**Stage 1 Health**

**Assessment Type 1: Practical Action**

Group Investigation Assignment (30%)

**Draft Due:**

**Due Date:**

Presentations:

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 investigation and presentation, and an individual reflection with an in depth analysis of the health trends and health promoting activity.

***Part 1: Group Investigation and Presentation***

As a group, choose a contemporary health issue associated to adolescents and their possible health concerns. Investigate this issue and the impact it has on your health and well-being. Gather relevant information related to defining your issue and identify possible barriers to achieve good health and well-being.

1. 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

1. Gather relevant information from a variety of primary and secondary sources such as observations, interviews, surveys, information from health agencies, print and/or electronic sources. Relevant community agencies and/or health professionals are also a helpful source of information (you must include your primary resources in your appendix).
2. As a group, evaluate the effectiveness of an appropriate health-promoting strategy you’ve implemented, in maintaining or improving the health and well-being of adolescents, relevant to your selected issue.
3. As a group, plan, research and present your idea for a health-promoting activity or social action to an audience, provide evidence of your social action and evaluate how it went with feedback provided by your target audience.
4. Present your findings to the class, relating the impact of the health issue, your findings, and the health-promoting strategies developed. Evaluate the influence of existing health promoting activities and the role of the community agencies that you accessed. This can be in the form a multimodal presentation (PowerPoint, Prezi, Photo Story, video, blog etc.).

***Part 2: Individual Reflection***

After the group activity, write a personal reflection which addresses the following:

Individually present evidence of a discussion related to the group investigation and presentation. This must include:

* evidence of your participation and collaboration in the group planning and presentation (e.g. a verification feedback sheet, a video, written notes or journal entries, audio tapes and/or photographs)
* a personal reflection describing your preparation
* an evaluation of the researched information
* an evaluation of the factors that contributed to the effectiveness of the group exercise
* an evaluation of working in the group
* an evaluation of the health-promoting activity or recommended social action
* How can I improve on my health and well-being to make lifelong changes?

**Assessment Conditions:**

As a group, present your multimedia presentation to the rest of the class. Each group member must contribute equally to both the research and presentation phases of the task. Group members must allow time for questions from the audience.

The **individual reflection** can be presented in written, oral or multimodal form (maximum of 1000 words written or a maximum of 6 minutes oral or and multimodal equivalent. You will be assessed as an individual on your contribution to the presentation and your preparation and contribution to the group’s success.

**Assessment design criteria:**

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

**Application – AP1-** Application of health and wellbeing concepts to contemporary issues.

**Reflective Practice – RP1-** 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.