

## Year 9 Physical Education and Health Assessment - Term 2 2024 - Human Muscles

*Achievement Object - 5B3 - Investigate and experience ways in which scientific, technological, and environmental knowledge and resources assist in and influence people's participation in regular physical activity.*

Last term, our context in Wai Whānau was History's Mysteries. In practical sessions, we looked at invasion games and the different movement strategies that helped our participation. In theory sessions, we learned about how muscles function in order to allow our movement and participation in physical activities. This included learning about bones, muscles, joints, joint movements, and muscle/muscle fibre structure and function.

This assessment will be completed in two parts - a 3D model of a joint/muscle system and a write-up explaining how muscles work to let people be physically active.

### **Part A. - 3D Model** *(this can be completed individually or in pairs)*

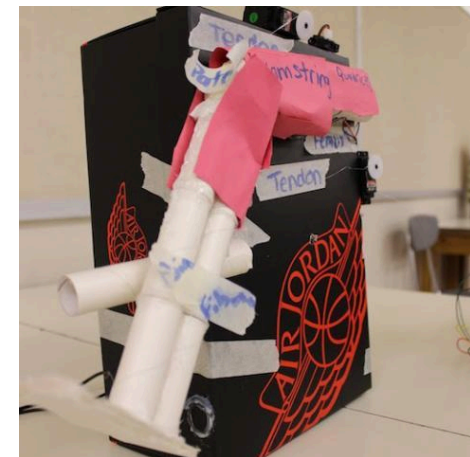
Here, you will be making a 3D model of a joint/muscle system. I will show you examples in class (and on MHOL). You can make this model out of any material - wood, cardboard, candles, balloons, string, etc.

Your model must include the following to show your understanding of this 'science'.

- You will select one joint in the human body (eg. hinge joint - the elbow)
- Your model must move in the way this joint moves (eg. your elbow model must move in flexion/extension)
- It must contain all the bones that surround this joint (eg. ulna, radius, humerus)
- It must contain all the muscles that surround this joint (eg. biceps, triceps)

To show your advanced understanding, you could include:

- Other bones/muscles around the joint
- The structure of one of the muscles around the joint



**Part B. - Write-up - how knowing about muscles might influence us** (*this must be completed individually*)

Here, you will answer the question below. You will be provided with a writing template to clearly display your ideas. This template will be posted on our google classroom.

How does knowledge about anatomy (bones, muscles, joints, movements, muscle contraction) influence people's participation in physical activity?

You will have one/two in-class sessions to work on your 3-D model and one in-class session to complete your written component.

Assessment Due Date: Friday 17th May 2024 - 3pm

Part A - handed in to Ms Grant

Part B - uploaded to MHOL

Criteria	<i>TOWARDS</i>	<i>AT</i>	<i>ABOVE</i>	<i>BEYOND</i>
<b>3D Model</b>	You have some understanding of human anatomy (science).	You have an understanding of human anatomy (science).	You have a developed understanding of human anatomy (science).	You have a sound understanding of human anatomy (science).
<b>Science Knowledge of Human Body</b>	You have some understanding of human anatomy knowledge.	You have an understanding of human anatomy knowledge.	You have explained your understanding of human anatomy.	You have shown a sound understanding of human anatomy.
<b>Science Knowledge Influencing Participation</b>	You have some understanding of how anatomy knowledge influences participation in physical activities.	You have an understanding of how anatomy knowledge influences participation in physical activities.	You have explained how anatomy knowledge influences participation in physical activities.	You have a sound understanding of how anatomy knowledge influences participation in physical activities.
<b>Accuracy in Writing</b>	You have used a range of punctuation accurately most of the time. These are intrusive at times, but the reader can infer meaning.	You have made some errors, but minimal reader inference is needed as meaning is mostly clear.	You have carefully edited your writing to ensure you have few intrusive errors and meaning is consistently clear.	You have carefully edited your writing to ensure you have no intrusive errors and meaning is consistently clear.
<b>Time Management</b>	You <i>have not</i> completed the assessment by the due date.	You <i>have</i> completed the assessment by the due date.	You <i>have</i> completed the assessment by the due date.	You <i>have</i> completed the assessment by the due date.
<b>Overall</b>	<b>Towards</b>	<b>At</b>	<b>Above</b>	<b>Beyond</b>