

# Desirable features

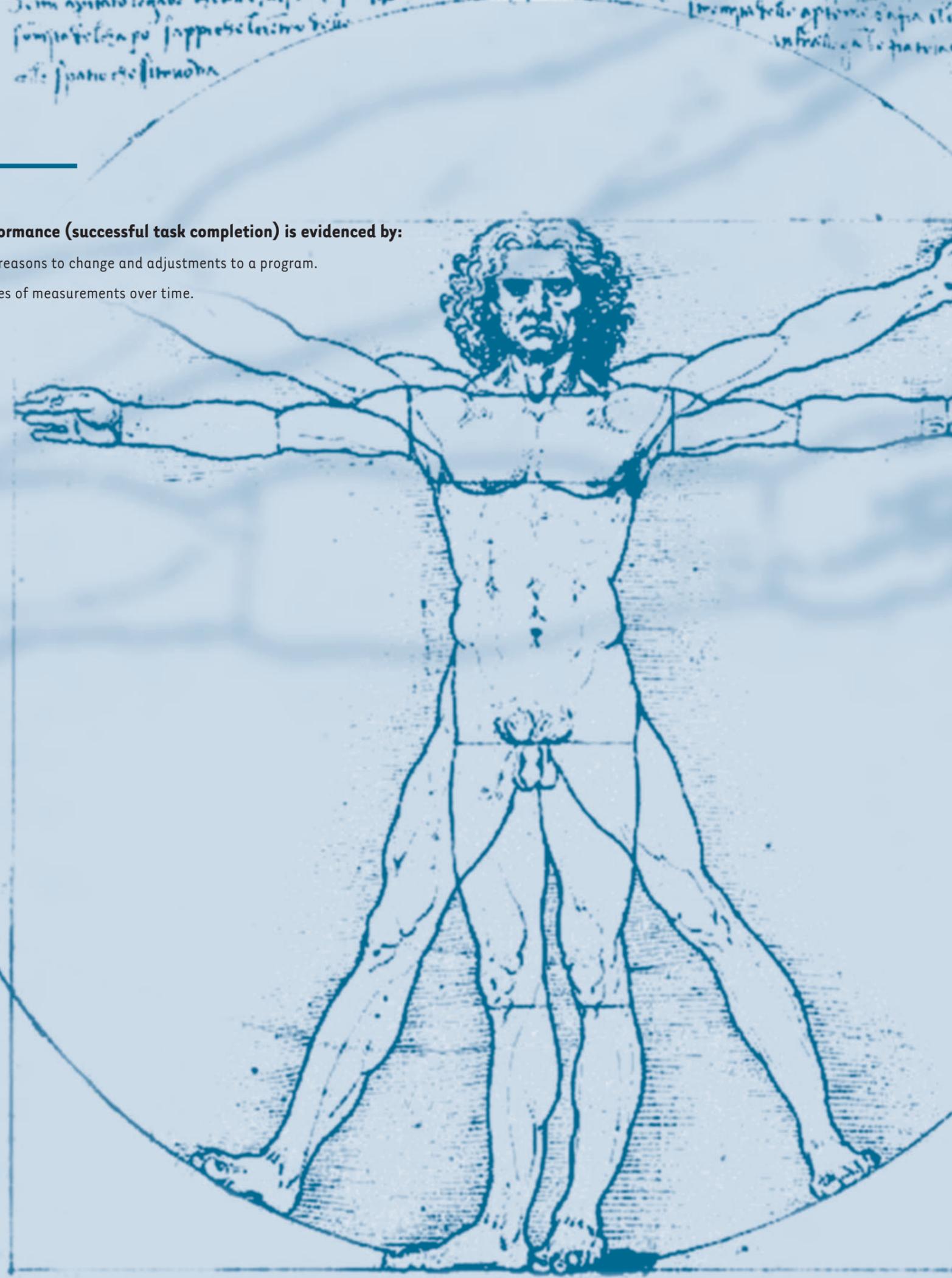
## High-quality performance is evidenced by:

- considered decision making with regard to the needs and possibilities for personal change and suggestions for revisions and maintenance.
- cohesive, expansive and comprehensive data that is presented in an intelligent and reflective way.
- empirical analysis of data (including consideration of errors of measurement) and thorough evaluation of findings.

## Acceptable performance (successful task completion) is evidenced by:

- explanations for reasons to change and adjustments to a program.
- analysis of a series of measurements over time.

