

Year 7 Health & Physical Education Dimensions of Health

Name:	
Class:	
Teacher:	



Assessment Task 1

Now that you have an understanding of what it means to be physically, socially and mentally healthy, you will be required to apply your knowledge in this individual learning assessment task to be completed in your own time prior to Week 7.

This will be achieved by defining the terms and identifying them within a Case Study. This case study will require you to critically analyse the dimensions of health. Additionally, you must outline the interrelationships between each of the dimensions.

Your task:

PART 1: Define health terms

PART 2: Complete Case Study activity questions

PART 3: Explain the interrelationship of the dimensions of health

SUBMISSION: PDF Digital format uploaded to schoolbox.

Weighting: 50%

Due Date: Term One Week 7 during your allocated Health class
(week beginning Monday March 8)

Part 1

1. Define the term 'health'?
2. Define and outline the following key terms on the dimensions of health.
(include **two** relevant examples to demonstrate your understanding)

Physical health:

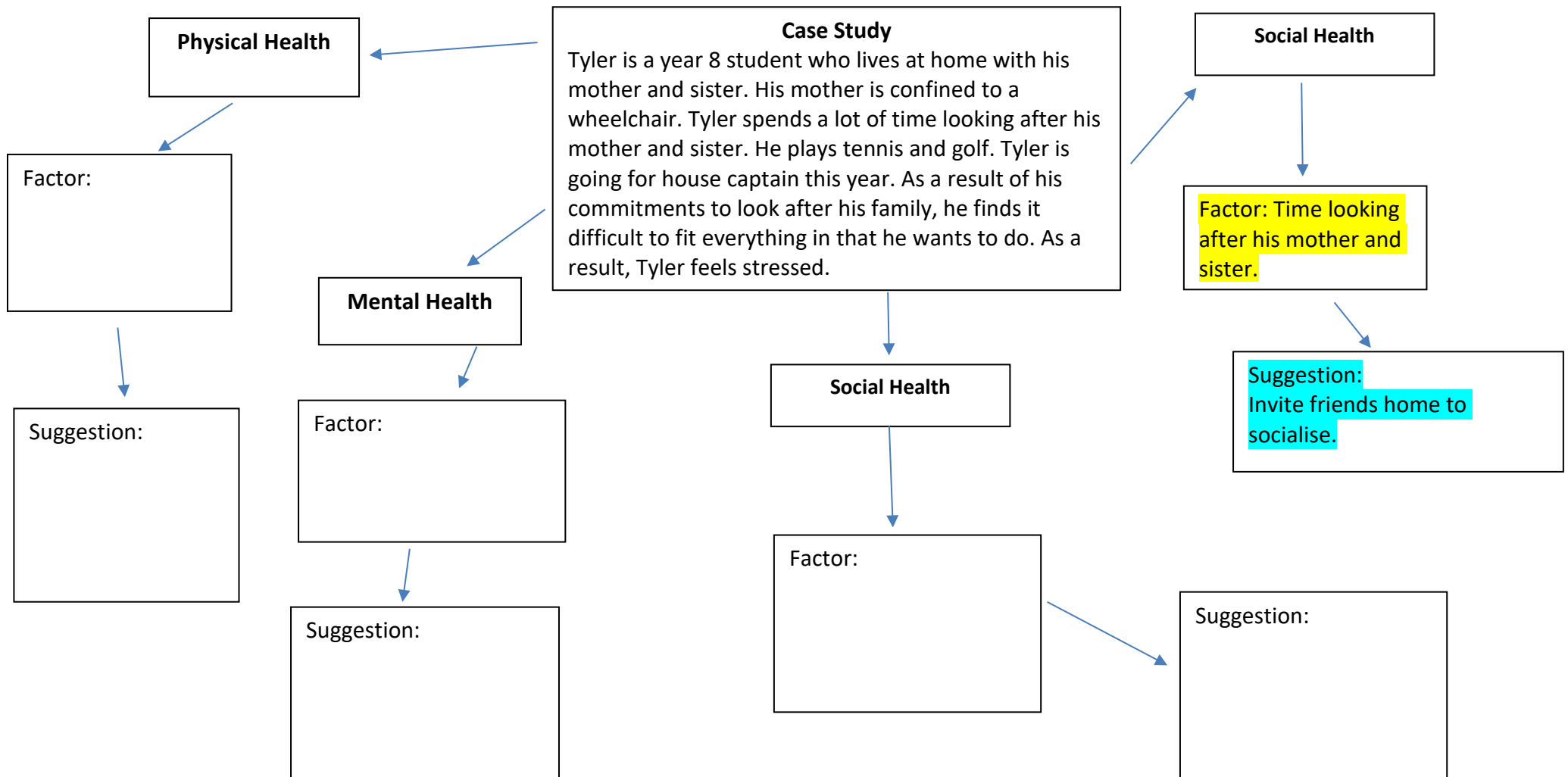
Social health:

Mental health:

Part 2

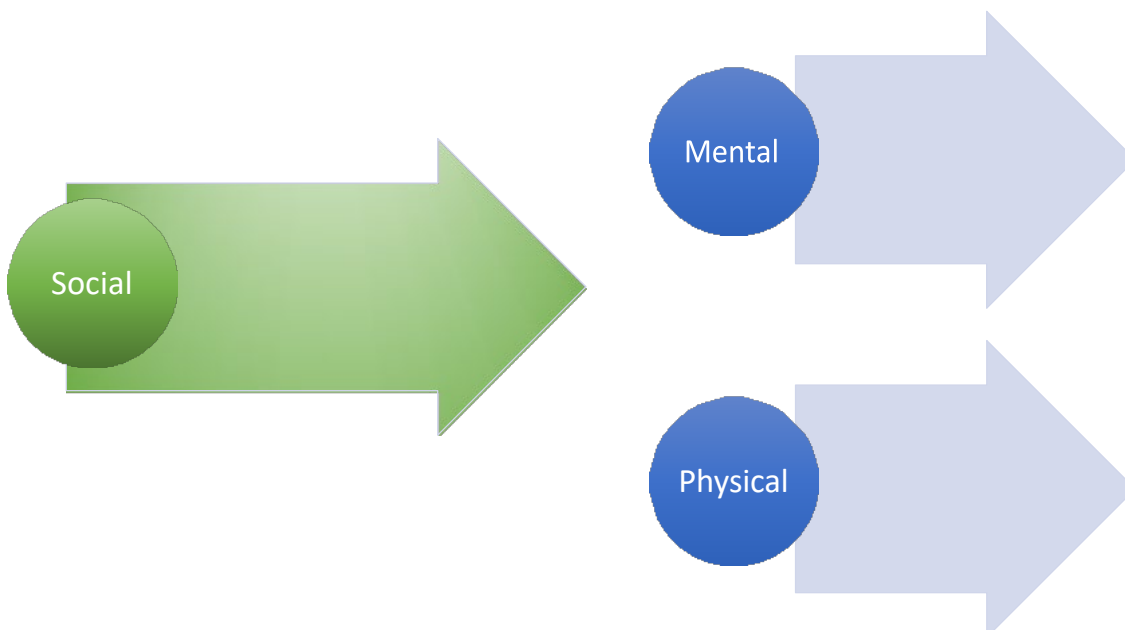
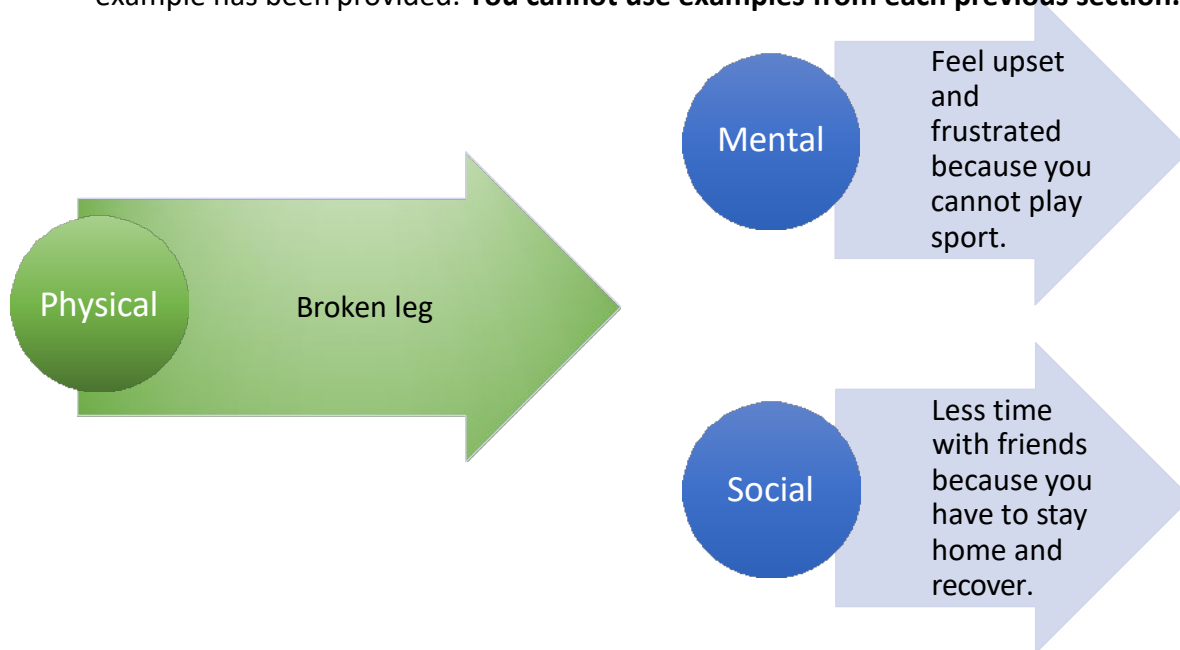
Read the case study below and create a mind map that addresses the following criteria:

