### KOTARA HIGH SCHOOL

### 2 UNIT PD/H/PE

# Task Number: 4

# **Date Issued**: Tuesday 26th July (Week 2, Term 3)

**Date Due**: Period 1 Monday 15th August (Week 5 Term 3) in the MPC

**Module/Area of study to be assessed:**

Option 2 Improving Performance

**Weighting:** **20%**

**Nature of Task:**

In class written response covering Focus Question 1 from Improving Performance. The task will be completed in the MPC.

**Outcomes being assessed:**

H8 Explains how a variety of training approaches and other interventions enhance performance and safety in physical activity

H16 Devises methods of gathering, interpreting and communicating information about health and physical activity concepts

H17 Selects appropriate options and formulates strategies based on critical analysis of the factors that affect performance and safe participation.

#### Task Description

This task will involve three questions. These questions will cover aspects of Focus Question 1 from Improving Performance.

TIME ALLOWED – 60 minutes