



Sample assessment task

Year level	5
Learning area	Health and Physical Education
Subject	Health Education
Title of task	Activity goals

Task details

Description of task	Students identify ways to increase physical activity
Type of assessment	Summative
Purpose of assessment	<ul style="list-style-type: none">To assess students' knowledge at the end of a teaching and learning cycleTo inform reporting at the end of a teaching and learning cycle
Assessment strategy	Table and written work
Evidence to be collected	Physical activity record and responses to questions
Suggested time	One hour in class, with additional work at home to record physical activity data

Content description

Content from the Western Australian Curriculum	Strategies that promote a safe, healthy lifestyle, such as: <ul style="list-style-type: none">comparing food labels on productsincreased physical activitypractising sun safety
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Task preparation

Prior learning	Students are familiar with: <ul style="list-style-type: none">the <i>Australian Guidelines for Physical Activity and Sedentary Behaviour</i> for childrenthe benefits of regular physical activity on physical and mental health.
Assessment differentiation	Teachers should differentiate their teaching and assessment to meet the specific learning needs of their students, based on their levels of readiness to learn and their need to be challenged. Where appropriate, teachers may either scaffold or extend the scope of the assessment tasks.

Assessment task

Assessment conditions	Students work individually
Resources	<ul style="list-style-type: none">WorksheetsWriting implements

Instructions to teachers

Activity goals

Prior to this activity, students will have studied the health and social benefits of regular physical activity and the *Australian Physical Activity and Sedentary Behaviour Guidelines* which outline minimum physical activity requirements for good health. Students record the amount of physical activity they do for one week using the table provided. Using this record, they analyse the amount of physical activity they are currently doing and make a plan to improve or maintain this level so they achieve or surpass the Guidelines.

Instructions to students

Over seven days, each day, record how much physical activity you do.

Part 1: Make a note of what you do, for how long, the level of intensity (light, moderate or vigorous) and what/how you were feeling at the time on the Weekly physical activity record worksheet.

Part 2: Answer the questions on the Weekly summary worksheet.

Part 3: Answer the questions on the Physical activity goals worksheet.

Part 2 – Weekly summary

1. On how many days of the week were you physically active?
2. What were the most common types of physical activity you did?
3. On average, how much moderate physical activity did you do each day?
4. On average, how much vigorous physical activity did you do each day?
5. Compare the amount of physical activity you did each day to the *Australian Physical Activity Guidelines*. Provide three statements which summarise your overall level of physical activity for the week, including whether you were able to meet the guidelines.

Part 3 – Physical activity goals

1. Set one goal that you will try to achieve to improve or maintain your level of physical activity. Make sure this goal is achievable and realistic.
2. Describe three strategies to help you to improve or maintain the amount of physical activity you do.
3. Describe three barriers which may prevent you from achieving your goal.
4. For each barrier (above), describe how you can overcome it and stay on track to achieve your goal.

Sample marking key

Description	Marks
Part 1 – Weekly physical activity record (5 marks)	
Fully completed with detail	5
Mostly completed with some detail	4
Partially completed with some detail	3
Minimally completed with limited detail	2
Insufficient entries	1
Part 2 – Weekly summary (7 marks)	
Questions 1–4 (one mark for each correct response)	1–4
Question 5 (one mark for each correct statement)	1–3
Part 3 – Physical activity goals (19 marks)	
Question 1 (one mark for correct response) Note: goal must be achievable and realistic	1
Question 2 For each strategy listed:	
• Detailed description of appropriate strategy which relates to goal	2
• Brief or limited description	1
Question 3 For each barrier listed:	
• Detailed description of relevant barrier	2
• Brief or limited description	1
Question 4 For each description listed:	
• Detailed description of how to overcome relevant barrier	2
• Brief or limited description	1
Total	31