



Chester Hill High School

Strength in Unity, Excellence in Education

Year 9 PASS Assessment Task

Course:	PHYSICAL ACTIVITY AND SPORT STUDIES	Year:	9
Topic:	UNIT 1 - BODY SYSTEMS		
Assessment Name:	RESEARCH ASSIGNMENT		
DATE DUE:	Week 9	Total Mark	15 marks
STUDENT NAME:			
Progress Check FEEDBACK	<input type="checkbox"/> Select a question from each section as required (3 in total) <input type="checkbox"/> Demonstrate some research using accurate resources to assist in answering questions <input type="checkbox"/> Provide a reference list of sources used <input type="checkbox"/> Use of fonts, headers, footers, page numbers and other formatting tools <input type="checkbox"/> Other: _____		
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: Kramer / Hammad / Krlevska / Wuergatsch	CLASS:
DATE DUE:	DATE SUBMITTED:
TITLE OF TASK:	TEACHER'S SIGNATURE:

Task Information

Important idea(s) being explored:	<p>Students analyse and evaluate the human body systems and how they work together to allow the body to function. Students discuss the contribution and importance of each system during physical activity and examine the influence of energy production on performance through participation.</p>
Skills, Knowledge and understanding being demonstrated:	<ul style="list-style-type: none"> • Develop a foundation for efficient and enjoyable participation and performance in physical activity and sport • Develop the personal skills to participate in physical activity and sport with confidence and enjoyment • Understand, develop and communicate ideas and information • Access, analyse, evaluate and use information from a variety of sources
Task Requirements:	<ul style="list-style-type: none"> • Complete ONE question from each SECTION • Research and answer all questions • Present answers in report format • List all references used • Assignment must be word processed • The report should be at least three pages long (excluding reference list) Font: Times New Roman 12 • The following websites may be used in your research: www.innerbody.com.au www.factmonster.com.au www.pearsons.com.au
Syllabus Outcomes:	<ul style="list-style-type: none"> • 1.1: Discusses factors that limit and enhance the capacity to move and perform • 4.4: Analyses and appraises information, opinions and observations to inform physical activity and sport decisions.

CHOOSE ONE QUESTION FROM EACH SECTION

TASK	MARK
SECTION ONE	
1. Define the following words in your own words: Skeletal system, circulatory system, muscular system and respiratory system.	4
2. List four interesting facts about any of the body systems	4
3. List four muscles and where they are located	4
4. Identify eight bones in the skeletal system	4
5. Identify four chambers of the heart	4
6. Use a diagram and list four components of the respiratory system	4
SECTION TWO	
7. Explain how the synovial joints work to create movement in the body	5
8. Examine (comment in detail) the consequences of dehydration and over hydration on an athlete's performance	5
9. Explain the difference between the functions of all of the body systems (muscular, skeletal, circulatory and respiratory)	5
10. Analyse how exercise affects all of the four body systems	5
11. Collect two newspaper articles on any of sporting performance and summarise the main information from the articles	5
SECTION 3	
12. To test how efficiently your heart works during exercise, design an experiment to test this.	6
13. Explain how blood flows around the human body.	6
14. Design an experiment that compares and contrasts two sports drinks. Recommend which drink is most effective in assisting performance.	6
15. Discuss the contribution and importance of all of the body systems during physical activity	6

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 *PASS* is _____

Learning in *PASS* 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)	Different body systems and how they work together to allow the body to function					
	The impact of physical activity on the different body systems					
Literacy / Numeracy skills assessed	Uses appropriate language and layout					
	Uses correct spelling and grammar					
	Analyses data on body systems					
Processes	Complete research using valid resources					
	Uses relevant and accurate information on body systems to answer questions					
Demonstrates Skills Knowledge Understanding	1.1 Discusses factors that limit and enhance the capacity to move and perform					
	4.4 Analyses and appraises information, opinions and observations to inform physical activity and sport decisions.					

Marking Criteria

0-5	6-11	12-15
Limited report- layout language and presentation	Developing report- layout language and presentation	Accurate and effective report- layout, language and presentation
No clear explanation. Limited answers with no reference to supplementary material	Clear answers with explanation minimal reference to supplementary material	All answers clearly explained with reference to supplementary material
Limited attempt at in-text referencing. No listing	Basic attempt at in-text referencing. Uses 2-3 resources. Reference list shown.	Uses at least 4 resources. Shown in reference list. Accurate in-text referencing

FEEDBACK from Teacher:

Completion of assessment during allocated class time. Excellent Moderate Limited

Teacher Signature		Mark	
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