YEARS 4-6  
TASK  
#  
3



# Personal Health Plan

## New Basics referents

### Life pathways and social futures

- Maintaining health and care of self

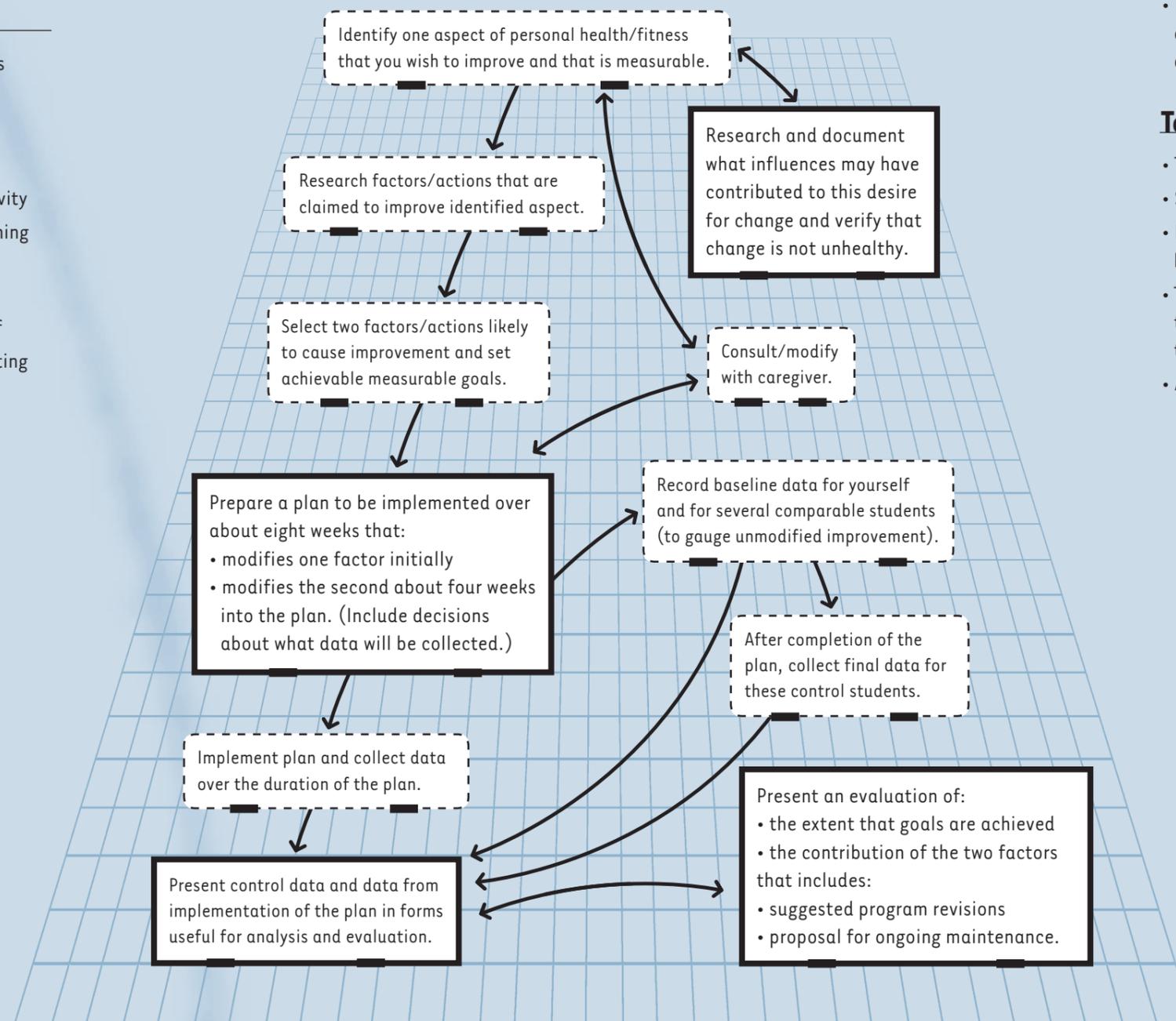
### Environments and technologies

- Developing a scientific understanding of the world

## Targeted repertoires of practice

- Analysing the results of scientific experiments
- Collecting, recording and presenting data
- Dealing with social and peer pressure
- Evaluating on the basis of data
- Experiencing the exhilaration of physical activity
- Identifying and controlling variables in designing scientific experiments
- Measuring (with analysis of errors)
- Optimising expectations of one's physical self
- Recognising the role of perseverance in effecting change
- Setting realistic goals
- Understanding causal relationships

Students will identify and understand an aspect of their personal health and fitness and, on the basis of this, will develop and implement a plan for improving this aspect. By collecting, organising and presenting data, they will evaluate the extent to which the goals have been achieved and the contribution of factors to this improvement.



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## Ideas, hints and comments

- Some examples of aspects that might be improved are: endurance/fitness, flexibility, strength/power, musculature, weight (loss, gain, maintenance), sleeping/working/energy patterns, a sporting skill not already being improved, balance/coordination.
- Influences and factors might be investigated in a range of texts – from popular magazines to academic research reports.

## Task parameters

- Task intensity: medium–high
- Students must work individually.
- Parent/carer is to sign off on the plan and that it has been implemented.
- Teachers should support students with what data to collect and how and when the data collection takes place. (Refer to dotted boxes in Task specs)
- Available grades: 4