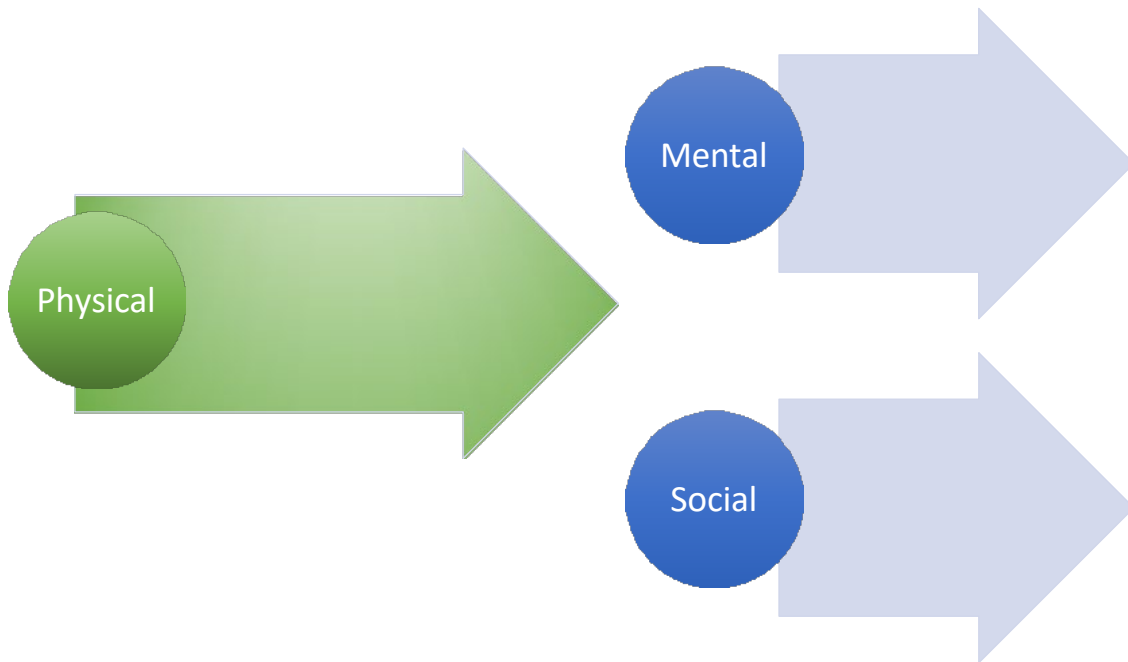
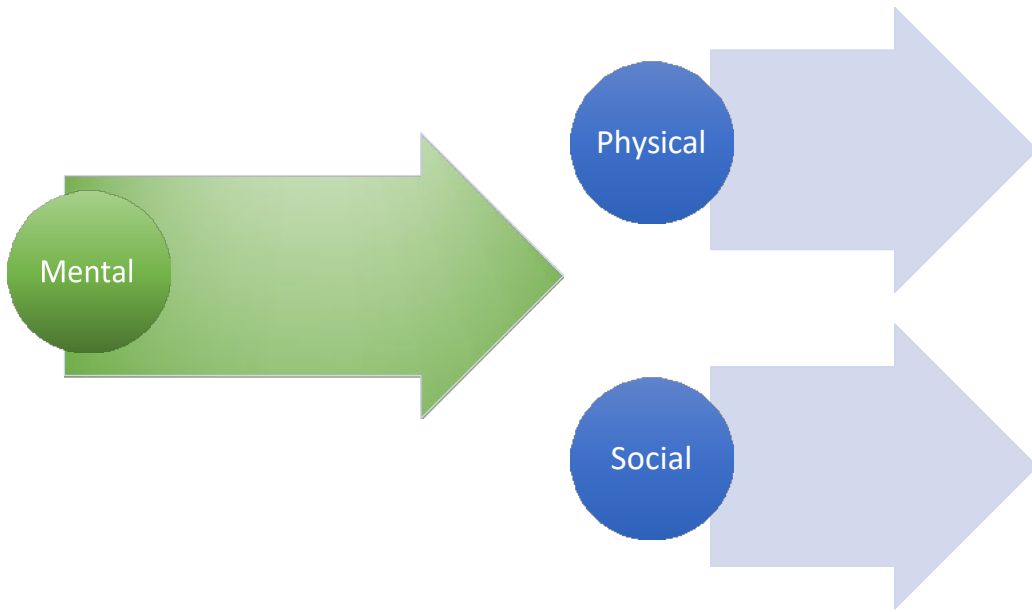
1. Identify the **factors that are currently impacting** on Tyler's overall health and wellbeing (consider the 3 dimensions of health).
2. Make **suggestions** as to how Tyler can improve his overall health and wellbeing (include suggestions for all 3 dimensions).
3. One factor and suggestion has been completed for you. (You still need to state a factor & suggestion to improve Tyler's social health).



