



# Chester Hill High School

*Strength in Unity, Excellence in Education*

## Assessment Task PDHPE – Year 7

Course:	PDHPE	Year:	7								
Topic:	HEALTHY LIFESTYLE										
Assessment Name:	Topic Test										
DATE DUE:	Term 2 Week 6 _____	Total Mark									
STUDENT NAME:											
Progress Check FEEDBACK	<input type="checkbox"/> <i>Show revision notes</i> <input type="checkbox"/> <i>Demonstrates complete class notes</i>										
Progress Check Date:		Marks									
<p>I certify that</p> <ul style="list-style-type: none"> <li>• This assignment is my own work, based on my personal study and/or research.</li> <li>• I have <b>acknowledged all material and sources used in the preparation</b> of this assignment in a <b>reference list</b>.</li> <li>• Submitted assignments based on group work are not the same as other students' work.</li> <li>• I have not plagiarised (copied) in part, or in whole the work of other students.</li> <li>• I have read and I understand the success criteria used for this assessment</li> <li>• <b><u>I have kept a copy of my assignment and the receipt.</u></b></li> <li>• I understand that a copy of my assignment may be kept and used to make comparisons with other assignments in the future.</li> </ul> <p>Student's Signature: ..... Date: .....</p> <p>✂-----</p> <p><b>Assessment Task Student Receipt</b>  <i>(This receipt should be kept as proof of assessment submission)</i></p> <table border="1"> <tr> <td>FAMILY NAME:</td> <td>GIVEN NAME:</td> </tr> <tr> <td>TEACHER:</td> <td>CLASS:</td> </tr> <tr> <td>DATE DUE:</td> <td>DATE SUBMITTED:</td> </tr> <tr> <td>TITLE OF TASK:</td> <td>TEACHER'S SIGNATURE:</td> </tr> </table>				FAMILY NAME:	GIVEN NAME:	TEACHER:	CLASS:	DATE DUE:	DATE SUBMITTED:	TITLE OF TASK:	TEACHER'S SIGNATURE:
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## Task Information

Important idea(s) being explored:	<ul style="list-style-type: none"> <li>• The nature of health</li> <li>• Factors that affect health</li> <li>• Personal benefits of participating in physical activity</li> <li>• Healthy food habits</li> <li>• Nutrition</li> <li>• Respectful relationships</li> </ul>
Skills, Knowledge and understanding being demonstrated:	<p>Develop and use self-management skills that enable students to take personal responsibility for their actions and emotions and take positive action to protect and enhance the health, safety and wellbeing of others.</p> <p>Demonstrate an understanding of strategies that promote a sense of personal identity and build resilience and respectful relationships.</p>
Task Requirements:	<p>You will complete a topic test in class that tests the skills and knowledge you have developed throughout Term One. The topic test will contain a range of questions including multiple choice, true/false and short answer.</p> <p>Complete the topic test within class time. The specific date will be set by your Class Teacher.</p>
Syllabus Outcomes:	<p><b>PD4-3</b> investigates effective strategies to promote inclusivity, equality and respectful relationships</p> <p><b>PD4-7</b> investigates health practices, behaviours and resources to promote health, safety, wellbeing and physically active communities</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				
		A	B	C	D	E
Understands the big idea(s)	Interprets, describes and demonstrates knowledge of a variety of health and respectful relationship terms					
Literacy / Numeracy skills assessed	Appropriate use of critical literacy					
	Appropriate use of terminology associated with health					
Processes	Answers a series of multiple choice, true/false and short answer questions relating to healthy lifestyles and respectful relationships					
Demonstrates Skills	Describes a variety of terms relating to health and respectful relationships					
Knowledge	Interprets information from a nutrition label and how it affects health					
Understanding						

FEEDBACK from Teacher:




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Completion of assessment during allocated class time.    Excellent    Moderate    Limited

Teacher Signature		Mark	
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