



Condobolin High School



Notification of an Assessment Task

Name and Type of Task: Nutrition and Physical Activity Topic Test

Year OR Stage: Stage 5

Subject: PASS

Task Number: 2

Date Issued:

9+10PASS1 – T2 Wk8 Tuesday 18th June P3
9+10 PASS2 – T2 Wk8 Tuesday 18th June P5

Date Due:

9+10PASS1 – T2 Wk10 Tuesday 2nd July P3
9+10PASS2 – T2 Wk10 Tuesday 2nd July P5

Total Marks: 42

Weighting: 30%

Class Teacher/s: J. Bell-Borg, E. Kingston

Head Teacher: Mr T Small

Submission Instructions – you will complete the topic test during your lesson on the date indicated above

Task Context:

This term in class you have been learning about; the differences between micronutrients and macronutrients, the effects of various nutrients on the body, benefits of increasing physical activity levels.

In this assessment you will have the opportunity to demonstrate your understanding of what you have learnt during this unit of work.

Syllabus Outcomes:

- PASS5-1 - discusses factors that limit and enhance the capacity to move and perform
- PASS 5-2 - analyses the benefits of participation and performance in physical activity and sport
- PASS5-8 - displays management and planning skills to achieve personal and group goals
- PASS5-10 - analyses and appraises information, opinions and observations to inform physical activity and sport decisions

Task Description:

You are required to complete an in-class topic test demonstrating your understanding of nutrition and physical activity.

The topic test will consist of:

- 10 Multiple choice questions (10 marks)
- 5 Short answer questions (16 marks)
- 2 Extended response questions (16 marks)

You will have 45 minutes in class to complete the test.

Criteria for Assessing Learning:

You will be assessed on your ability to:

- demonstrate your understanding of various aspects of nutrition and physical activity.

Key Verbs:

Define – State meaning and identify essential qualities.

Describe - Provide characteristics and features

Explain - Relate cause and effect; make the relationships between things evident; provide why and/or how

Identify - Recognise and name

Analyse - Identify components and the relationship between them. Draw out and relate implications.