Part 3

Identify a different real-life example (positive or negative) on the green arrows below. In the blue arrows, explain how the other two dimensions of health can be affected. An example has been provided. **You cannot use examples from each previous section.**





7HPE: Dimensions of Health Rubric

	5	4	3	2	1
<i>1. Definitions</i>	All four definitions are correct. Highly relevant use of examples.	All four definitions are correct. Appropriate use of examples.	Most definitions are correct. Examples provided, although some are too brief and incorrect.	Some definitions are correct, although minimal examples provided.	Basic information provided. Little to no examples provided.
<i>2. Mind map</i>	Highly accurate interpretation of case study with a wide variety of suggestions made by for all three dimensions.	Very good interpretation of case study with a variety of suggestions made for all three dimensions.	Satisfactory interpretation of case study few suggestions made for one or more dimensions.	Basic interpretation of case study with minimal suggestions made for one or more dimensions.	Limited interpretation of case study with little or no suggestions made.
<i>3. Dimensions examples (arrow activity)</i>	High level of conceptual understanding evident. Thorough descriptions, explanations and examples used for all three dimensions.	Very good level of conceptual understanding evident. Accurate descriptions, explanations and examples used for all three dimensions.	Good level of understanding evident. Good descriptions, explanations and examples used for all/most dimensions.	Basic understanding evident. Identifies some examples.	Limited understanding evident. Limited information.
<i>4. Grammar and Spelling</i>	High level of grammar & spelling with no errors.	Very good level of grammar & spelling.	Satisfactory level of grammar & spelling.	Less than satisfactory level of grammar & spelling.	Numerous spelling and grammatical errors

Score	Percentage Score	Grade
18-20	90-100	A+
16-17	80-89	A
15	75-79	B+
14	70-74	B
13	65-69	C+
12	60-64	C
11	55-59	D+
10	50-54	D
9	45-49	E+
8	40-44	E
>8	Under 40	N