



Year 10, PDHPE

Task 4: Yearly Exam

Due Date:

Monday 25th November (10M Period 2); Tuesday 26th November (10G Period 3; 10E Period 6; 10Y Period 6)

Task Distributed: Week beginning 28th October 2024

Unit: Get Up and Go; Healthy People, Healthy Communities

Task Type: Examination

Task Weighting: 25%

Outcomes: PD5-2, PD5-6, PD5-7, PD5-9

Task Description

Students will complete an online (closed book) examination in class, which addresses the following content areas studied:

- Get Up and Go
 - Fad Diets
 - Australian Dietary Guidelines
 - Macronutrients and micronutrients
 - Daily Energy and Nutrient Requirements
 - Understanding Food Labels
 - Assessing Health Information
 - Health Promotion Strategies
 - Benefits of Exercise
 - Components of Fitness (Health-related and Skill-related)
 - FITT Principle
 - Types of Training and training methods
 - Principles of Training
- Healthy People, Healthy Communities
 - Rights to Healthcare and Support Services
 - Factors influencing young people's access to health information

The online (closed book) examination will be **45 minutes** in duration and will consist of the following sections:

- Section 1 (35 marks)
Multiple Choice
- Section 2 (15 marks)
Short answer questions

Total: 50 marks

NESA Glossary of Key Words

Understand the verb associated with the task. The verb will provide an understanding of the detail needed to successfully answer the question.

- **Identify**- Recognise and name
- **Outline**- Sketch in general terms; indicate the main features of
- **Explain**- Relate cause and effect; make the relationships between things evident; provide why and/or how

Check the NESA Glossary of Key Words for further guidance <https://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/hsc/hsc-student-guide/glossary-keywords>

Details of Submission

Students will complete the examination during class time on the dates and periods mentioned above.

Teacher Feedback and Student Self-Reflection

- The task will typically be returned to students within FOURTEEN (14) days of the due date.
- At this time feedback including information on how to improve will be provided through answer feedback.
- Students can clarify or seek further feedback by speaking with their teacher or the assessment marker.
- You will also receive feedback on your literacy performance based on the criteria in the school's literacy marking rubric. The marks achieved for literacy will account for between 10% – 20% of the maximum task value.

Upon return of the task, students will also be expected to complete a self-reflection, based on feedback provided.

How does this link to my learning?

- This assessment builds upon the content covered in class (refer to task description).
- Students will develop a greater understanding of what constitutes a safe and effective relationship, as well as the capacity to respond to risky situations where their health may be compromised.
- This task addresses the following Report Outcomes: RO1, RO3, RO4, RO5.

Assessment Procedures

All students should be fully aware of the School Assessment Procedures for their year group. These were provided at the beginning of the school year and are available off the school website under the Learning Tab for each year group

