

## **Year 9 Physical Education and Health Assessment - Term 2 2024 - Personal Fitness Goals**

*Achievement Object - 5A2 - Regular Physical Activity - Experience a range of personally enjoyable physical activities and describe how varying levels of involvement affect well-being and lifestyle balance.*

This term in Wai Whānau our context is 'May the force be with you . . .'

In Physical Education and Health, we are looking at your personal fitness and the forces within your body. You are working to create your own fitness goal for this term and you will be working in class to progress to it/achieve it.

This assessment will be completed in two parts. Part A, the creation of your own fitness SMART goal using the template provided and making some connections to well-being. For Part B, you will be marked on your on-going participation and dedication during practical sessions to achieving your goal.

### **Part A. - Write-Up - Fitness SMART Goal/Reflection**

You will be using the template provided to make yourself a fitness goal for the term.

This write-up will include:

- Your SMART fitness goal.
- How involvement in regular physical activity improves someone's overall well-being.
- Your end reflection on how your overall well-being was impacted by regular physical activity this term.

### **Part B. - On-going Participation**

You will be required to participate and experience a range of physical activities (fitness) over the term. You will be marked on:

- Your regular readiness for class - correct PEH gear, on-time, changing in/out of gear.
- Your participation/engagement level each session

Assessment Due Date:

Tuesday 2nd July - 1pm (9W2)

Thursday 4th July - 9.30am (9W1)

<b>Criteria</b>	<b>TOWARDS</b>	<b>AT</b>	<b>ABOVE</b>	<b>BEYOND</b>
<b>Fitness SMART Goal</b>	You have developed a goal in order to improve your Hauora through physical activity.	You have developed a SMART goal in order to improve your Hauora through physical activity.	You have developed a detailed SMART goal in order to improve your Hauora through physical activity.	You have developed a comprehensive SMART goal in order to improve your Hauora through physical activity.
<b>Well-being Impact</b>	You have some understanding of how physical activity influences Hauora.	You have an understanding of how physical activity influences Hauora.	You have explained how physical activity influences Hauora.	You have shown a sound understanding of how physical activity influences Hauora.
<b>Participation</b>	You have attempted to participate in various physical activities to improve your Hauora.	You have regularly participated in various physical activities to improve your Hauora.	You have participated enthusiastically in various physical activities to improve your Hauora.	You have participated enthusiastically in various physical activities to improve your Hauora and worked to motivate others to do the same.
<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>