle of training and provide examples</li> <li>• Student will receive 3 marks for each correct/detailed description (each)</li> </ul>		<b>MARKS</b>  12	
<b>CRITERIA 5: Program (15 MARKS)</b> <ul style="list-style-type: none"> <li>• Identify training principles, progression and overload. (3 marks-1 for each identified)</li> <li>• Discuss specific training exercises suitable for a 14km run. (6 marks-1 for each identified and 1 per discussion)</li> <li>• Explain the effectiveness of rest days (6 marks- 1 for each example supported with an explanation)</li> </ul>		<b>MARKS</b>  15	
<b>Teacher Signature</b>		<b>Mark: 177</b>	

**Question 1: Components of Fitness (21 MARKS-3 marks for each)**

- a. Identify which fitness component was tested in each fitness test
- b. Write a description of the following fitness components

**Cardio respiratory endurance**

**(a) Test:** \_\_\_\_\_

**(b)Description:**

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**Muscular strength**

**(a) Test:** \_\_\_\_\_

**(b)Description:** \_\_\_\_\_

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**Muscular endurance**

**(a) Test:** \_\_\_\_\_

**(b)Description:** \_\_\_\_\_

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**Power**

**(a) Test:** \_\_\_\_\_

**(b)Description:** \_\_\_\_\_

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**Speed**

**(a) Test:** \_\_\_\_\_

**(b)Description:** \_\_\_\_\_

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**Agility**

**(a) Test:** \_\_\_\_\_

**(b)Description:** \_\_\_\_\_

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**Flexibility**

**(a) Test:** \_\_\_\_\_

**(b)Description:** \_\_\_\_\_

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## Question 2: Results (14 MARKS-2 marks for each)

- a. Students will receive 1 mark for each accurate result and 1 mark for linking to the correct norm. Norms found on the last page of assignment.
- b. Compile your data and present it in the table and grade your results.

### RESULTS

TEST	FITNESS COMPONENT	RESULT (1 mark)	NORMS (A,B,C,D,E) (1 mark)
Hand grip left	Muscular strength		
Hand grip right	Muscular strength		
Push ups	Muscular strength and endurance		
Agility	Agility and speed		
Beep test	Cardio respiratory endurance		
Sit and reach	Flexibility		
50m sprint	Muscular strength and speed		
Standing long jump	Muscular strength and power		

## Question 3: Discussion (15 MARKS)

### 3a. STRENGTHS AND WEAKNESSES (5 Marks)

Place all tests in the correct side of the table:

Strengths (scores of A and B)	Weaknesses (scores of C, D and E)

### 3b. Identify how you can make improvements in your components of fitness? (10 Marks)

Component of fitness	Type of exercise/activity to improve your components of fitness (Make sure your answers vary and are specific to the fitness test purpose)
<b>Example:</b> <i>Flexibility</i>	<ul style="list-style-type: none"> <li>• <i>Yoga</i></li> <li>• <i>Stretching program</i></li> </ul>
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	•
	•
	•
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### Question 4: Principles of Training (12 MARKS)

- a. Student will receive **1 mark** for each detailed description, **1 mark** for a suitable website reference and **2 marks** for correct associated examples.

Training Principle	Description
<b>Overload</b>	Definition: _____ _____ _____ Website: _____ Example: _____ _____ _____ _____ _____
<b>Progression</b>	Definition: _____ _____ _____ Website: _____ Example: _____ _____ _____ _____ _____
<b>Specificity</b>	Definition: _____ _____ _____ Website: _____ Example: _____ _____ _____ _____ _____

## Question 5: Training Program (15 MARKS)

a) Identify the principles of training, progression and overload that has been used on the following program (City2Surf (14km run)). (3 marks-1 for each identified)



- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

b) Describe the specific training suitable for runners who are aiming to complete the 14Km distance run of the City2Surf? (6 marks-1 for each example and 1 mark for the description)

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

c) Explain the effectiveness of rest days in the provided training program? (6 marks-1 for each example and 1 mark for its explanation)

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_

### the beginner training program

The Beginner plan is designed for runners who are aiming to complete the 14km distance of the City2Surf for the first time. It incorporates a small amount of faster running and a longer run each week.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	3 x 1km with 2 min standing recovery	20min easy	Rest	25min easy	Rest	40 min easy
Week 2	Rest	8 x 1 min fast / 1 min easy	20min easy	Rest	25min easy	Rest	45 min easy
Week 3	Rest	5 x 1min uphill with jog down recovery	20 min easy	Rest	25min easy	Rest	50 min easy over hilly route
Week 4	Rest	4 x 2min. fast / 2min easy	25 min easy	Rest	30min easy	Rest	40 min easy
Week 5	Rest	6 min, 4 min, 2 min with 2 min jog recovery	25 min easy	Rest	30 min easy	Rest	55 min easy
Week 6	Rest	7 x 1min uphill with jog back recovery	25 min easy	Rest	30 min easy	Rest	60 min easy over hilly route
Week 7	Rest	2x90 sec, 2x60sec, 2x30sec, 2x15sec with equal time jogging recovery	30 min easy	Rest	30 min easy	Rest	8km Time Trial or Race
Week 8	Rest	4 x 1km with 2min standing recovery	30 min easy	Rest	35 min easy	Rest	70 min easy over moderately hilly route
Week 9	Rest	2 sets of 4 x 1min uphill jog down between efforts and an extra 2min between sets	30 min easy	Rest	35 min easy	Rest	55 min easy
Week 10	Rest	2 x 1km at race pace with 2 min standing rec.	20 min easy	Rest	20 min easy	Rest	<b>Race Day</b>

These training programs have been developed by or on behalf of adidas Australia Pty Ltd (adidas). They are suggested programs only and do not take into account specific individuals and their medical and physical needs and capabilities. adidas does not make any representation whatsoever as to the appropriateness or effectiveness of the programs for any specific individuals. You should speak to your doctor or healthcare professional before you start any of the programs. Except to the extent required by law, adidas is not responsible or liable to any person for the information or advice which is provided in the programs or any loss or injury you suffer as a result of undertaking any of the programs.

## NORMS

### BOYS

GRIP TEST L & R	PUSHUPS1	SITUPS	SIT & REACH	LONG JUMP
1.00 E	1 E	1 E	-14 E	0.1 E
21 D	10 D	10 D	-4 D	1.2 D
31 C	20 C	20 C	2 C	1.8 C
41 B	40 B	40 B	8 B	2.2 B
60.00 A	50 A	60 A	12 A	3 A
	AGILITY1	BEEP TEST	50M SPRINT	
	14 A	1 E	6 A	
	16 B	4 D	8 B	
	18 C	7 C	9 C	
	20 D	10 B	12 D	
	22 E	13 A	14 E	

### GIRLS

GRIP TEST L & R	PUSHUPSG	SITUPS	SIT & REACH	LONG JUMP
1 E	1 E	1 E	-14 E	0.1 E
20 D	10 D	10 D	-4 D	1.2 D
25 C	20 C	20 C	0 C	1.4 C
35 B	30 B	40 B	6 B	1.7 B
40 A	40 A	60 A	10 A	1.9 A
	AGILITYG	BEEP TEST	50M SPRINT	
	18 A	1 E	7 A	
	19 B	3 D	9.5 B	
	22 C	4 C	11 C	
	25 D	6 B	13 D	
	35 E	8.5 A	25 E	

