Stage 1 Physical Education

Assessment Type 1: Performance Improvement

Training Principles

Task background

Evidence suggests that through training we can improve one’s physical capabilities from both a health and performance perspective. By utilising training methods and implementing training principles, improvements to a person’s fitness components can take place.

**Description of assessment**

**Part One**

*Individually* your task is to explore the effect training has on the body. You will complete pre-testing and develop a resistance training program to improve your results in a fitness component of your choice. When developing your training program, you will implement training principles that bring about continued, consistent improvement over 8 weeks. You will record your results in a training log to monitor your progress. Finally, you will complete post testing under the same conditions as pre-testing.

**Planning considerations**

In planning your training program, you should consider:

* Level of athlete
* Training principles

**Part Two**

You will analyse the data collated along with your pre and post testing to evaluate the effectiveness of the training program implemented.

**Evaluation considerations**

* Effectiveness of training methods and principles implemented
* Effectiveness of subjects RPE (Rate of Perceived Exertion)
* Development of resistance training exercise technique

**Response requirements**

Your response will focus on the data collected throughout your training program. The data needs to be collated and accurately presented to highlight the difference in pre and post testing. You will evaluate the effectiveness of the training program and whether or not improvements in post testing were seen. Your application of training methods and principles should be critically analysed using data.

The response should be up to a maximum of 9 minutes for an oral or multimodal presentation or up to a maximum of 1500 words, for a written response.

The training program is to be submitted with the response as an appendix.

Assessment

The Specific Features assessed in this task are:

**A1**  Application of knowledge and understanding to movement concepts and strategies

**A3** Communication using subject-specific terminology

**EAR1** Exploration and analysis of evidence relating to physical activity

**EAR2** Reflection on movement concepts and strategies

**EAR3** Reflection on and application of feedback to improve participation and or performance.

**Stage 1 Physical Education Performance Standards**

|  |  |  |
| --- | --- | --- |
| - | Application | Exploration, Analysis, and Reflection |
| A | Astute and highly effective application of knowledge and understanding to movement concepts and strategies.Focused and sustained application of collaborative skills.Highly effective use of accurate subject-specific terminology. | Focused exploration and in-depth analysis of evidence relating to physical activity.Insightful reflection on movement concepts and strategies.Insightful reflection on ways to improve participation and/or performance. |
| B | Effective application of knowledge and understanding to movement concepts and strategies.Mostly thorough and sustained application of collaborative skills.Effective use of accurate subject-specific terminology. | Thorough exploration and some depth of analysis of evidence relating to physical activity.Well-considered reflection on movement concepts and strategies with some insights.Well-considered reflection on ways to improve participation and/or performance. |
| C | Generally effective application of knowledge and understanding to movement concepts and strategies.Competent application of collaborative skills.Generally effective use of subject-specific terminology with some accuracy. | Generally competent exploration and analysis of evidence relating to physical activity.Considered reflection on movement concepts and strategies.Considered reflection on ways to improve participation and/or performance. |
| D | Some application of knowledge and understanding to movement concepts and strategies.Some application of collaborative skills.Some use of subject-specific terminology. | Some exploration and analysis of evidence relating to physical activity.Some reflection on movement concepts and strategies.Some reflection on ways to improve participation and/or performance. |
| E | Attempted application of knowledge and understanding to movement concepts and strategies.Attempted application of collaborative skills.Attempted use of subject-specific terminology. | Attempted exploration and analysis of evidence relating to physical activity.Attempted reflection on movement concepts and strategies. Attempted reflection on ways to improve participation and/or performance. |

**Teacher comment:**  **Assessment Grade:**

…………………………………………………………………………………………………………………………………………………………

…………………………………………………………………………………………………………………………………………………………

…………………………………………………………………………………………………………………………………………………………

…………………………………………………………………………………………………………………………………………………………