**Stage 1 Health and Wellbeing**

AT 1: Practical Action – collaborative

**Due Date:**

Presentation:

Individual Reflection:

**Purpose:**

Students research and analyse the effectiveness of a health-promoting strategy in maintaining and/or improving the well-being of adolescents. Students work collaboratively to plan, organise and present a multimedia (PowerPoint, Prezi, Photo Story, video, blog etc.) presentation to the class.

**Description of assessment**:

This assessment consists of two parts, a group presentation, and an individual reflection

***Part 1: Group Presentation*** *(5-minute maximum.* This can be in the form a multimodal presentation (PowerPoint, Prezi, Photo Story, video, blog etc.).

1. As a group, work collaboratively in small groups to present a Photo Story/PowerPoint/video to the class on ways to define health and possible ways to achieving good health and general wellbeing for adolescents.
2. Identify and understand influences on personal and community health.
3. Evaluate personal and social actions that compromise health and wellbeing outcomes in your chosen topic.
4. Evaluate personal and social actions that improve health and wellbeing outcomes in your chosen topic.

Possible health concerns that can generate health issues for adolescents:

* Social Media
* Body Image
* Stress Management
* Substance Abuse
* Risky Behaviours in Teens
* Insomnia
* Eating Disorders
* Safe Driving
* Exercise & Mental Health
* Negotiated topic with teacher

***Part 2: Individual Reflection*** *(maximum 170 words)*

After the group activity, individually reflect on changes your personal attitudes and values in relation to the health issue and trends in individual, local or global contexts

**Assessment conditions**

Written, oral or multimodal form -maximum of 1000 words written or a maximum of 6 minutes oral or and multimodal equivalent.

**Assessment design criteria**

**Critical Thinking – CT1 –** Exploration and understanding of health and wellbeing trends and issues.

**Application – AP 1-** Application of health and wellbeing concepts to contemporary issues.

**Reflection – RP- 1 -** Personal reflection on health and wellbeing trends and issues in individual, local, or global contexts.

**RP2-** Evaluation of personal and social action through reflective practice.